

# Fort Hunt Youth Lacrosse

## Goals to strive for by age division

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### U9 players should be taught to

- Scoop
- Pass (10 yards)
- Catch
- Dodge with speed and Shoot overhand. From High to Low.

The above should be introduced with both hands to introduce the use of the weak hand. Players should be encouraged to use their weak hand although the use of the weak hand should not be stressed to a point it discourages the player.

- U9 players should also be introduced to the concept of "packing the D." "Allow the long (over 10 yard) shot."
- U9 players should be expected to communicate on the field constantly during practice and games.
  - Ball, Man, Release
  - I've got ball
  - Clear
  - I've got number 5.
  - Timmy, here's your help!

### U11 Players Should Be Taught To

- Catch and throw with the dominant hand and be comfortable switching hands
- Scoop and cradle (one and two hand cradling)
- Dodge using a roll, face, split and bull dodge and understand which to use when.
- Pass and shoot under pressure.
- Drive to the goal.
- Pass or Shoot off a dodge.
- Create and use space on offense and begin working with various offensive schemes (2-3-1, 1-4-1, etc.)
- Play position defense and understand and execute a one-slide defense.
- Check and drive ("hold").
- Clear and Ride
- Face Off

### U13 and U15 Players should be taught to

- Catch and Throw with both the dominant and the off hand and play with the correct hand at the correct time.
- Pass and shoot with both hands under pressure
- Dodge full speed using the variety of dodges with either hand.
- Move effectively off ball.
- Play effectively in a full motion offense, man up offense, man down defense
- Understand and execute basic face-off strategies.
- Play position defense and understand and execute a multiple slide defense.
- Excel in fast break and unsettled situations.