

Recap: What do we know about lacrosse?

Lesson 1/6

To shoot whilst on the move

EDSTART KNOW

- I can explain how to hold the stick and aim with my elbow high.
- I can describe how to move from cradling into a shooting position.
- I can understand when and where to shoot in lacrosse.

EDSTART GO

- I can scoop, cradle, and shoot while moving at speed.
- I can aim for a target using follow-through in an arch.
- I can practise shooting in small groups and mini-games.

EDSTART SHOW

- I can encourage my teammates when they shoot.
- I can respect defenders when attacking in games.
- I can share equipment and play fairly in activities.

Recap: To shoot whilst on the move

Lesson 2/6

To support their teammates when attacking

EDSTART KNOW

- I can explain why creating passing options is important.
- I can describe how to move into passing lanes.
- I can understand how a 2v1 creates advantage.

EDSTART GO

- I can pass and move into space to help my team.
- I can give my teammate at least two passing options.
- I can create and use overloads in small games.

EDSTART SHOW

- I can work with my team to keep possession.
- I can encourage others to move and support the ball carrier.
- I can play fairly when attacking and defending.

Recap: To support their teammates when attacking

Lesson 3/6

To deny the opposition goal scoring opportunities

EDSTART KNOW

- I can explain what man-marking means.
- I can describe how to delay attackers.
- I can understand how to force attackers away from goal.

EDSTART GO

- I can mark my opponent tightly and follow them.
- I can block attackers from getting into shooting areas.
- I can intercept passes and regain possession.

EDSTART SHOW

- I can respect opponents when defending.
- I can encourage teammates to stay strong in defence.
- I can show resilience even when my team concedes.

Recap: To deny the opposition goal scoring opportunities

Lesson 4/6

To create 2v1 situations in attack

EDSTART KNOW

- I can explain how a 2v1 creates space.
- I can describe how to run, pass, and draw defenders.
- I can understand how to support my teammate with the ball.

EDSTART GO

- I can combine passing and running to beat defenders.
- I can make decisions on whether to shoot, pass, or carry.
- I can play in 2v1 and 3v3 attacking games.

EDSTART SHOW

- I can encourage my teammate to make the right choice.
- I can respect defenders when attacking.
- I can work fairly in small-sided activities.

Recap: To create 2v1 situations in attack

Lesson 5/6

To understand the basic rules of lacrosse

EDSTART KNOW

- **I can explain the basic rules of lacrosse.**
- **I can describe the main fouls (contact, guarding, possession time).**
- **I can understand when to cradle, pass, or shoot.**

EDSTART GO

- **I can play small-sided games following the rules.**
- **I can use the correct techniques in matches.**
- **I can apply different skills depending on the situation.**

EDSTART SHOW

- **I can respect referees and their decisions.**
- **I can encourage my team when playing games.**
- **I can show fairness whether I win or lose.**

Recap: To understand the basic rules of lacrosse

Lesson 6/6

To play small-sided games using the techniques shown throughout

EDSTART KNOW

- I can explain the techniques needed in small games.
- I can describe how to apply rules safely.
- I can understand how to combine attacking and defending strategies.

EDSTART GO

- I can use passing, shooting, and defending in 5v5 matches.
- I can follow the rules and play safely.
- I can apply tactics in real games.

EDSTART SHOW

- I can support my teammates in both attack and defence.
- I can respect opponents and referees in games.
- I can reflect on my performance and look to improve.