



## **Wizards (Bantam and Midget)**

### **Bantam (13-14) and Midget (15-16)**

#### **LTAD:**

- Fun**
- Develop Skills, Advanced Skills and Tactics**
- Introduce Competition**
- Continue Mental Training (learning the game, lax IQ, game prep, athlete prep)**
- Basic Rules (CLA Rules)**
- Ethics and Fair Play**
- Physical Activity**
- ABC's**
- Emphasize Speed and Player Flexibility (offensive, defensive, transition)**
- Emphasize Stamina, Conditioning and Strength**
- Talent Identification**

#### **Technical Skills:**

- Cradling (TRIPLE THREAT, top hand, up at shoulder, don't over cradle, only protect)**
- Scoop (on the run, attack the ball)**
- Passing (over the shoulder, skip pass, behind the back, switch hand)**
- Shooting (bounce shot, sidearm, sub-shot, behind the back)**
- Dodging (face dodge, rolling)**

- Open Floor Defence (2 hands, cross check, stick check, on the hands, stance, feet moving, positioning; defensive, top side, communication; switches, pic coming, matchups, pressing, doubling)
- Creating Space (engage defender, pop out, pic)

### **Tactical Skills:**

- Give n' Go
- Cutting
- Pics (pic and roll; on-ball, off-ball, double pic, slip)
- Seals (posts)
- Set Offences
- 2 on 1, 3 on 2
- Floor Positioning (\*right side of the floor, offence, defence, face-off, point man-shooter-creaseman)
- Transition (breakout, changes, fast breaks)
- Sagging Man to Man Defence (on-ball pressure, off-ball sag, slide, jumping ball, doubling)
- Powerplay Offence/Defence (set plays, wheel, seals, pressing, pressure defence)
- Penalty Kill Defence/Offence (box, diamond, ragging the ball)
- Face-Off

### **Goalies:**

- Stance
- Angles
- Passing
- Stopping Shots
- Communication

**Using the building blocks that should be established from Tyke-Pewee, coaches should have the ability to progress technical, tactical, physical skill and LAX IQ.**

**Focus can be diverted to system work, a more team-orientated overview however 75% of our teaching should still be towards technical, physical skills and LAX IQ Development.**

## **HABITS:**

**Fun vs. Competitive (Score, Winning)  
Team Play vs. Individual Play  
Movement (Running) vs. Stationary (Standing)**

**Correcting technical skills; side-arms, over cradling, cradling at  
hip, hand positioning on stick**

**Correcting tactical skills; proper pic, rolling to the middle, cutting  
cross crease, sagging off-ball, slide, communication**

## **PRACTICES:**

**High Reps, Little Standing Around  
Fun (Keep Players Engaged)**

## **GAMES:**

**Fun, Fair Play  
Co- Operation, Correction  
New, Positive Experience**

**Glossary:**

**<https://laxlife.ca/appendix/>**