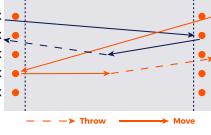


# Year 5 - Lacrosse

## Lesson Plan

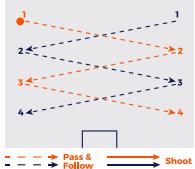
COMPETING  
**EDSTART**

<b>Lesson Objective</b>	To continue to develop the techniques of scooping, carrying and cradling the ball			<b>Lesson 1/6</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>Know the techniques for scooping, cradling and carrying the ball</li> <li>Move from one technique to another whilst maintaining possession of the ball</li> <li>Move the stick head from shoulder to chin and back to whilst moving with the ball</li> </ul>			
<b>EDSTART KNOW</b>	<ul style="list-style-type: none"> <li>I can explain how to scoop the ball correctly</li> <li>I can describe how to cradle the ball while moving</li> <li>I can understand how to carry the ball using shoulder-chin movement</li> </ul>		<b>EDSTART GO</b>	<ul style="list-style-type: none"> <li>I can scoop the ball from the floor with control</li> <li>I can cradle the ball while running</li> <li>I can carry the ball from one area to another without dropping it</li> </ul>
<b>EDSTART SHOW</b>	<ul style="list-style-type: none"> <li>I can respect my partner during group activities</li> <li>I can encourage teammates when they practise scooping and carrying</li> <li>I can celebrate team success in End Zone Ball fairly</li> </ul>			
<b>Key Questions</b>	<p><b>Why is it important to bend your knees and keep the stick low when scooping the ball in lacrosse?</b> Bending the knees lowers your body for balance and power, while keeping the stick low to the ground helps you contact the ball cleanly, scoop it securely into the pocket, and move into cradling more quickly and under control.</p>			
<b>Warm Up</b>	<p><b>SCOOP IN THE MUD:</b> Children spread out across a large lacrosse area, each with their own stick and ball. Two or three players are designated as "catchers" and attempt to tag others while maintaining control of their ball. If a player is tagged, they must stand still with legs apart, holding their stick upright. To free a teammate, another player must roll their ball between the tagged player's legs and scoop it cleanly on the other side before continuing to play. Rotate the catchers every two minutes. This fun warm up develops spatial awareness, scooping accuracy, and control while moving. <b>PROGRESSION:</b> Add a rule that players must cradle their ball while moving or perform one scoop before freeing a teammate.</p>			
<b>Main Activity</b>	<p><b>CATCH &amp; ROLL:</b> Working in pairs, one player throws the ball underarm to their partner who catches it in the pocket of their stick. Emphasise correct grip with the top hand firm and the bottom hand relaxed for control, stick head angled slightly back to receive the ball safely. Players should keep their eyes tracking the ball, soften the hands and arms on contact to absorb the force, and bring the stick slightly back to cushion the catch. After catching, they roll the ball back along the floor using a smooth push action with the stick low to the ground and aimed towards the partner. After ten throws, swap roles. Focus on accurate passes, good body position side on to the partner, balanced feet, and correct stick angle for both catching and rolling. <b>PROGRESSION:</b> Increase throwing distance slightly or add a challenge to complete five consecutive catches without dropping.</p>  <p><b>CHASE &amp; SCOOP:</b> Players stay in pairs. One partner rolls the ball away in different directions, and the other chases after it, performing a clean scoop with bent knees and low stick angle. Emphasise lowering the body by bending at the knees and hips, keeping the top hand firm at the top of the stick, and driving the stick head along the ground towards the ball. The scoop action should be a smooth forward lift with the stick staying close to the floor before lifting. Once the ball is collected, players cradle it using small wrist movements to keep the ball secure in the pocket while jogging back, keeping heads up and eyes forward. Pupils should approach from both left and right to improve coordination and balance. Swap roles after several turns. <b>PROGRESSION:</b> Add light movement from the roller such as rolling from different distances or at varied speeds, or include a timed element to increase focus on technique and speed.</p>  <p><b>END ZONE CHALLENGE:</b> Mark out a 20x15m pitch with an end zone at each end. Split pupils into teams of five and place five balls in each team's end zone. One player from each team runs out, scoops a ball, and passes it to a teammate positioned in the centre. If the teammate successfully catches the pass, the team scores a point. If the pass is dropped or intercepted, the ball is returned to the opposing end zone. Play continues until one team reaches five points. This game develops teamwork, quick transitions, and combining scoop, cradle, and passing skills under pressure. <b>PROGRESSION:</b> Allow defenders to apply light pressure or make interceptions, or increase the required number of passes before scoring.</p> 			
<b>Adapted Learning (Differentiation) (Challenge)</b>	<b>SPACE</b> Larger areas for beginners, smaller lanes for challenge.	<b>TASK</b> Start with scoop drills, progress to End Zone Ball.	<b>EQUIPMENT</b> Use beanbags/tennis balls first, lacrosse balls for challenge.	<b>PEOPLE</b> Work in pairs for scoop drills, teams of 5 for End Zone Ball.
<b>Cooldown</b>	<p><b>SCOOP RELAY REFLECTION:</b> Teams form single-file lines, each with one ball. Players take turns walking or jogging slowly to the other side, scooping and cradling the ball before handing it to the next teammate. Continue until all players have gone. Once finished, gather in a circle to discuss "What made scooping easier today?" or "How did your team work together to score?" <b>PROGRESSION:</b> Add a final light passing circle where each pupil must complete one gentle throw and catch before ending the session.</p>			
<b>Key Technical Points</b>	<p><b>Carrying:</b></p> <ul style="list-style-type: none"> <li>Preferred hand under the head of stick other hand wide apart</li> <li>Use your top hand to move stick from shoulder to chin – repeat</li> </ul> <p><b>Scoop:</b></p> <ul style="list-style-type: none"> <li>Place one hand at top and one at bottom of stick, step next to ball and over the ball</li> <li>Place stick close to the ground and push through the ball</li> </ul>			

# Year 5 - Lacrosse

## Lesson Plan

COMPETING  
**EDSTART**

<b>Lesson Objective</b>	To continue to develop the techniques of throwing and catching the ball			<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>Know the techniques for throwing and catching the ball</li><li>Know to stand side-on with their dominant hand closest to the head of stick</li><li>Drop top hand's elbow to cushion ball when receiving the ball</li></ul>			
<b>EDSTART KNOW</b>	<ul style="list-style-type: none"><li>I can explain how to stand side-on when throwing</li><li>I can describe how to cushion the ball when catching</li><li>I can understand how hand position changes power and accuracy</li></ul>	<b>EDSTART GO</b>	<ul style="list-style-type: none"><li>I can throw with accuracy to my partner</li><li>I can catch using correct grip and cushioning technique</li><li>I can combine passing and moving in games</li></ul>	<b>EDSTART SHOW</b>
<b>Key Questions</b>	Why is it important to move into space immediately after making a pass in hockey? Moving into space after passing creates a new passing option, helps maintain possession, pulls defenders out of position, and supports continuous attacking play by keeping the ball moving quickly and safely.			
<b>Warm Up</b>	<b>PASS &amp; DASH:</b> Working in pairs, pupils practise passing at head height while moving into new spaces. One player passes while the receiver signals with a stick tap which direction they will move left or right before receiving the next pass. Emphasise accurate leading passes into space, correct hand position on the stick, eyes tracking the ball, and soft hands when receiving to absorb the pass. Pupils should stay light on their feet, change direction sharply, and time their movement to meet the ball rather than waiting for it. Communication through voice and signals is essential to improve timing and anticipation. If pupils struggle with stick control, encourage them to first practise using hand throws, then reintroduce the sticks for progression. This warm up develops coordination, reaction speed, communication, and readiness for passing under movement. <b>PROGRESSION:</b> Add a "give and go" rule where the passer must immediately sprint into space to receive a return pass.			
<b>Main Activity</b>	<b>MOVE &amp; CONNECT:</b> Pairs continue practising their passing and catching but must now move after each pass. Each time a player throws, they reposition to receive from a new angle or distance, encouraging constant movement and support play. Discuss how adjusting hand position on the stick affects accuracy and power with hands further apart for short, accurate passes and closer together for longer throws. Emphasise side on body position to the target, balanced footwork, eye contact before passing, and a smooth follow through towards the receiver. Encourage players to scan for space before moving. This builds agility, teamwork, spatial awareness, and understanding of how movement supports passing flow. <b>PROGRESSION:</b> Introduce a 10 second timer where players must complete as many accurate passes as possible before switching roles.			
	 <b>LIGHTNING CHAIN:</b> Players line up in a zig zag formation across the pitch. Each team starts with three balls, passing in sequence down the line until all reach the end player. Emphasise quick release, accurate target passing, clear communication, and readiness to receive with the stick prepared in front of the body. When the final player receives all three balls, their group transitions quickly into an attack of four players against three defenders from the other team. Attackers must use width, quick passes, and intelligent movement to create a scoring chance, while defenders react quickly to recover and delay the attack. This creates a fast, game like environment promoting transition play, awareness, teamwork, and decision making under pressure. <b>PROGRESSION:</b> Increase the challenge by limiting the number of seconds each passer has to release the ball or by adding a recovering defender to chase back.			
	 <b>DEFENDER DROP IN:</b> Teams of five start with the attacking team aiming to complete five successful passes using controlled push passes and constant movement into space. Emphasise scanning before receiving, creating passing angles, supporting the player on the ball, and keeping possession with calm decision making. After the five passes, one defender joins from the opposite team to pressure the attackers and attempt to intercept. If the defenders intercept, they carry the ball back to their half using controlled dribbling. If the attackers retain the ball for 30 seconds, another defender joins, gradually increasing pressure until all defenders have entered play. This teaches attackers to move intelligently, protect the ball, and use space effectively under increasing defensive pressure, while defenders practise pressing, intercepting, and delaying play. <b>PROGRESSION:</b> Add a rule that attackers must perform one scoop or bounce pass every third pass to diversify techniques.			
<b>Adapted Learning (Differentiation) (Challenge)</b>	<b>SPACE</b> Shorter passes for beginners, longer for advanced.	<b>TASK</b> Start with pair throws, progress to Plus 1 and conditioned play.	<b>EQUIPMENT</b> Use beanbags/tennis balls for beginners, lacrosse balls for advanced.	<b>PEOPLE</b> Pairs for technique, groups of 5-6 for games.
<b>Cooldown</b>	<b>CIRCLE SCOOP &amp; SCORE:</b> Form a circle with one ball per group of 6-8. Pupils gently roll and scoop the ball around the circle while discussing what went well during the lesson — e.g. "I improved my catching" or "We passed faster as a team." This maintains engagement while reducing activity intensity. End with a few deep breaths and light walking with sticks held loosely. <b>PROGRESSION:</b> Add a final fun challenge — pupils must complete one full lap of scoops without dropping the ball before finishing.			
<b>Key Technical Points</b>	<b>Support:</b> <ul style="list-style-type: none"><li>Top hand slides to middle of stick, standing side on with hands away from body</li><li>Pull stick down with bottom hand as you push forward with top hand</li><li>Follow through towards target</li></ul> <b>Catching:</b> <ul style="list-style-type: none"><li>Preferred hand at top of the stick with other hand wide apart</li><li>Face forward with stick head facing the ball</li><li>Follow the path of the ball as you catch</li><li>Lower elbow to cushion ball</li></ul>			

# Year 5 - Lacrosse

## Lesson Plan

COMPETING  
**EDSTART**

<b>Lesson Objective</b>	To dodge a defender when travelling with the ball		
<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>Run at a defender and step quickly to one side</li> <li>Move to the other side and accelerate away from defender</li> <li>Make the defenders believe in their first step and accelerate away</li> </ul>		
<b>EDSTART KNOW</b>	<b>EDSTART GO</b>	<b>EDSTART SHOW</b>	
<ul style="list-style-type: none"> <li>I can explain how to step one way then accelerate the other</li> <li>I can describe why deception helps beat defenders</li> <li>I can understand how to accelerate after dodging</li> </ul>	<ul style="list-style-type: none"> <li>I can dodge defenders in 1v1 drills</li> <li>I can accelerate into space after a dodge</li> <li>I can apply dodging in gauntlet games</li> </ul>	<ul style="list-style-type: none"> <li>I can respect opponents by dodging safely</li> <li>I can encourage teammates during dodging challenges</li> <li>I can celebrate successful dodges fairly</li> </ul>	
<b>Key Questions</b>	<p><b>Why is it important to keep moving after passing in lacrosse?</b> It creates space, supports teammates, and helps the team keep possession under pressure.</p>		
<b>Warm Up</b>	<p><b>NUMBER RELAY PASS:</b> Set up six small playing areas with one group of six pupils in each. Number the players from 1 to 6 and give one ball to every group. Player 1 starts with the ball and passes to Player 2, who then passes to Player 3 and so on in sequence. Each player must call out their own number clearly before receiving and move into a new position after every pass, so the pattern is always changing. Emphasise strong push pass technique, hands apart on the stick for control, side on body position, and eyes up to scan for teammates. Encourage pupils to make each pass within four seconds to build quick decision making and awareness. Once groups are confident, merge two groups into one larger area to create a busier, more game realistic space where pupils must think ahead, adjust angles, and avoid collisions while keeping control of the ball. <b>PROGRESSION:</b> Add a rule where players must perform one fake pass or dodge before releasing, or require a bounce or scoop pass every third throw.</p>		
<b>Main Activity</b>	<p><b>TAG TUNNELS:</b> Split the class into teams of six. One team begins inside the grid, each player holding a lacrosse stick and ball with a tag attached to their bib or waistband. The defending team sends in one player at a time to try to remove a tag from any attacker while attackers keep moving, cradling the ball and making short passes to support each other. Once a tag is taken, that defender exits quickly and the next defender enters so the pressure stays constant. Attackers aim to move the ball quickly between teammates, keeping sticks up and ready, using changes of speed and direction to protect tags and advance safely through the area without dropping the ball or stepping outside the boundaries. Emphasise good communication, calling for the ball, and using space to stay away from defenders. This activity builds teamwork, agility, spatial awareness, and ball control under pressure. <b>PROGRESSION:</b> Add a second defender or limit the attackers to a maximum of three passes before attempting to reach the end zone.</p> <p><b>GATE BREAKERS:</b> Set up a central playing area with two small cone gates as scoring zones. Attackers start with the ball and must try to lose their own defender, who does not have a stick, and dribble through a gate to score. Defenders can move freely but must stay within their half, using good body position, staying low with knees bent, and moving their feet quickly to stay in front of the attacker and block the route to goal. Attackers are encouraged to use dodges, feints with the upper body and stick, sudden changes of pace, and sharp changes of direction while keeping the ball secure in the stick pocket. Defenders must tag the attacker before they pass through the gate to stop them scoring. Emphasise safe contact, keeping eyes on the attacker's hips rather than the stick. This game develops one versus one attacking skills, close control, and defensive footwork. <b>PROGRESSION:</b> Allow defenders to use a stick or add time limits to encourage fast decision making and more positive attacking play.</p> <p><b>THE LACROSSE GAUNTLET:</b> Divide the field into three long columns running from one end to the other. Each column has one defending team and one attacking team. Attackers start at one end and must carry the ball in their stick from start to finish without losing possession or being tagged by the defenders. Defenders are restricted to sideways movement only along their defending line, so they must read the attacker's body, adjust their position, and time tags carefully, while attackers use speed, direction changes, and stick protection to get past. Encourage attackers to cradle the ball securely, keep their head up, and choose when to accelerate into space. Once attackers complete the run, they rotate to the next column to face a new set of defenders, while defenders stay ready and alert for the next group. Rotate all groups every two minutes so everyone experiences both attacking and defending roles. This develops confidence in carrying the ball under pressure, defensive positioning, and agility for both roles. <b>PROGRESSION:</b> Reduce the width of the columns to make dodging harder, or allow defenders one forward step after a successful tag to simulate increased pressure.</p>		
<b>Adapted Learning (Differentiation) (Challenge)</b>	<b>SPACE</b>	<b>TASK</b>	<b>EQUIPMENT</b>
	Wider grids for beginners, tighter gauntlet lanes for challenge.	Start with mirroring/tag, progress to 1v1 and gauntlet play.	Use cones for gates, lacrosse sticks for challenge.
<b>PEOPLE</b>	Pairs for 1v1, larger groups for gauntlet rotations.		
<b>Cooldown</b>	<p><b>Target Toss &amp; Talk:</b> Set up a few cones or hoops around the area. Pupils take turns to gently pass their ball into a chosen target, aiming for accuracy. Between turns, discuss key reflections such as "What made it easier to keep control when under pressure?" or "How did teamwork help in today's drills?" This encourages reflection, relaxation, and skill reinforcement in a calm, purposeful finish. <b>Progression:</b> Add a fun challenge — pupils must score in two different targets before finishing their turn.</p>		
<b>Key Technical Points</b>	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		

# Year 5 - Lacrosse

## Lesson Plan

COMPETING  
**EDSTART**

<b>Lesson Objective</b>	To keep possession of the ball as a team			<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>Keep possession of the ball by passing and moving.</li> <li>Move the ball forward to get in the opponent's half of the field</li> <li>Make sure ball carrier always has a minimum of two passing options</li> </ul>			
<b>EDSTART KNOW</b>	<ul style="list-style-type: none"> <li>I can explain how to keep possession as a team</li> <li>I can describe how to provide at least 2 passing options</li> <li>I can understand why movement supports the ball carrier</li> </ul>		<b>EDSTART GO</b>	<ul style="list-style-type: none"> <li>I can pass and move to keep the ball</li> <li>I can create options for the ball carrier</li> <li>I can work as a team to move into the opponent's half</li> </ul>
<b>EDSTART SHOW</b>	<ul style="list-style-type: none"> <li>I can respect teammates by being a good support player</li> <li>I can encourage others during keep-ball games</li> <li>I can celebrate my team's effort to maintain possession</li> </ul>			
<b>Key Questions</b>	<p><b>Why is communication important when passing and moving in lacrosse?</b> It helps players time their movement, receive safely, keep possession, and avoid interceptions.</p>			
<b>Warm Up</b>	<p><b>RAINBOW RUSH:</b> Set out five coloured lines or cones (red, blue, green, white, yellow) spaced evenly across the area. All children start on one line and listen for the teacher's command for example, "Run to blue!" or "Shuffle to green!" Add variety with movement actions such as sprint, skip, hop, side-step, or backwards run. Once pupils understand the game, they must complete it while holding their lacrosse sticks, keeping them under control as they move. The last person to reach the correct line loses a life and performs a quick skill recovery task such as two scoops or a clean catch. <b>PROGRESSION:</b> Add in ball control where pupils must cradle the ball while moving or stop and perform a clean scoop at each line.</p>			
<b>Main Activity</b>	<p><b>MOVE &amp; PASS CHALLENGE:</b> Working in pairs, pupils throw and catch the ball while constantly moving into new spaces after each pass. Emphasise correct grip with the top hand firm and the bottom hand relaxed for control, side on body position to the target, and a smooth throwing action with the stick starting back and finishing with a full follow through towards the partner. Pupils should step towards the target as they throw to transfer body weight for accuracy and power. When catching, players keep their eyes on the ball, present the stick early with the head slightly open, and soften the hands and arms on contact to cushion the ball into the pocket. Encourage good communication such as "Ready!" and "Here!" and smooth stick control while moving. Discuss how grip affects their throw with hands further apart for short, accurate passes and closer together for longer, more powerful throws. The aim is to maintain consistent accuracy while moving at speed and changing direction. <b>PROGRESSION:</b> Add a rule that players must complete a pass while jogging or call out their partner's name before every throw to sharpen focus.</p> <p><b>TRIANGLE CHASE:</b> Mark a 15-yard box with four cones. Pupils work in groups of three, each standing at a cone with one spare cone in the setup. Players pass freely in any direction while constantly moving. Technique focus: adopt a side-on body position when receiving, cushion the ball with soft hands, pass with a firm push action, and move immediately after release. The spare player must sprint after each pass to fill the empty cone next to the ball carrier so there is never an open side. This keeps all players active, moving intelligently, and thinking ahead about positioning. <b>PROGRESSION:</b> Add a fourth player as a light defender who can intercept passes to increase decision-making and timing pressure.</p> <p><b>DEFENDER DROP-IN:</b> In teams of five, the attacking team starts with the ball and tries to complete five successful passes. Once they reach five, one defender joins the game and attempts to intercept. If they win possession, they return the ball to their area. Every 30 seconds, a new defender joins until all defenders are in play or the attackers lose possession. This activity builds teamwork, composure under pressure, and strategic passing. <b>PROGRESSION:</b> Add a time limit for the attacking team to score a set number of passes before all defenders enter.</p>			
<b>Adapted Learning (Differentiation) (Challenge)</b>	<b>SPACE</b> Larger grids for beginners, smaller boxes for challenge.	<b>TASK</b> Start with simple passing, progress to Plus 1 games.	<b>EQUIPMENT</b> Use cones for boxes, lacrosse balls for challenge.	<b>PEOPLE</b> Work in 3s for box drills, teams of 5 for Plus 1.
<b>Cooldown</b>	<p><b>SCOOP CIRCLE RELAY:</b> In teams of four, pupils stand in a circle and gently roll their ball to the next player, who performs a clean scoop and passes it on. Focus on calm, controlled movements and tidy technique. Once the ball has gone around the full circle twice, pupils gently cradle the ball while walking to slow their heart rate. Finish with reflection questions such as "What made passing easier today?" or "How did moving into space help your team?" <b>PROGRESSION:</b> Add a light challenge by completing a full circle of passes without dropping the ball to finish the session.</p>			
<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>			

# Year 5 - Lacrosse

## Lesson Plan

COMPETING  
**EDSTART**

<b>Lesson Objective</b>	To regain possession from the opposition			<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>Children can:</p> <ul style="list-style-type: none"> <li>Slow down attack and force ball carrier away from goal</li> <li>Try to block one passing lane to force a poor pass</li> <li>Scoop the ball once opponents drop the ball and regain possession</li> </ul>			
<b>EDSTART KNOW</b>	<ul style="list-style-type: none"> <li>I can explain how defenders deny space</li> <li>I can describe how to man-mark an attacker</li> <li>I can understand how to regain possession fairly</li> </ul>		<b>EDSTART GO</b>	<ul style="list-style-type: none"> <li>I can delay attackers and block passing lanes</li> <li>I can scoop loose balls to win possession</li> <li>I can apply defending in 3v3 matches</li> </ul>
<b>EDSTART SHOW</b>	<ul style="list-style-type: none"> <li>I can respect attackers when defending</li> <li>I can encourage teammates to win the ball back</li> <li>I can celebrate defensive effort as much as scoring</li> </ul>			
<b>Key Questions</b>	<p>How does quick movement into space help your team keep possession and create scoring chances? Quick movement creates passing options, pulls defenders out of position, and opens space to attack.</p>			
<b>Warm Up</b>	<p><b>MOVE &amp; PASS FLOW:</b> In pairs, pupils practise passing and catching while continuously changing their position after each throw. Encourage players to move into new open spaces, call clearly for the ball, and stay aware of their partner's position at all times. Emphasise correct grip on the stick, with the top hand providing control and the lower hand guiding the pass. Pupils should turn side on to their partner, step towards the target as they pass, and follow through with the stick pointing at the receiver. When catching, they keep their eyes on the ball, present the stick early with the head slightly open, and soften their hands to cushion the ball into the pocket. Discuss grip control so pupils understand that hands closer together create longer but less accurate throws, while hands further apart improve control for shorter passes. Focus on smooth catching, firm but controlled throws, and continuous communication between partners. This warm up promotes mobility, coordination, decision making and spatial awareness. <b>PROGRESSION:</b> Add movement instructions such as "pass then sprint left" or "pass and drop back," increasing the pace and decision making challenge.</p>			
<b>Main Activity</b>	<p><b>BALL SNATCH RELAY:</b> Split the class into teams of four, with each team having a hoop or cone base. Place a set of balls in the middle of the area. On the coach's signal, one player from each team runs to the middle, approaches the ball at a low level with knees bent and stick angle flat to the floor, then uses correct scooping technique to lift the ball smoothly into the pocket. They cradle the ball back to their team's angle using small controlled wrist movements and eyes up to avoid collisions. Once they return and place the ball safely in the hoop, the next player goes. Emphasise staying balanced while scooping, using quick but controlled footwork, and holding the stick securely with two hands. This encourages speed, scooping accuracy, safe movement and teamwork. <b>PROGRESSION:</b> Once all balls are collected, allow teams to steal from other teams' hoops, teaching quick transitions, tactical decision making and spatial awareness.</p> <p><b>NUMBER RUSH:</b> Using the same setup as above, number each team member from 1 to 4. Place all balls back in the centre. When the coach calls out a number, that player from each team races to the middle to gain possession. Players should approach under control, lower their body, scoop the ball cleanly, and cradle it safely back to their hoop without dropping it. Once successful, the ball is returned to the centre and another number is called. Emphasise quick reactions to the call, safe running lines, controlled stick handling, and correct scooping technique rather than just speed. Encourage pupils to reset quickly, ready for the next call. This activity develops reaction time, decision making, safe control and confidence in collecting loose balls. <b>PROGRESSION:</b> Call two numbers at once to increase traffic in the centre or add a defender who can intercept balls in the middle, encouraging pupils to shield the ball and make smarter approaches.</p> <p><b>ATTACK ZONE 3V3:</b> Organise players into small, ability based teams of six with three attackers and three defenders. Place a goal at one end and mark a clear shooting area in front of it. The attacking team starts with three balls on the back line and must attempt to score by moving the ball into the shooting area and taking a shot within four seconds of gaining possession. Attackers focus on using width, creating triangles for passing options, timing their leads into space, and using controlled cradling when carrying the ball. Defenders aim to intercept passes, block shooting lanes, stay side on to attackers, and apply pressure without fouling. Emphasise clear communication, early scanning for space, and the importance of maintaining spacing rather than crowding around the ball. Each side has three attacks before swapping roles so all players experience both attacking and defending. This activity develops tactical understanding, decision making in the final third, and calm finishing under time pressure. <b>PROGRESSION:</b> Add a transition rule where if defenders regain possession, they can counter attack towards a mini target at the opposite end, encouraging quick turnover reactions and fast breaks.</p>			
<b>Adapted Learning (Differentiation) (Challenge)</b>	<b>SPACE</b> Wider areas for beginners, tighter defending zones for challenge.	<b>TASK</b> Start with regain possession drills, progress to 3v3 defence.	<b>EQUIPMENT</b> Use hoops/goals for targets, lacrosse balls for advanced.	<b>PEOPLE</b> Groups of 4 for possession games, 3v3 teams for matches.
<b>Cooldown</b>	<p><b>SCOOP &amp; TALK:</b> Form small circles of 5–6 pupils. Each group gently rolls and scoops the ball to one another while walking slowly in a circle, focusing on smooth technique and relaxed movement. Between turns, pupils share one thing they improved or enjoyed during the session. <b>PROGRESSION:</b> Challenge groups to complete ten perfect scoop-and-pass sequences without dropping the ball before ending the session.</p>			
<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. Force ball carrier away from goal</li> <li>Delay attacks and make them use up the four second possession count</li> </ul>			

# Year 5 - Lacrosse Lesson Plan

COMPETING  
EDSTART

<b>Lesson Objective</b>	To play small-sided games of lacrosse			<b>Lesson 6/6</b>
<b>Equipment Needed</b>	Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.			
<b>Success Criteria</b>	Children can: <ul style="list-style-type: none"><li>Play competitive/modified games and apply basic principles suitable for attacking and defending</li><li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</li><li>Evaluate performance and recognise their own success</li></ul>			
<b>EDSTART KNOW</b>	<ul style="list-style-type: none"><li>I can explain the basic rules of lacrosse</li><li>I can describe how to start and restart play</li><li>I can understand how to apply all my skills in games</li></ul>			<b>EDSTART GO</b> <ul style="list-style-type: none"><li>I can combine scooping, carrying, passing, catching, dodging, and defending</li><li>I can follow rules in small-sided matches</li><li>I can play fairly in tournament play</li></ul>
<b>EDSTART SHOW</b>	<ul style="list-style-type: none"><li>I can respect referees and opponents</li><li>I can encourage my team in competitive games</li><li>I can show fairness whether I win or lose</li></ul>			
<b>Key Questions</b>	How does quick passing and movement help your team succeed in match play? It creates space, keeps possession, breaks down defenders, and leads to more scoring opportunities.			
<b>Warm Up</b>	<p><b>PASS &amp; GO:</b> In pairs, pupils revise their high passing technique, focusing on accurate throws and movement to receive. The passer throws to their partner, who signals by pointing or calling which direction they will move (left or right) before receiving. Emphasise good timing, communication, and smooth catching technique. If pupils struggle with stick control, allow a few rounds using hand throws before reintroducing the sticks. Encourage strong, balanced footwork and movement after every pass to simulate match situations. <b>PROGRESSION:</b> Add a defender who shadows the receiver to increase pressure and test accuracy.</p>			
<b>Main Activity</b>	<p><b>QUICK HANDS RELAY:</b> Set up small lanes or channels, one per team of four. Each team has one ball. Player 1 passes to Player 2, who immediately passes to Player 3, and so on down the line. When the last player receives the ball, they cradle it back to the start and the sequence repeats. Teams race to complete five full passing cycles as fast as possible without dropping the ball. This builds reaction time, passing rhythm, and team coordination early in the lesson. <b>PROGRESSION:</b> Add a "must move" rule where each player must take three steps sideways after their pass to improve footwork and movement into space.</p> <p><b>ENDZONE:</b> Set up three or four small fields, each with two end zones (one at either end). In teams of four, designate one "target player" to stand in each end zone while the other three play in the main area. Teams score by successfully passing the ball to their target player in the opposite end zone. Players can only hold the ball for four seconds before passing or shooting. This develops passing accuracy, positioning awareness, and quick decision making. <b>PROGRESSION:</b> Add a second target player, encouraging faster play and transitions, or limit the number of passes allowed before attempting to score.</p> <p><b>MATCH PLAY:</b> Group players into even teams based on ability for small sided 5v5 matches to ensure balanced, competitive games where all pupils are involved. Use a suitable-sized pitch with clear boundaries and goals at each end. Encourage teams to apply all skills developed throughout the lesson including passing accuracy, movement into space, communication, cradling under pressure, tackling, and shooting with control. Emphasise fair play, teamwork, and positive attitudes, with pupils supporting one another regardless of outcome. Rotate teams regularly to ensure equal playing time for all and allow pupils to experience different positions and roles. The teacher observes application of skills, decision making, positional awareness, and teamwork in a realistic game context to inform assessment and future progress.</p> <p><b>RULES:</b> Play starts and restarts from the centre mark. After a goal, the conceding team starts with possession. No players other than goalkeepers may enter the goal circle. Emphasise teamwork, movement off the ball, and passing accuracy. Encourage pupils to apply all previously learned techniques including communication, passing variety, movement, and spatial awareness in a realistic game context. <b>PROGRESSION:</b> Add a "possession bonus" rule where if a team completes five consecutive passes, they earn an additional point opportunity before shooting.</p>			
<b>Adapted Learning (Differentiation) (Challenge)</b>	<b>SPACE</b> Smaller pitches for beginners, full pitches for advanced.	<b>TASK</b> Start with end-zone games, progress to 5v5 matches.	<b>EQUIPMENT</b> Use cones for end zones, lacrosse goals for challenge.	<b>PEOPLE</b> Teams of 4-5, rotate roles for fairness.
<b>Cooldown</b>	<p><b>CRADLE &amp; COMMUNICATE:</b> Pupils form small groups of six. Each pupil cradles the ball gently while walking slowly in a circle. Every few seconds, the teacher calls out an instruction such as "swap direction" or "roll pass." Between movements, pupils share reflections such as "How did we keep the ball moving?" or "When was communication most important today?" <b>PROGRESSION:</b> Pupils must complete a final clean pass sequence (five passes in a row) before placing sticks down and finishing the session.</p>			
<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>			