Recap: What do we know about lacrosse?

Lesson 1/6

To shoot whilst on the move

Success Criteria

To be able to:

- 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

COMPLETE **EDSTART**

Recap: To shoot whilst on the move

Lesson 2/6

To support their teammates when attacking

Success Criteria

To be able to:

- Keep team possession by moving to simple passing lanes
- Make sure the ball carrier always has a minimum of two passing options
- Create and use a 2v1 situation to cause indecision for the defender

COMPLETE EDSTART

Recap: To support their teammates when attacking

Lesson 3/6

To deny the opposition goal scoring opportunities

Success Criteria

To be able to:

- Understand to 'man mark' attackers, follow them and force ball carrier away from goal
- Delay attacks and make them use up the four second possession count
- Change their body position to see the ball carrier and nearest attacker

COMPLETE EDSTART

Recap: To deny the opposition goal scoring opportunities

Lesson 4/6

To create 2v1 situations in attack

Success Criteria

To be able to:

- Start to decide whether to run or pass through the defence
- Create an overload and use a 2v1 situation to cause indecision for defence to allow for a run by ball carrier, a give and go, or draw out the defender to create a passing lane

Recap: To create 2v1 situations in attack

Lesson 5/6

To understand the basic rules of lacrosse

Success Criteria

To be able to:

- Play small games following the rules provided
- Put into practice the techniques shown
- Understand when and where certain techniques need to be used – cradle, carry, pass or shoot?

Recap: To understand the basic rules of lacrosse

Lesson 6/6

To play small-sided games using the techniques shown throughout

Success Criteria

To be able to:

- Play competitive/modified games and apply basic principles suitable for attacking and defending

- Put into practice the techniques shown

- Understand when and where certain techniques need to be used