

### Lesson Objective

To shoot whilst on the move

Lesson 1/6

### Equipment Needed

Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.

### Success Criteria

Children can:

- Know how to hold the stick and keep front elbow high to help with the aim
- Follow through in an arch when shooting at the goal
- Change from cradling and carrying into the shooting technique whilst moving

### Adapted Learning (Differentiation) (Challenge)

Group children by ability.  
Use different sized balls.

### Key Questions

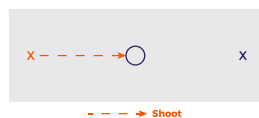
How do we shoot the ball?  
Where is the best place to shoot?

### Warm Up

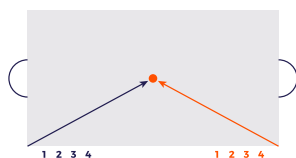
Recap:

Recap how to do the 'SCOOP'. In pairs one child rolls the ball away from the child holding the stick. They chase after the ball and scoop it up, cradling it and turning to run back. Have the children try this from different sides of the ball. Swap partners. Show successful attempts to rest of the children and discuss what makes them better, e.g., running speed (being parallel to the ball when scooping); keeping feet wider apart for balance; hand positioning in controlling the ball in the stick. 5 S's: STEP / SQUAT / SCOOP / STEP / SHIELD.

### Main Activity



- - - - - Shoot



### Skill Acquisition - Shooting:

Children are put into small groups and the coach talks about how to shoot the ball. Put them into pairs and throw the ball to each other. Encourage children to aim the ball into the ground when shooting, place a hoop in between each pair to give the children something to aim at.

### Numbers:

Set up the class into groups of four. Have multiple pitches set up. Number each group 1-4. Place a ball in the middle of the area, and when you call a number, that pair runs out, collects the ball, and attempts to shot into the goal. Start with two ball and see who can score first, then reduce to one and its attack vs defence once the ball is collected.

### 3 v 3:

In ability groups have three attackers and three defenders. Place a goal at one end of the area and explain that the children need to be within the shooting area to score. Place three balls at the end line where the attacking team will start from and play towards the goal (remembering the four second rule) and score. The three defenders have to intercept the ball if they do they score if the attackers score. Swap roles after a set of three attacks.


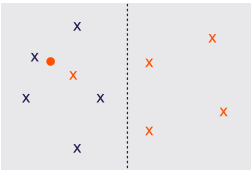



### Cooldown

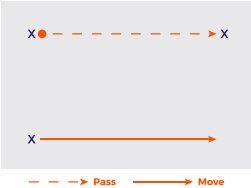


Recap and discuss Success Criteria.

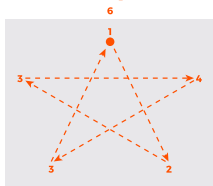


### Key Technical Points



- Children have their top hand towards the bottom of the stick, standing shoulder width apart
- Front elbow aiming at target, pull stick down with bottom hand as they push top hand forward towards target

<b>Lesson Objective</b>	<b>To support their teammates when attacking</b>	<b>Lesson 2/6</b>
<b>Equipment Needed</b>	Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"> <li>• Keep team possession by moving to simple passing lanes</li> <li>• Make sure ball carrier always has a minimum of two passing options</li> <li>• Create and use a 2v1 situation to cause indecision for the defender</li> </ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group by ability to add challenge and differentiation.	
<b>Key Questions</b>	How do we support our teammate?	
<b>Warm Up</b>	<b>Colour Run:</b> The teacher will set out five different coloured lines (Red, blue, green, white, yellow). The children will all start on the first line and listen for an instruction from the teacher (E.g. run to the blue line). The children must get to the correct line as quickly as they can and be doing the correct instruction. Last person to the line loses a life. Complete the activity with children holding a lacrosse stick.	
<b>Main Activity</b>	<div>  </div> <div>  </div> <div>  </div> <b>Passing &amp; Moving:</b> In pairs, practise throwing the ball to each other and catching, each time they pass the ball they move to a different position to receive the ball. Challenge the children to cover larger distances and discuss that when the hands are closer together on the stick you can throw further but with less accuracy.	
	<b>Plus 1:</b> In teams of five, one team starts with the ball and aims to complete five passes, once they complete the passes, One defending player joins to try and intercept the ball. If they intercepted the ball, they take it back to their area. After 30 seconds, if the attacking team still has the ball, a second defender goes and helps win the ball back. Continue to all defenders have moved across or the ball is returned to opposite side.	
	<b>4v1 Keep Ball:</b> In groups of five. One player stands in the middle. The other four players pass the ball around and the player in the middle must try to intercept or gather the lose ball. Whoever loses possession of the ball goes into the middle.	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<b>Support:</b> <ul style="list-style-type: none"> <li>• Keep team possession by moving to simple passing lanes</li> <li>• Make sure ball carrier always has a minimum of 2 passing options:               <ul style="list-style-type: none"> <li>- A pass forward</li> <li>- A pass to the side</li> </ul> </li> </ul>	

<b>Lesson Objective</b>	<b>To deny the opposition goal scoring opportunities</b>	<b>Lesson 3/6</b>
<b>Equipment Needed</b>	Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.	
<b>Success Criteria</b>	<p><b>Children can:</b></p> <ul style="list-style-type: none"> <li>• Understand to 'man mark' attackers, follow them and force ball carrier away from goal</li> <li>• Delay attacks and make them use up the four second possession count</li> <li>• Change their body position to see the ball carrier and nearest attacker</li> </ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	For the more able children add a hoop to shoot at or a net or put a time limit on their passes.	
<b>Key Questions</b>	How do we deny the opposition goal scoring opportunities?	
<b>Warm Up</b>	<p><b>Passing Numbers:</b></p> <p>Set out areas for six groups of children. Number the players 1-6. The ball starts with #1, who then passes to 2, 3 at this point should be calling out their number and moving to a position to receive the ball etc. Each player should pass the ball within four seconds. Merge two groups into the same area, this will create passing lanes and obstructions.</p>	
<b>Main Activity</b>	<p><b>Passing &amp; Moving:</b></p> <p>In pairs, practise throwing the ball to each other and catching, each time they pass the ball they move to a different position to receive the ball. Challenge the children to cover larger distances and discuss that when the hands are closer together on the stick you can throw further but with less accuracy.</p> <p><b>3v2 Keep Ball:</b></p> <p>In groups of five. Two attackers try to move the ball from one zone to the other. Two defenders must deny a forward pass and try and force the attackers to make a mistake. If the ball is passed through to opposite area, the passing player joins them, and the drill continues. Swap roles after two minutes.</p> <p><b>3v3:</b></p> <p>In ability groups have three attackers and three defenders. Place a goal at one end of the area and explain that the children need to be within the shooting area to score. Place three balls at the end line where the attacking team will start from and play towards the goal (remembering the four second rule) and score. The three defenders have to intercept the ball or deny the attackers the ability to get into the shooting area. If they do they score if the attackers score. Swap roles after a set of three attacks.</p>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<p><b>Denying Space For An Attack:</b></p> <ul style="list-style-type: none"> <li>• Maintain or regain position between the goal and opposition</li> <li>• Man-mark attackers, follow them</li> <li>• Force ball carrier away from goal</li> <li>• Delay attacks and make them use up the 4 second possession count</li> </ul>	

<b>Lesson Objective</b>	To create 2v1 situations in attack	<b>Lesson 4/6</b>
<b>Equipment Needed</b>	Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"> <li>Start to decide whether to run or pass through the defence</li> <li>Create an overload and use a 2v1 situation to cause indecision for defence to allow for a run by ball carrier, a give &amp; go or draw out the defender to create a passing lane</li> </ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Have L/A children work in a triangle, and they pass the ball around to make the movements easier.	
<b>Key Questions</b>	How do we support the player with the ball?	
<b>Warm Up</b>	<p><b>Passing Numbers:</b></p> <p>Set out areas for six groups of children. Number the players 1-6. The ball starts with #1, who then passes to 2, 3 at this point should be calling out their number and moving to a position to receive the ball etc. Each player should pass the ball within four seconds. Merge two groups into the same area, this will create passing lanes and obstructions.</p>	
<b>Main Activity</b>	<p><b>3 Player Box:</b></p> <p>Create 15-yard box with four cones. Organize the players into groups of three, with each player standing at a cone and one ball per box. Players pass the ball in any direction. After every pass, the spare player must run to make sure the player with the ball never has an empty adjacent cone next to them.</p>  <p><b>2v1 Keep Ball:</b></p> <p>In groups of five. One player stands in the middle. The other four players pass the ball around and the player in the middle must try to intercept or gather the loose ball. Whoever loses possession of the ball goes into the middle.</p>  <p><b>3v3:</b></p> <p>In ability groups have three attackers and three defenders. Place a goal at one end of the area and explain that the children need to be within the shooting area to score. Place three balls at the end line where the attacking team will start from and play towards the goal (remembering the four second rule) and score. The three defenders have to intercept the ball if they do they score if the attackers score. Swap roles after a set of three attacks.</p> 	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<p><b>Support:</b></p> <ul style="list-style-type: none"> <li>Keep team possession by moving to simple passing lanes</li> <li>Make sure ball carrier always has a minimum of 2 passing options: <ul style="list-style-type: none"> <li>A pass forward</li> <li>A pass to the side</li> </ul> </li> </ul>	

<b>Lesson Objective</b>	<b>To understand the basic rules of lacrosse</b>	<b>Lesson 5/6</b>
<b>Equipment Needed</b>	Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.	
<b>Success Criteria</b>	<p><b>Children can:</b></p> <ul style="list-style-type: none"> <li>• Play small games following the rules provided</li> <li>• Put into practice the techniques shown</li> <li>• Understand when and where certain techniques need to be used: Cradle, Carry, Pass or Shoot?</li> </ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group teams by ability to add challenge and differentiation.	
<b>Key Questions</b>	What are the basic rules of Lacrosse?	
<b>Warm Up</b>	<p><b>Pass &amp; Go:</b></p> <p>In pairs the children revise passing at height. Then they practice moving to receive. One player passes the ball whilst the receiver indicates in which direction they are going to run (left or right). Practice this a number of times until the pairs achieve a high success rate. If they are having trouble tell them to try a few times without the sticks just throwing the ball. When they are better at this reintroduce the sticks.</p>	
<b>Main Activity</b>	<p><b>Star Drill:</b></p> <p>Lay out five cones to make a star, have players stand at each cone, with two players at the start of the drill. Players firstly pass the ball diagonally across from them (see arrows), who then passes across the star. This continues until the ball arrives back at the start. Once a player passes the ball, they follow their pass and take the place of the player who received the ball. This is then repeated in the same pattern.</p>  <p><b>Endzone:</b></p> <p>Setup 3 or 4 fields (depending on numbers) with two end zones at either end. In teams of four have a 'target' player in each end zone. Split the rest of the group into two teams. Game: Regular style game but teams score by getting the ball to their goalie in the end zone. Variation: Players may only possess the ball for four seconds before passing or scoring.</p>  <p><b>5v5 Matches:</b></p> <p>Match teams by similar abilities and play small, sided matches:</p> <ul style="list-style-type: none"> <li>• Game start and restart from the centre mark</li> <li>• After a goal, the team that concedes starts with the ball</li> <li>• Not allowed into the goal circle, except goalkeepers</li> </ul> 	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>• No stick or body contact</li> <li>• No trapping/guarding ball</li> <li>• Maximum four second possession of the ball by a player</li> </ul>	

<b>Lesson Objective</b>	To play small-sided games using the techniques shown throughout	<b>Lesson 6/6</b>
<b>Equipment Needed</b>	Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"> <li>• Play competitive/modified games and apply basic principles suitable for attacking and defending</li> <li>• Put into practice the techniques shown</li> <li>• Understand when and where certain techniques need to be used</li> </ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	<p>Make sure the teams are set by ability. Higher ability game and a lower ability game. Condition the lower ability game i.e., no time restriction on the ball.</p>	
<b>Key Questions</b>	What techniques do I need in order to play small side games?	
<b>Warm Up</b>	<p><b>Passing Numbers:</b></p> <p>Set out areas for five groups of children. Number the players 1-5. The ball starts with #1, who then passes to 2, 3 at this point should be calling out their number and moving to a position to receive the ball etc. Each player should pass the ball within four seconds. Merge two groups into the same area, this will create passing lanes and obstructions.</p>	
<b>Main Activity</b>	<div>  <p><b>2v1 Keep Ball:</b></p> <p>In groups of five. One player stands in the middle. The other four players pass the ball around and the player in the middle must try to intercept or gather the loose ball. Whoever loses possession of the ball goes into the middle.</p> </div> <div>  <p><b>5v5 Matches:</b></p> <p>Match teams by similar abilities and play small, sided matches:</p> <ul style="list-style-type: none"> <li>• Game start and restart from the centre mark</li> <li>• After a goal, the team that concedes starts with the ball</li> <li>• Not allowed into the goal circle, except goalkeepers</li> </ul> </div>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>• No dangerous passing or shooting</li> <li>• No dangerous follow through with stick (Following pass/shot)</li> <li>• No entry into goal crease</li> <li>• No defending goal by standing in the 5m space in front of goal (Except it a sticks length away from an attacking opponent)</li> </ul>	