



FIRST GRADE TEAM HELMET STICKER CHALLENGE

A helmet sticker will be given to a player for completing each one of these challenges. Time will be given after practices for the players to demonstrate these skills to the coaches to earn their sticker.

Fundamentals and Dodges are what we will be focusing on this season. Anything more is for the players that want to test and challenge themselves further..

Fundamentals

- [Scoops](#) - 5 strong hand
- [Scoops](#) - 5 off hand
- [Catch](#) and [throw](#) - 10 strong hand
- [Catch](#) and [throw](#) - 10 off hand
- [Shoot](#) 10 balls into the goal
- [Cradle](#) two hand on strong side to half field and back
- [Cradle](#) two hand on weak side to half field and back
- [Cradle](#) one hand (strong) to half field and back
- [Cradle](#) one hand (off) to half field and back

Dodges

- [Face Dodge](#)
- [Roll Dodge](#)
- [Split Dodge](#)

Faceoffs

- [Pinch and pop](#) - 5 in a row

FUNdamentals

- [Question mark](#) - 5 in a row
- [The Canadian](#) - 5 in a row
- [Behind the back](#) - 5 in a row
- [One hand scoop](#) strong hand - 5 in a row
- [One hand scoop](#) off hand - 5 in a row
- [Quick sticks](#) - 5 in a row

Game Specific

- Sportsmanship
- Leadership
- First goal
- First assist
- Shutout
- Coaches choice

[Stick Trick Drills](#) - One time

- Hit the ball with the butt end of the stick and catch
- Shaft over the ball and catch
- Catch the ball on the sidewall
- Twist the stick while keeping the ball in the stick