

GB L1-2 skills

Level 1

- Grip
- Stalking
- Stance
- Routine
- Stroking
- Starting a game
- Start Stroking
- Ball placement
- Basic Rules
- Passing A Gate
- Passing Gate 2 & 3
- Playing in Outballs
- Touch
- Simple Slide Touch
- Sparking Routine
- Finishing

Level 2

- Making Gate 1
- Zone of Opportunity
- Linger Slide Touches
- Clusters and Scattering
- Using A Straightener for A Gate Touch
- Advanced Bombarding Skills