

Year 5 - Lacrosse

Lesson Plan

COMPETING
EDSTART

Lesson Objective To continue to develop the techniques of scooping, carrying, and cradling the ball **Lesson 1/6**

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

Success Criteria Children can:

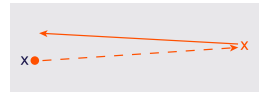
- Know the techniques for scooping, cradling and carrying the ball
- Move from one technique to another whilst maintaining possession of the ball
- Move the stick head from shoulder to chin and back to whilst moving with the ball

Adapted Learning (Differentiation) (Challenge) Group teams by ability to add challenge and differentiation.

Key Questions How do we scoop the ball?
How do we carry the ball?

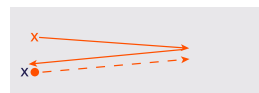
Warm Up **Stuck In The Mud:**
Spread the children out across a large lacrosse pitch. All children have a ball and stick and move around the area. 2/3 'catchers' look to catch the ball carriers. If caught players stand still with their feet apart, they can re-enter the game if another player rolls the ball between their legs and collects the ball using the scoop technique. Swap 'catchers' after two minutes.

Main Activity



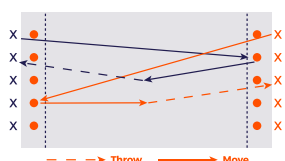
Throw - Catch:

In 2's, one child throws the ball to their partner who is holding a stick. Children place their hands wide apart to gain better control of the stick. Once they catch, they use the stick to roll the ball back to their partner. Ten throws then swap over.



Scoop:

Same set up as above, one child rolls the ball away from their partner. They chase the ball and scoop it up, cradling it as they return to their partner. Each time the ball is rolled swap the direction on the ball to work on scooping and approaching from both left and right. Swap roles.



End Zone Ball:

Set up an area around 20x15m and split into teams of five. Place five balls in each end zone. One player runs out and scoops a ball, they run to the centre spot and passes to a teammate. If they catch the ball, their team scores, if not the ball is replaced on the opposite end zone. The first team to score five goals wins.

Cooldown Recap and discuss Success Criteria.

Key Technical Points

Carrying:

Preferred hand under the head of stick other hand wide apart. Use your top hand to move stick from shoulder to chin - repeat.

Scoop:

Place one hand at top and one at bottom of stick, step next to ball and over the ball. Place stick close to the ground and push through the ball.

Lesson Objective

To continue to develop the techniques throwing and catching the ball

Lesson 2/6

Equipment Needed

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

Success Criteria

Children can:

- Know the techniques for throwing and catching the ball
- Know to stand side-on with their dominant hand closest to the head of stick
- Drop top hand's elbow to cushion ball when receiving the ball

Adapted Learning (Differentiation) (Challenge)

Group teams by ability to add challenge and differentiation.

Key Questions

Warm Up

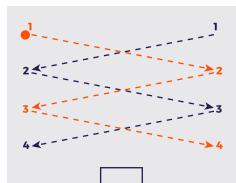
Pass & Go:

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.

Main Activity



-- -- -- Shoot -- -- -- Move



-- -- -- Pass & Follow -- -- -- Shoot



Passing & Moving:

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.

Quick Passing:

Players line up on alternate cones and pass in a zig-zag formation. Each team has three balls. One at a time, all balls must get to the end player. Team with three balls with the last player attacks the goal with four players. The team that lost become the defence and lose a player to encourage uneven play or a 'man up situation'.

Plus 1:

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 2nd defender goes and helps win the ball back. Continue to all defenders have moved across or the ball is returned to opposite side.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

Support:

Top hand slides to middle of stick, standing side on with hands away from body. Pull stick down with bottom hand as you push forward with top hand. Follow through towards target.

Catching:

Preferred hand at top of the stick with other hand wide apart. Face forward with stick head facing the ball, follow the path of the ball as you catch, lower elbow to cushion ball.

Lesson Objective

To dodge a defender when travelling with the ball

Lesson 3/6

Equipment Needed

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

Success Criteria

Children can:

- Run at a defender and step quickly to one side
- Move to the other side and accelerate away from defender
- Make the defenders believe in their first step and accelerate away

Adapted Learning (Differentiation) (Challenge)

Group teams by ability to add challenge and differentiation.

Key Questions

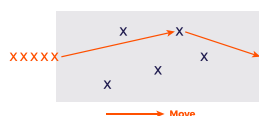
How do we dodge a defender?

Warm Up

Passing Numbers:

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.

Main Activity



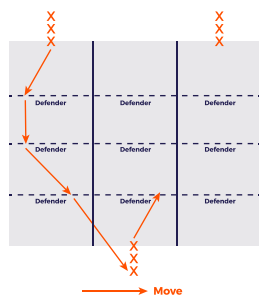
Team Tag Thru:

In teams of six. One team moves around the area holding a rugby ball each. One player from the defending team must enter area and try to steal a tag of any of the players. As soon as they do, the next player enters the area. Continue until all players are through to the other side of the area. If player drops ball, goes out of square then defender gets to walk through.



1v1 Attacking:

One team starts with the ball and enters the area. The defender (without a stick) must mirror the movements of the attacker. The attackers aim in to 'lose' the defender and score through one of the gates in the middle off the pitch. The defenders cannot pass the half way line, and must 'tag' the attacker as they are going through the gate to score.



Gauntlet:

Split the hall/field into three columns, with the class split into three. 2 Teams attack, 1 Teams defends specific areas.

- Children must try to run with a ball in their stick from start to finish without being tagged
- Defenders must try to 'tig' the runner, if they succeed runner goes to back of line
- Defenders can only move sideways on their defending line
- Attackers rotate round the gauntlet to attack against a different set of defenders
- Rotate after two minutes

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

Dodging:

Run at the defender and take a step to the side just as you approach. As the defender moves, quickly accelerate in the other direction.

Lesson Objective

To keep possession of the ball as a team

Lesson 4/6

Equipment Needed

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

Success Criteria

Children can:

- Keep possession of the ball by passing and moving.
- Move the ball forward to get in the opponent's half of the field
- Make sure ball carrier always has a minimum of two passing options

Adapted Learning (Differentiation) (Challenge)

Group by ability to add challenge and differentiation.

Key Questions

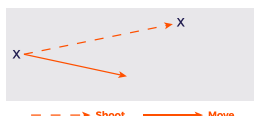
How do we support our teammate?

Warm Up

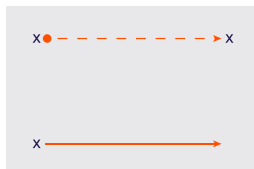
Colour Run:

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.

Main Activity



-- -- --> Shoot -- -- --> Move



-- -- --> Pass -- -- --> Move



Passing & Moving:

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.

3 Player Box:

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.

Plus 1:

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.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

Support:

- Keep team possession by moving to simple passing lanes
- Make sure ball carrier always has a minimum of 2 passing options:
 - A pass forward
 - A pass to the side

Lesson Objective	To regain possession from the opposition	Lesson 5/6
Equipment Needed	Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Slow down attack and force ball carrier away from goal • Try to block one passing lane to force a poor pass • Scoop the ball once opponents drop the ball and regain possession 	
Adapted Learning (Differentiation) (Challenge)	For the more able children add a hoop to shoot at or a net or put a time limit on their passes.	
Key Questions	How do we deny the opposition goal scoring opportunities?	
Warm Up	<p>Passing & Moving:</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>	
Main Activity	<p>Regain Possession:</p> <p>In groups of four, one player runs into the middle to take a ball, then cradle and carry the ball back to their hoop. The next player in the team then runs to the middle, until all balls have been collected.</p> <p>Possession Numbers:</p> <p>Same set up as above, number children 1 – 4. Once their number is called, they then compete to regain possession of the ball and return it to their hoop. Ball is replaced in the middle and another number is called.</p> <p>3v3:</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>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<p>Denying Space For An Attack:</p> <ul style="list-style-type: none"> • Maintain or regain position between the goal and opposition • Man-mark attackers, follow them. Force ball carrier away from goal • Delay attacks and make them use up the four second possession count 	

Year 5 - Lacrosse

Lesson Plan

Lesson Objective	To play small-sided games of lacrosse	Lesson 6/6
Equipment Needed	Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Play competitive/modified games and apply basic principles suitable for attacking and defending• Compare their performances with previous ones and demonstrate improvement to achieve their personal best• Evaluate performance and recognise their own success	
Adapted Learning (Differentiation) (Challenge)	Group teams by ability to add challenge and differentiation.	
Key Questions	What are the basic rules of lacrosse?	
Warm Up	<p>Pass & Go:</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>	
Main Activity	<p>Endzone:</p> <p>Setup three or four 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>5v5 Matches:</p> <p>Match teams by similar abilities and play small, sided matches:</p> <ul style="list-style-type: none">• Game start and restart from the centre mark• After a goal, the team that concedes starts with the ball• Not allowed into the goal circle, except goalkeepers	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<p>Rules:</p> <ul style="list-style-type: none">• No stick or body contact• No trapping/guarding ball• Maximum four second possession of the ball by a player	