



STICK SKILL CHALLENGE

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the little things
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With 1-3 hours of training per week, we do our very best to develop your daughters into well-rounded lacrosse players. That being said, ultimately, stick skills need to be the responsibility of the athlete and the biggest advantage you can give them at this age is in helping them improve those skills. That is why we came up with the DCL Stick Skill Challenge. The SSC is GUARANTEED to improve your daughter's stick skills and make her a more successful, confident player!

Directions: K-4th Grade may do parent toss since many girls will not have the hand-eye coordination to do wall ball consistently yet. 5th Grade and up must use a wall or rebounder (you can practice with a partner, but the video submission must be off a wall or bounce back). Keep practicing player is getting frustrated drop down a grade level and work back to their grade level. Once they are comfortable with a level, take a video and submit it to info@dallascitylacrosse.org. If the video is too big, post to YouTube/iCloud/Google Drive and send a link. If approved we will recognize them at practice and give them their award!

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: 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: Custom 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 catches right/switch hands/throw left
 - 10 catches 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: 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: Custom-Dyed Head of a Player's Choice

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 a **custom-dyed head of their choice!**

- 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 2: DCL Stick Butt-End



LEVEL 3: Custom DCL Swax Ball



LEVEL 4: DCL Winter Hat

