

LACROSSE



KEY INFORMATION ABOUT LACROSSE

WHAT IS IT?

Lacrosse is a team sport where players try to get a rubber ball into a net or goal. Players use a long stick with a net on the end of it called a lacrosse stick. They can run, carry, catch, shoot, and pass the ball with the net of the stick. The lacrosse team with the most points or goals at the end of the time period wins the game. Lacrosse is a very athletic and active game. It provides good exercise and competitiveness. There is a lot of running in Lacrosse and speed and endurance are great assets to the Lacrosse player. The sport's nickname is "The fastest game on two feet". Lacrosse has become popular with high schools, colleges, and has had some success as a professional sport.

Read more at: <http://www.ducksters.com/sports/lacrosse.php>

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LACROSSE PLAYERS AND POSITIONS

There are 10 Lacrosse Players on the Field at a time for one team:

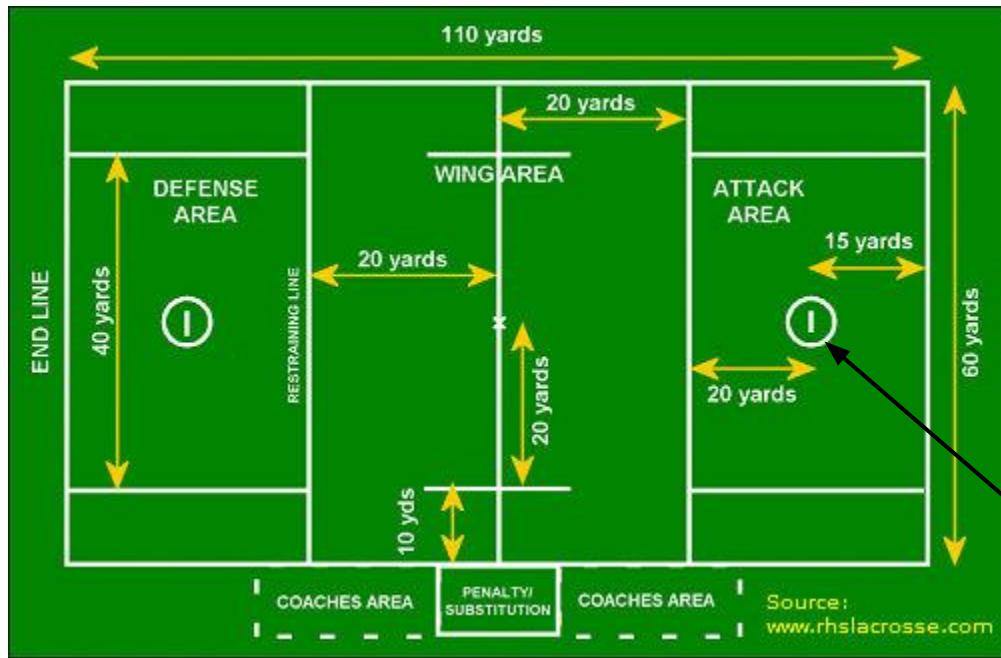
3 Attackers

3 Defenders

3 Midfielders

1 Goalie

LACROSSE FIELD



60 Yard x 110 Yard Field

LACROSSE EQUIPMENT FOR REAL LACROSSE



First and foremost, Lacrosse players must wear protective equipment. This includes a helmet, mouth guard, lacrosse gloves, and pads. Pads can include rib pads, shoulder pads, and elbow pads. Lacrosse goalies must wear extra and special protective equipment. The other main piece of equipment for a Lacrosse player is the stick or crosse. Offensive players usually use a short crosse (between 40 and 42 inches long). Defensive players use a long crosse (up to 72 inches long). The head of the lacrosse stick has a net to hold the ball with a flange on the end that allows the ball to be thrown or shot by swinging the stick. Goalies get to use a lacrosse stick with a wider head.

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LACROSSE STICK ANATOMY



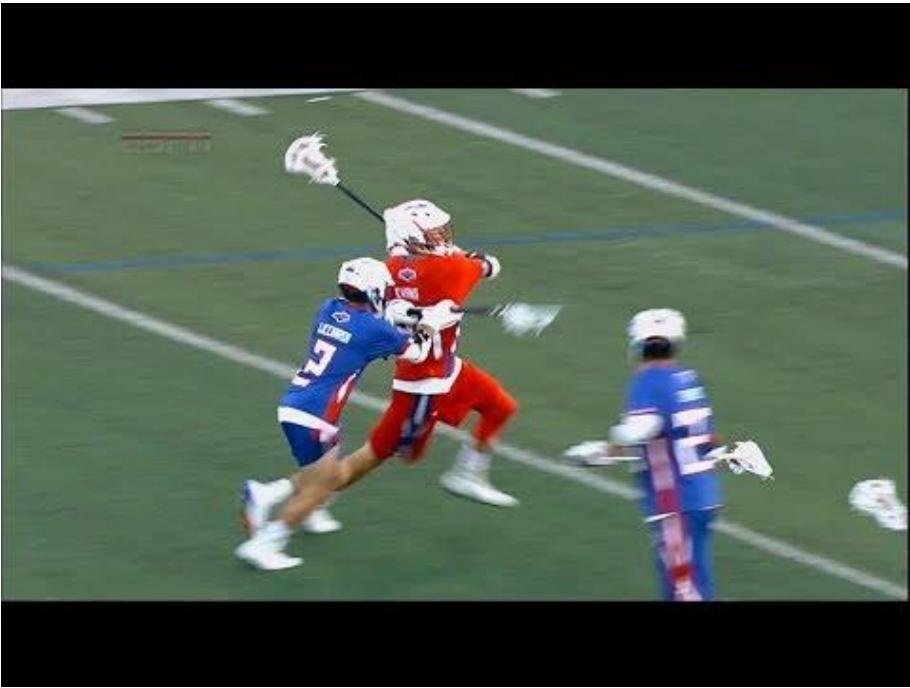
PARTS OF A LACROSSE HEAD



LACROSSE EQUIPMENT FOR PE

- Lacrosse Stick
- Rubber Ball
- All purpose foldable goals

CHECK IT OUT....



LEARNING TARGETS

- I will have a general understanding of key aspects of real lacrosse- field dimensions, equipment they use, names of positions
- I will be able to understand how different hand positions affect the speed, distance and accuracy of a throw.
- I will practice throwing to targets that are close, far, moving and stationary.
- I will understand two different hand positions for scooping.
- I will practice two different versions of cradling.
- I will hold up a target and learn how to “pull back” when catching.
- I will play basic “man to man” defense.
- I will move around and stay active during games to attempt to get myself open for a catch or a score.
- I will be a responsible and respectful team player in drills, activities and tournament play.

LACROSSE SKILLS

LACROSSE SKILLS

- Throwing
- Catching
- Scooping
- Cradling
- Shooting

THROWING



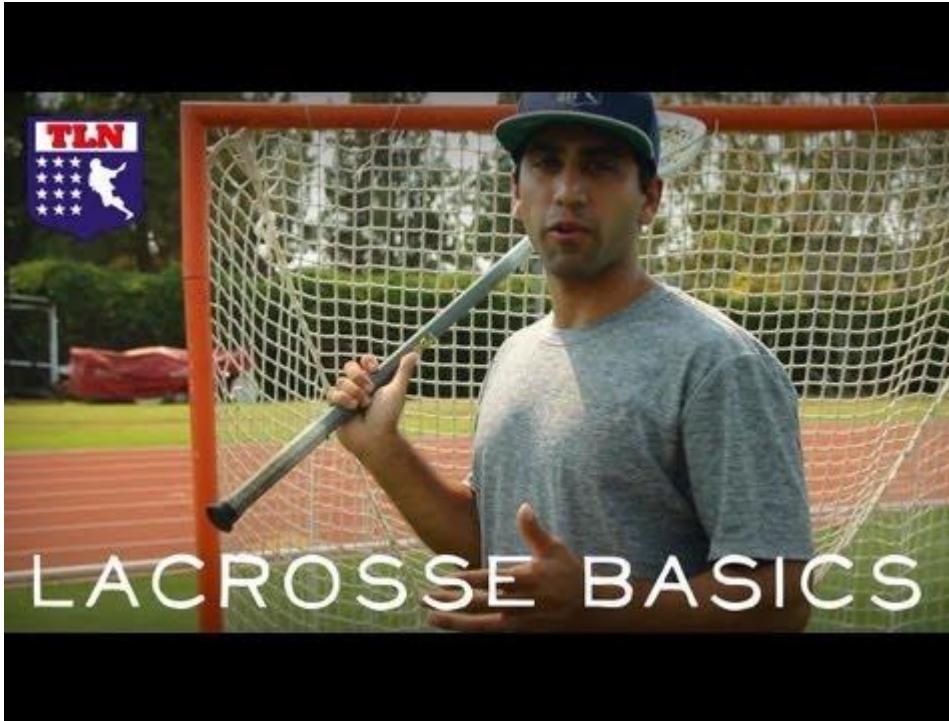
Dominant hand about mid
or slightly higher on stick

Non-Dominant hand
at the butt of the
stick

Step with opposition

Follow through (the
amount of follow
through will depend
on where your target
is)

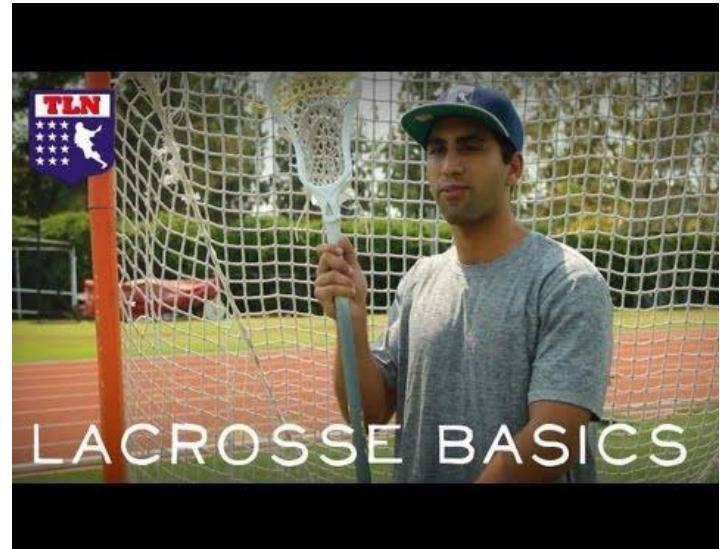
THROWING



CATCHING



Catching is a very difficult skill in Lacrosse because not only does it require a relatively accurate throw, but, it also requires hand/eye coordination and technique. The best way to learn to catch is to throw and catch as much as you can, but, these videos are a good way to introduce you to the technique.



SCOOPING



Notice the key attributes- bending knees, getting the stick behind and under the ball, two hands on the stick

SCOOPING



CRADLING

Cradling is the act of travelling with the Lacrosse Ball while it is in your stick. Cradling is intended to protect the ball while you travel. It is a difficult skill and that best demonstration is this video.



SHOOTING

Although in the game of Lacrosse, there is a specific technique used for shooting we will not be focusing on the specific technique because in the PE setting, the goals are much smaller and the rules will be different. Shooting will be either made overhand (like a throw) or underhand, depending on how close you are to the goal.

If you are curious about the technique, here is a video.



STRATEGIES

OFFENSIVE STRATEGIES

In the game of Lacrosse there are specific offensive plays that teams will create to try and outplay the defense and score a goal. You will be required to research a play, diagram it and try it with your team.

DEFENSIVE STRATEGIES

In PE Lacrosse there will be 2 defensive players that will be responsible for defending the Attack Zone as well as midfielders that can come in and help on defense. Teams will change their lineups so that all players have a chance to play both offense and defense.

CLASS SKILL DRILLS

DRILL PURPOSE...

Specific drills will be done in class to help you better understand and practice the skills of:

Throwing

Catching

Scooping

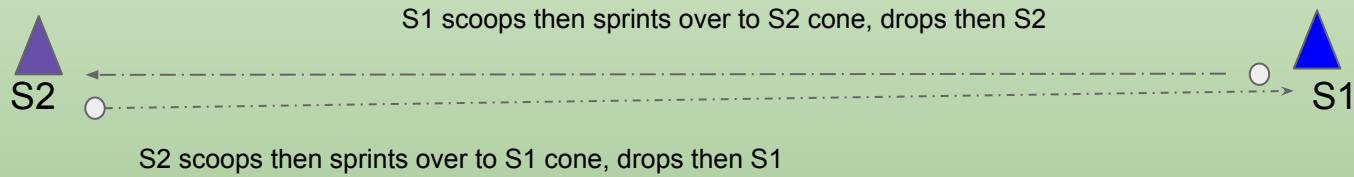
Cradling

Shooting

DRILL PROGRESSION

Drills will start off in a static environment and then will progress to a more complex environment to better replicate what it will be like in tournament play (ie., adding defensive players, moving players, distance changes, etc.)

SCOOP/CRADLE PRE-ASSESSMENT



S1 will start the drill by scooping the ball near the blue cone, then sprint it across the field to S2 (using whatever cradling technique they want) and then will drop the ball right near the purple cone then run the back of the S2 cone line. S2 will immediately scoop the ball and run it across (cradle) to S1, drop the ball by blue cone and go to the back of the S1 line.

SCOOP/CRADLE PRE-ASSESSMENT

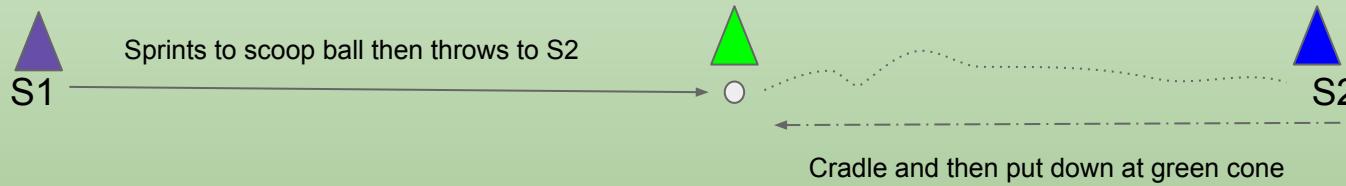


SCOOP, PASS, CATCH, CRADLE DRILL

SKILL OBJECTIVES/LEARNING TARGETS:

Introduction to Scooping and scooping technique

Introduction to Cradling and Cradling technique



S1 will start the drill by sprinting to the Green Cone to scoop up the ball. As soon as they scoop up the ball, they will use proper throwing technique to throw to S2 who is stationary, waiting for the throw. S1 will then run the back of S2 line. S2 will then either catch or scoop the ball and the cradle to the green cone and then place the ball by the green cone for the next S1 to run down. S2 will continue to the back of the line at S1.

SCOOP, PASS, CATCH, CRADLE DRILL



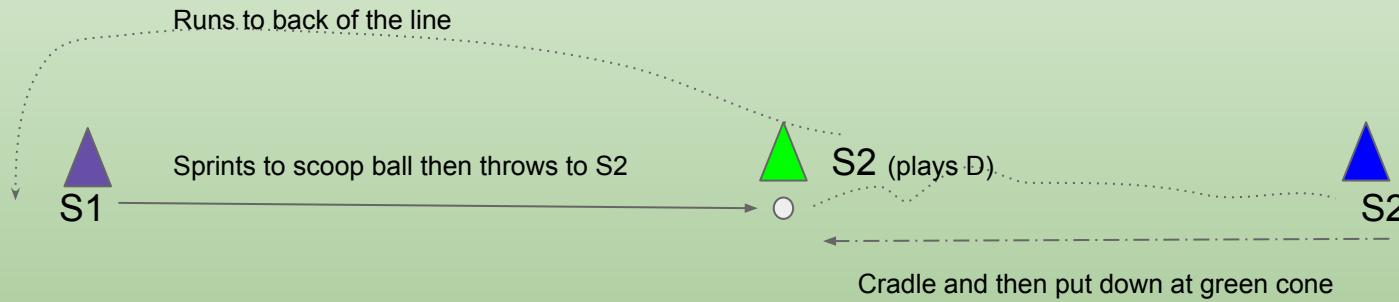
SCOOP, PASS, CATCH, CRADLE DRILL- POINT CHALLENGE



Every catch is a point- gives a competitive element to the drill and forces more accuracy on the passes

SCOOP, PASS, CATCH, CRADLE DRILL- PROGRESSION (ADD D)

Progression: after putting ball down, S2 stays to be a defender putting pressure on S1 while S1 makes the pass



S1 will start the drill by sprinting to the Green Cone to scoop up the ball. As soon as they scoop up the ball, they will use proper throwing technique to throw to S2 who is stationary, waiting for the throw. S1 will then run to the back of S2 line. S2 will then either catch or scoop the ball and the cradle to the green cone and then place the ball by the green cone for the next S1 to run down. S2 will continue to the back of the line at S1.

PE TOURNAMENT

There will be teams of 6

2 Defenders/2 Midfield/2 Attacker's (no goalies)

Defenders and Attackers can only play in their “zone” and
Midfielders play everywhere- midfielders need to play man to
man against each other

Positions will change every game

Each team will have a captain

Teams will fill out a line-up card in advance for each game

SCOOP, PASS, CATCH, CRADLE DRILL- DEFENSIVE PLAYER



Adding a defensive player to pressure the passer

PASS W/ DEFENDER TO MOVING TARGET



S1 begins the drill by sprinting to a lacrosse ball to scoop it up. At the same time that S1 takes off, S2 takes off towards the scooping cone to meet S1 to play defense. As soon as S1 scoops the ball, S3 takes off to their right to catch the ball while on the move.

S3 Cradles the ball behind the blue cone and around the green cone to drop-off the ball at Red cone and then get in back of line at S1

PASS W/ DEFENDER TO MOVING TARGET

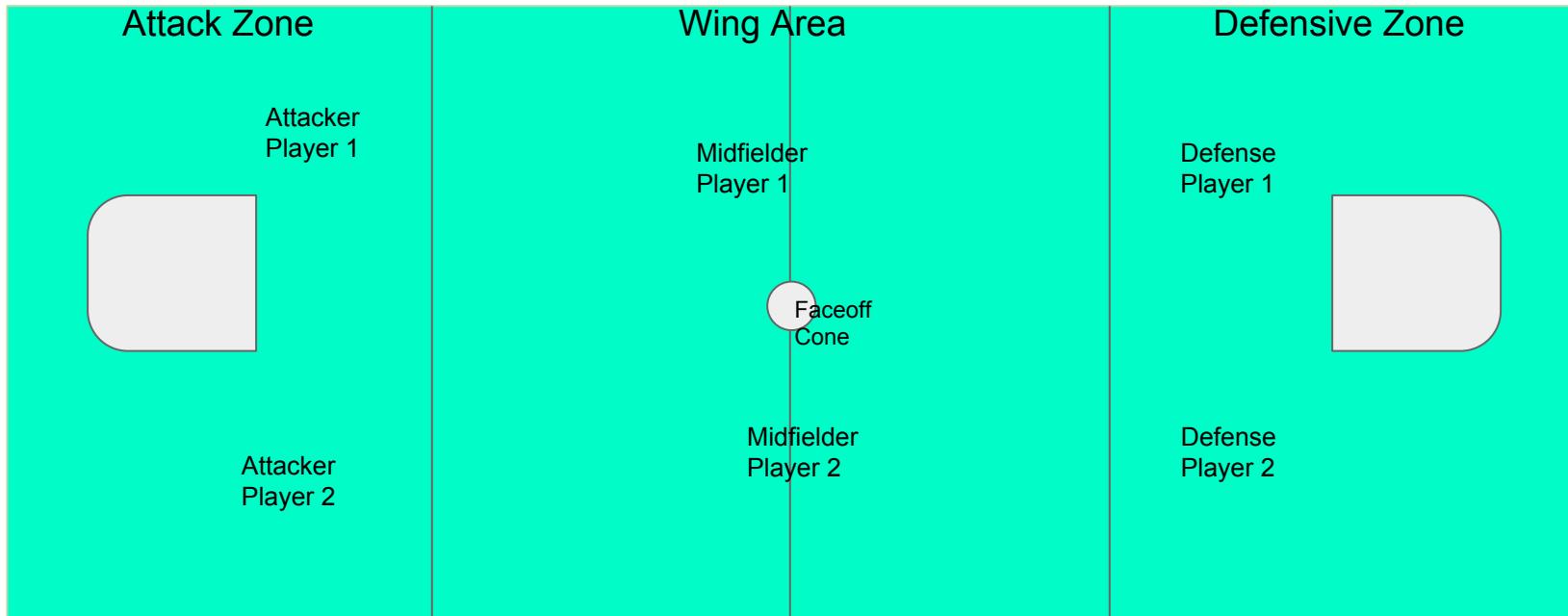


PASS W/ DEFENDER TO MOVING TARGET



TOURNAMENT PLAY

PE TOURNAMENT FIELD SET UP (SEEN FROM YOUR TEAM'S PERSPECTIVE)



Attacker Players can only stay in the Attack Zone and are eligible to score. Only Attackers and one Midfielder can score.

Midfielder Players can play in any zone on the field. Only one Midfielder will be eligible to score and the other Midfielder is the only one who can do faceoffs.

Defensive Players can only stay in the Defensive Zone to defend their goals. They can not play in the Wing Area or Attacker Zone.

RULES AND INFORMATION

All the rules and other key information will be provided on a handout that can be downloaded from the Lacrosse webpage and it will also be posted on Google Classroom

Teams will be responsible for filling out a line up card for each game and players will have to rotate positions they play.

Each team will have a captain responsible for reporting any issues and reporting the score at the end of a game.