

**Resources:**

Lacross sticks, balls (1 between 2), spots

**Objectives:** I can

perform a pass using above head and round the corner style under a time pressure and catch the ball using the open end of the head.

Use correct footwork to scoop up a loose ball

Play a zoned lacrosse game.

## Year 5/6

## Lesson 2

Activities	Coaching Points
<p><b>Warm Up – Catch</b></p> <ul style="list-style-type: none"> <li>Rebound catch – in pairs one player throw the ball at the wall whilst the other player attempts to catch it. Complete 10 and swap.</li> <li>Ext – catch is reversed and upon throwers command turns and tries to catch the ball.</li> </ul>	<p><b>Receiving</b></p> <p>Follow the track of the ball Catch ball in open end of stick</p>
<p><b>Activity 1 – Shooting</b></p> <ul style="list-style-type: none"> <li>Pass and score – using players in two groups, one to the right, one to the left of the goal, players take turns to shoot at the goal and collect the ball. Once collected pass to the opposite team and join the back of their line.</li> <li>Hit the cones – using a series of small traffic cones placed in the corners of each goal. Players try to hit their team's cones, first to knock over or into the goal their coloured cones are the winners</li> </ul>	<p><b>Shooting</b></p> <p>Step onto opposite foot Shoot from a central location on body Follow through with shot Quick release Shot placement Possible fake to beat defence or goal keeper.</p>
<p><b>Activity 2 – Scooping and passing the ball</b></p> <ul style="list-style-type: none"> <li>Race and roll – with balls in the centre, in teams of 3 players, two players with sticks, one within, first player runs to the centre whilst second player runs to the blue spot, first player rolls the ball to second player who scoops up the ball and pass to the third player waiting near their teams hoop. Team with the most amount of balls at the end are the winners.</li> <li>Rotate roles.</li> </ul>	<p><b>Scooping up the ball</b></p> <p>Stay low to the ground Bend knees Same hand, same foot Eyes on the ball.</p> <p><b>Passing</b></p> <p>Arms straight above head Opposite foot forward Head up</p>
<p><b>Game – 7 v 7 zoned game</b></p> <ul style="list-style-type: none"> <li>Simple 6 v 6 game - Starting with a centre pass players have to make three passes before they can shot at the goal. Two halves of ten minutes each. Teams are divided up into 1 goal keeper in a restricted area, 2 defensive players (restricted to the defensive zone, 2 midfield players (go anywhere), 2 attacking player (restricted to offensive zone)</li> </ul>	<p>7 v 7 zone game</p> <p>Goalkeepers in restricted area No stick checking Must pass three times before scoring First to cover loose ball keeps possession</p>
<p><b>Cool down: Reaction and scooping</b></p> <ul style="list-style-type: none"> <li>Under, over and around the side – with partner standing one front of the other, player at front with lacrosse stick, player behind with the ball. Player behind rolls ball through the legs of player in front, player in front reacts, scoops up the ball and returns it, player behind chooses either through legs, around sides or over the top.</li> </ul>	<p><b>Scooping up the ball</b></p> <p>Stay low to the ground Bend knees Same hand, same foot Eyes on the ball.</p>