



ALBERTA LACROSSE ASSOCIATION CORE SKILLS

PEE WEE

Passing and Receiving	Shooting	Dodging	Fakes
<ul style="list-style-type: none"> <input type="checkbox"/> from the ear, push/pull; and pass to player on the run <input type="checkbox"/> bounce pass <input type="checkbox"/> absorb the pass, no snap 	<ul style="list-style-type: none"> <input type="checkbox"/> inside shooting, step across crease <input type="checkbox"/> time and room, plant/rotate <input type="checkbox"/> on the run 	<ul style="list-style-type: none"> <input type="checkbox"/> face dodge off stick-on-stick attack <input type="checkbox"/> hitch and go off butt end side attack <input type="checkbox"/> perfect technique on roll dodge 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 fake and shot to different spot

Open Floor Defence	Picks and Screens	Tactical	Goalies
<ul style="list-style-type: none"> <input type="checkbox"/> foot position on attacking player <input type="checkbox"/> place and push on the run 	<ul style="list-style-type: none"> <input type="checkbox"/> v-cut <input type="checkbox"/> roll chest toward ball carrier <input type="checkbox"/> execute 2 man game 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 on 1's - defence identify best shooter; offence finding passing lane <input type="checkbox"/> 3 on 2's – defence 'I' formation to correct rotation; offence make the defence commit 	<ul style="list-style-type: none"> <input type="checkbox"/> stance, angles <input type="checkbox"/> loose balls <input type="checkbox"/> passing <input type="checkbox"/> steps off goal line <input type="checkbox"/> foot work

