

LEVEL 2

DESCRIPTOR		1	2	PASS
M1	<i>Demonstrate an ability to move forwards, backwards and to either side at different speeds</i>			
M2	<i>Display the ability to complete a simple footwork sequence</i>			
M3	<i>Display the ability to perform a low jumping sequence</i>			
C1a	<i>Demonstrate the ability to change direction with a ball (all sides)</i>			
C1b	<i>Perform an Indian dribble</i>			
C1c	<i>Perform an angled open stick carry</i>			
C2a	<i>Perform a push pass from a moving, open carry with adequate pace and accuracy off the left foot</i>			
C2b	<i>Perform a push pass from a moving, open carry with adequate pace and accuracy off the right foot</i>			
C3	<i>Demonstrate the ability to transition from a moving carry to hitting a ball with adequate pace and accuracy</i>			
C4	<i>Demonstrate the ability to transition from a moving carry to slapping a ball with adequate pace and accuracy</i>			
C5a	<i>Demonstrate the ability to receive a push pass on the move to the open stick from in front and either side</i>			
C5b	<i>Display the ability to receive a push pass to the reverse stick</i>			
C6a	<i>Display the ability to eliminate an opponent in at least two ways (i.e drag right/left, dummy drag right/left, run around)</i>			
C6b	<i>Perform a V-drag elimination (either right/left)</i>			
C7a	<i>Demonstrate the correct body position and footwork for the jab/poke tackle</i>			
C7b	<i>Demonstrate the ability to use the jab/poke tackle to channel an opponent to an open stick block tackle</i>			
C8a	<i>Score using a moving push shot</i>			
C8b	<i>Score using a moving hit shot</i>			
C8c	<i>Score using a moving slap shot</i>			
G1	<i>Demonstrate an understanding of the role and field position of defenders, midfielders and forwards</i>			
G2	<i>Demonstrate the ability to correctly take a free hit</i>			
G3	<i>Demonstrate the ability to correctly take a side line ball</i>			
G4	<i>Demonstrate the ability to correctly take a 16 hit out</i>			