



## ALBERTA LACROSSE ASSOCIATION CORE SKILLS

### MIDGET

Passing and Receiving	Shooting	Dodging	Fakes/Cradling
<ul style="list-style-type: none"> <li><input type="checkbox"/> on the run passing and catching</li> <li><input type="checkbox"/> over the shoulder catches</li> <li><input type="checkbox"/> behind the back pass</li> <li><input type="checkbox"/> soft pass, reverse/backflip pass</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> underhand shot</li> <li><input type="checkbox"/> screen shot</li> <li><input type="checkbox"/> behind the back</li> <li><input type="checkbox"/> shooting on the run</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> swim dodge</li> <li><input type="checkbox"/> one on one strategies to gain top side or underneath</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> all elements of faking</li> <li><input type="checkbox"/> large cradle perfected to defend against aggressive defenders (i.e. ragging ball)</li> </ul>

Open Floor Defence	Picks, Screens, Cuts	Tactical	Goalies
<ul style="list-style-type: none"> <li><input type="checkbox"/> walling</li> <li><input type="checkbox"/> effective stick checks</li> <li><input type="checkbox"/> switches, double team, defend pick</li> <li><input type="checkbox"/> spacing</li> <li><input type="checkbox"/> communication</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> up pick, down pick</li> <li><input type="checkbox"/> front door/back door/cross/brush/slip picks</li> <li><input type="checkbox"/> set/work off screen</li> <li><input type="checkbox"/> pick, re-pick</li> <li><input type="checkbox"/> off ball play</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 6 on 5</li> <li><input type="checkbox"/> situational lacrosse 5 on 5; 6 on 4; 5 on 5</li> <li><input type="checkbox"/> swing ball</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> stance, angles, passing</li> <li><input type="checkbox"/> communication</li> <li><input type="checkbox"/> situational</li> <li><input type="checkbox"/> behind net picks</li> <li><input type="checkbox"/> transition</li> <li><input type="checkbox"/> side to side movement</li> </ul>