

# Granite Bay Youth Lacrosse Ball Beast Program Certification Test

Players will be tested against the clock in each of the Ball Beast practice skills.

***Achieving Level Three earns the player a GB Lacrosse t-shirt!***

***Achieving Level Two earns the player a GB Lacrosse jacket!***

***Achieving Level One earns the player a \$100 lacrosse gift card!***

Test	Level 1 Time	Level 2 Time	Level 3 Time
<b>U15</b>			
50 quick sticks - strong-hand	1 minute	75 seconds	90 seconds
40 quick sticks - weak-hand	1 minute	75 seconds	90 seconds
35 throw & catch, split, throw & catch	1 minute	75 seconds	90 seconds
25 fake and throw - strong-hand	1 minute	75 seconds	90 seconds
20 fake and throw - weak-hand	1 minute	75 seconds	90 seconds
25 strong-handed behind the back - any-hand	1 minute	75 seconds	90 seconds
<b>U13</b>			
40 quick sticks - strong-hand	1 minute	75 seconds	90 seconds
30 quick sticks - weak-hand	1 minute	75 seconds	90 seconds
25 throw & catch, split, throw & catch	1 minute	75 seconds	90 seconds
20 fake and throw - strong-hand	1 minute	75 seconds	90 seconds
15 fake and throw - weak-hand	1 minute	75 seconds	90 seconds
15 one-handed quick sticks - each-hand	30 seconds	40 seconds	50 seconds
<b>U11</b>			
35 quick sticks - strong-hand	1 minute	75 seconds	90 seconds
25 quick sticks - weak-hand	1 minute	75 seconds	90 seconds
20 throw & catch, split, throw & catch	1 minute	75 seconds	90 seconds
25 throw, catch cradle - strong-hand	1 minute	75 seconds	90 seconds
20 throw, catch cradle - weak-hand	1 minute	75 seconds	90 seconds
<b>U9</b>			
15 quick sticks - strong-hand	30 seconds	40 seconds	50 seconds
10 quick sticks - weak-hand	30 seconds	40 seconds	50 seconds
10 throw & catch, split, throw & catch	30 seconds	40 seconds	50 seconds
15 throw, catch, cradle - strong-hand	30 seconds	40 seconds	50 seconds
10 throw, catch, cradle - weak-hand	30 seconds	40 seconds	50 seconds