

# Rookie Level

(New players or 10U)

## Personal Skills Without Ball

- Head up Free
- Start
- Stop
- Reverse Sculling - Left/right side
- Back to stomach
- Stomach to back
- Hip Over (Roll Over) -
- Breast Stroke Kick - Horizontal
- Breast Stroke Kick - Vertical
- Egg beater kick - Horizontal
- Egg beater kick - vertical
- Transition

## Passing Skills

- Dry Pass
- Wet Pass
- Passing warm up

## Defensive Strategies

- Press No Foul Defense

## Defensive Set Skills- All Players

- Basic positioning - fronting

## Man Down Defense

- 3-2

## Goalie Skills - All Players

- Goalie Base Position
- Goal positioning

## Personal Skills With A Ball

- Regular Dribble
- Start
- Stop
- Underneath pick up
- Center Base Position
- Double Threat position

## Other

- Position Names and Numbers

## Shooting Skills

- Center Base Position
- Strong side shot

## Offensive Plays

- Understanding ball side drive
- Pass to set
- Line-up to sprint
- Basic 3-3 Set Up

## Offensive Set Skills - All Players

- Basic positioning - seal

## Man Up Offense

- 3-3

## Tests and IQ

- Level 1: Player
- Yellow (know)
- Red (know)

# Beginner Level (12U)

## Personal Skills Without Ball

- Cut-off release
- Cross over release
- Set pick
- Non-Moving Freestyle
- WP Backstroke

## Passing Skills

- Cross face pass
- Draw Foul (ordinary)

## Defensive Strategies

- Press No Foul Defense
- Press and Drop Defense
- In Lane Defense
- Shot blocking

## Defensive Set Skills- All Players

- Basic positioning
- No Foul behind press
- Start with fronting

## Man Down Defense

- 3-2

## Goalie Skills - All Players

- Goalie Base position
- Goalie Positioning
- Wet pass to wing out transition

## Personal Skills With A Ball

- Horizontal to Vertical
- Vertical to Horizontal

## Shooting Skills

- Cross cage shot

## Offensive Plays

- Basic Center
- 2-4 Pass and Shoot
- Ball side drive

## Offensive Set Skills - All Players

- Back to defense
- Calling for wet pass
- Sealing

## Man Up Offense

- 3-3

## Tests and IQ

- Level 2: Player
- Yellow (Know and act)
- Red (know and act)

# Intermediate (14U)

## Personal Skills Without Ball

- Lunge Freestyle
- Lunge to the lane
- Spider
- Skating
- Shot Block Position

## Passing Skills

- Pressure Pass - Step Out
- Center Entry Pass
- Open Water Pass
- Off hand passing
- Pass to any position from any position

## Defensive Strategies

- M-Drop
- 2-4 Drop
- Weak Side Drop
- Shot blocking

## Defensive Set Skills- All Players

- Force backhand shot
- Force Spin and shoot

## Man Down Defense

- 3-2

## Goalie Skills - All Players

- Team communication
- Controlled Blocks

## Swim Times

- Post Workout 200 free
- Post Work out 50 (2M- 2M):

## Fitness

- Vertical Jump (in water):
- Hand Up Egg Beater Time:

## Personal Skills With A Ball

- 1/2 Turn inside
- 1/2 turn outside
- 1/4 turn inside
- 1/4 turn outside
- Ball transfer hands
- Split Egg Beater
- Pump fake
- Draw ordinary foul

## Shooting Skills

- Lob shot
- Penalty Shot

## Offensive Plays

- Herriman
- Counter- Attack
- Sprint To Shoot

## Offensive Set Skills - All Players

- Right Back Pass
- Step out, spin, and shoot

## Man Up Offense

- 3-3

## Tests and IQ

- Level 3: Player
- When to pass wet/dry
- Offensive Spacing
- Yellow (know and act)
- Red (know and act)
- Whistle Response
- Proper offense body positioning
- Proper defense body positioning

# Junior Varsity Level (16U)

## Personal Skills Without Ball

- Forward lunge
- Vertical lunge/jump
- Seal Off
- Face to Face Center Position
- Turn, Spin, Seal
- One arm swim around
- Spin around

## Passing Skills

- Pressure Pass - spin
- Pressure pass - Slide
- Push Pass
- Off-hand pass
- Wrist pass
- Lob Pass
- Back door pass
- Man-up ball movement

## Defensive Strategies

- Zone
- Crash Defense
- Counter Defense
- Shot blocking in tandem with goalie

## Defensive Set Skills- Player Specific

- Role to front
- Draw ordinary

## Man Down Defense

- 3-2

## Fitness

- Vertical Jump (in water):
- Hand Up Egg Beater Time:

## Swim Times

- Post Workout 200 free:
- Post Work out 50 (2M- 2M)

## Personal Skills With A Ball

- Walk the Ball
- Assisted Pick Up
- Ball in hand pick up
- Snap to the ball
- Turn inside
- Turn outside

## Shooting Skills

- Back hand shot
- Off Hand Shooting
- Forearm Shot

## Offensive Plays

- Lightning
- Moonshine

## Offensive Set Skills - Player Specific

- Sweep Shot
- Back hand shot
- Seal

## Man Up Offense

- 4-2

## Goalie Skills - Player Specific

- Communication
- Defense Command
- Accurate long distance passing

## Tests and IQ

- Level 4: Player
- Offensive Spacing
- Turnover Responsiveness
- Man up responsiveness
- Whistle Response
- Proper offense body positioning
- Proper defense body positioning

# Varsity Level (18U)

## Passing Skills

- Man-up ball movement

## Defensive Strategies

- Double Set Defense
- Shot blocking in tandem with goalie

## Defensive Set Skills- Player Specific

- Front
- Control shot direction
- Communication with Goalie

## Man Down Defense

- 6-7

## Goalie Skills - Player Specific

- Communication
- Defense command

## Fitness

- Vertical Jump (in water):
- Hand Up Egg Beater Time:

## Swim Times

- Post Workout 200 free:
- Post Work out 50 (2M- 2M):

## Personal Skills With A Ball

- Seal Off
- Slide/Dive/Attack
- Weak shoulder Seal off

## Shooting Skills

- Wrist Shot (Corkscrew)
- Skip Shot

## Offensive Plays

- Triton
- 7-Up Offense
- Vegan (Corner Throw)
- 2M Drive (From corner throw)
- 6M Foul
- Double Hole Set

## Offensive Set Skills - Player Specific

- Seal side
- Quick release shots

## Man Up Offense

- 6-in, 1-in

## Tests and IQ

- Level 5: Coach
- Level 6: Referee
- Turnover Responsiveness
- Man-up Responsiveness
- Whistle Response
- Proper offense body positioning
- Proper defense body positioning