



## STICK SKILL CHALLENGE

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This is an ongoing challenge to help our girls develop their stick skills outside of practice in a fun and rewarding manner. There are no due dates, so just keep working and remember: WE ARE DALLAS!!!

**Directions:** K-4th Grade may do parent toss since most girls will not have the hand-eye coordination to do wall ball consistently yet. 5th Grade and up must use a wall or bounce back (you can practice with a partner, but the video submission must be off a wall or bounce back). Keep practicing - once a player is comfortable with a level, take a video and submit it to [info@dallascitylacrosse.org](mailto:info@dallascitylacrosse.org). If the video is too big, post to YouTube/Google Drive and send a link.

### **Level 1: DCL Lanyard**

- Kinder: 5 catches in a row, either hand
- 1st/2nd: 15 catches in a row, either hand
- 3rd/4th: 10 catches in a row, each hand
- 5th/6th: 20 catches in a row, each hand
- 7th/8th: 30 catches in a row, each hand

### **Level 2: Exclusive DCL Stick Butt-End**

- Kinder
  - 5 catches, each hand
  - Under 1 minute total w/ unlimited drops!
- 1st/2nd
  - 20 catches, each hand
  - Under 2 minutes total w/ unlimited drops!
- 3rd/4th
  - 30 catches, each hand
  - Under 3 minutes total w/ unlimited drops!
- 5th-8th:
  - 75 catches, each hand
  - Under 5 minutes total w/ unlimited drops!

### **Level 3: Exclusive DCL Swax Ball**

- Kinder
  - 5 catches, right hand
  - 5 catches, left hand
  - 5 catch right/switch hands/throw left
  - 5 catch left/switch hands/throw right
  - Two drops MAX for each
- 1st/2nd

- 10 catches, right hand
  - 10 catches, left hand
  - 10 catch right/switch hands/throw left
  - 10 catch left/switch hands/throw right
  - Three drops MAX for each
- 3rd/4th
  - 20 catches, right hand
  - 20 catches, left hand
  - 30 catch/switch hands/throw, alternating right and left
  - 15 catch/face dodge (bring stick across face to opposite shoulder and back)/throw, dominant hand
  - Under 4 minutes total w/ unlimited drops!
- 5th-8th
  - 25 catches, right hand
  - 25 catches, left hand
  - 25 catch right/switch hands/throw left
  - 25 catch left/switch hands/throw right
  - 25 "quick stick" throws, right hand
  - 25 "quick stick" throws, left hand
  - 15 catch/face dodge (bring stick across face to opposite shoulder and back)/throw, dominant hand
  - Under 6 minutes total w/ unlimited drops!

#### **Level 4: Exclusive DCL Winter Hat**

- Kinder
  - 20 catches, each hand
  - Under 3 minutes total w/ unlimited drops!
- 1st/2nd
  - 10 catches w/ one cradle, right hand
  - 10 catches w/ one cradle, left hand
  - 10 "quick stick" throws, right hand
  - 10 "quick stick" throws, left hand
  - Under 4 minutes total w/ unlimited drops!
- 3rd/4th:
  - 25 catches w/ one cradle, right hand
  - 25 catches w/ one cradle, left hand
  - 25 "quick stick" throws, right hand
  - 25 "quick stick" throws, left hand
  - 25 catch/switch hands/throw, alternating right and left
  - Under 5 minutes total w/ unlimited drops!
- 5th-8th:
  - 35 catches w/ one cradle, right hand
  - 35 catches w/ one cradle, left hand
  - 35 "quick stick" throws, right hand
  - 35 "quick stick" throws, left hand
  - 35 catch/switch hands/throw, alternating right and left
  - Under 6 minutes total w/ unlimited drops!

### **Level 5: DCL Shaft**

This level is the same for all ages and is designed with the older athlete who has been working hard to improve their stickwork in mind. That being said, **ANYONE** can work on and try to complete it. Only the best will do to earn these shafts!

- 40 catches w/ one cradle, right hand
- 40 catches w/ one cradle, left hand
- 50 "quick stick" throws, right hand
- 50 "quick stick" throws, left hand
- 40 catch/switch hands/throw, alternating right and left
- 30 off-stick slingshots\*, right hand
- 30 off-stick slingshots\*, left hand
- Complete in under 8 minutes total w/ unlimited drops but you will need to catch the ball and get it out of your stick as quickly as possible to complete this!

\*Slingshot: Throw it with one hand, then bring your stick across your body without switching hands to catch it and cradle it back to the original throwing position.

**LEVEL 1:**  
**DCL LANYARD**



**LEVEL 3:**  
**EXCLUSIVE DCL SWAX BALL**

**LEVEL 2:**  
**EXCLUSIVE DCL STICK BUTT-END**



**LEVEL 4:**  
**EXCLUSIVE DCL WINTER HAT**

