

Lacrosse

Skills, Challenges & Games



Dale H. Sarratt
SarrattsystemPE.com

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Introduction

Welcome to lacrosse. It is a growing sport in the USA and Canada. Many kids are now playing the sport, whereas in the past, my students were unfamiliar with it. From a programming standpoint I alternate Lacrosse and Volleyball Units each year. Lacrosse one year, volleyball the next. Also, both units are my last main sports unit of the year, usually in the early spring.

It is key that the youngsters complete a good (overhand) throwing and catching (T & C) unit prior to starting either unit. (See Throwing and Catching section) I find it critical the kids at all levels have spent quality time with ball control before attempting lacrosse and volleyball.

I should address the elephant in the gym: there is a myth that lacrosse is too difficult or dangerous for PE. I know several PE teachers, quality teachers that are opposed to the unit. They feel it is too difficult for children to learn. *"I'm not putting a stick in the kids' hands!"* *"The lacrosse balls are too dangerous."* With the recommended activities and appropriate equipment modifications, I'm convinced lacrosse is an excellent instructional unit. My kids loved it and were successful. Note: equipment is addressed in detail soon, but be assured that the recommended balls are safe and effective.

Reference: a couple of activities are derived from a workshop (handout) I attended by Russ Lancaster and Judy Safchick from Prince George Public Schools. *Thank you!*

Purpose/goal

- Lacrosse offers an additional T & C and movement challenge to students.
- It offers a sports challenge using unique equipment.

Safety

PE lacrosse is a non-contact game/sport; it is modified from recreation league play to make it appropriate. Several safety concerns to review:

- Safe school sticks only, students do not bring own to use.
- No slashing, stick checking.
- Two hands on stick for good safe control.
- Eye protection, sports glasses offer additional safety.
- No long follow-through is permitted, especially releasing one hand off the stick.
- Soft safe balls are only used. Do not throw and catch regular or even the hollow rubber ball that are packaged with new stick. Not safe or effective equipment.

Basic equipment

One lacrosse stick/company is highly recommended. I have tested most of the others; but one stick is superior-they have been making it for close to 50 years. They last for decades and the performance is second to none. Now sold in four colors!



Lacrosse stick and ball testing center

And, the winner is... **STXBall sticks!**

- **STXBall sticks:** These are sold in many PE equipment catalogues.
- **Pro tip:** Take the ball keeper strap off, is not needed with fleece and softer balls.
- **Great Lakes Sports**
 - Yellow and Green set of 12: #OS-SB10GY
 - Blue and Red set of 12: #OS-SB10BR
- Please note, most of the included photos do not show **STXBall** sticks and **fleece balls**, they were not available from my photo service; the photos are included for motivational and instructional purposes.



- **Fleece/yarn balls:** These are a *game changer* when it comes to lacrosse. In my experience, the most important factor in teaching elementary school lacrosse. Children are not intimidated by them. They are available in various sizes and densities/bounces. The smaller, and lighter LD ones don't fly as well, but are extremely safe. The larger size, 4" HD fleece balls fly very well, great for all kinds of skills, drills, challenges and games. They are also very safe, but students must be careful, they are a tad harder.
 - **Pro tip:** Gopher Sport sells excellent quality fleece/yarn balls. Worth the investment. They last for decades. (See below)



Medium Density Fleece Balls 3” and 4”



High Density Fleece Balls 3” and 4”



TeddyBall 4”



Oversized large foam Tennis Trainer ‘Spinner Balls’

- **Tennis balls:** For scooping drills/games. Get lots of them-100+. Tennis clubs are always willing to give out used ones.
- **Lacrosse rubber (hollow) and or hockey rubber balls:** For scooping skills / drills.
- **Tennis trainer, oversize foam balls:** Excellent for skills and challenges. (See diagram above)
- **Pugg Goals:** For shooting and goalie play. Rainbow set of 6.



Pugg Goals-6'wide

- **Scorers:** Excellent for flipping the score, 3 or 4 are recommended.



Flip Scorers

- **Pinnies/vests:** Class sets in four color to match the 4 stick colors.
- **Bowling pins:** Rainbow colors.
- **Traffic cones**
- **Traffic/floor tape**



STXBall stick and HD fleece ball

Basic Lacrosse Skills and Drills

Lacrosse players, even at younger ages learn to play from both sides of the body; dominate and non-dominate (ND). That's what's fun and challenging about the sport. Don't worry, the kids get it! Start out with the children learning and practicing while making it enticing and fun.

For younger students, the following skills, drills and lead-up games are learned through discovery and lots of fun practice methods. For the older students, the following are more of a review from a couple of years ago. Not all skills, drills are needed, but I offer the information for teachers not familiar with lacrosse instruction. Choose judiciously.

Grip: How do I hold the stick? Let students figure it out, problem solve it.

For the youngest and beginning student, allow additional time for the students to problem solve, discovery learning how to hold a lacrosse stick and scoop the ball. Far too often this wonderful learning process is avoided by the instructor.



Dominant hand at the top, ND hand near the end of the stick

Floor/sports turf ball control

- **Trap:** A ground ball by placing the back of the head on top of the ball. This helps control a rolling ball.



Stick trap

- **Cover:** A ground ball by using the face to cover the ball. This helps control a bouncing and rolling ball.



Stick cover

Scooping: How do I scoop up this ball? Discovery learning.

- **Rake scoop:** The ball into the stick. Trap, rake and scoop.

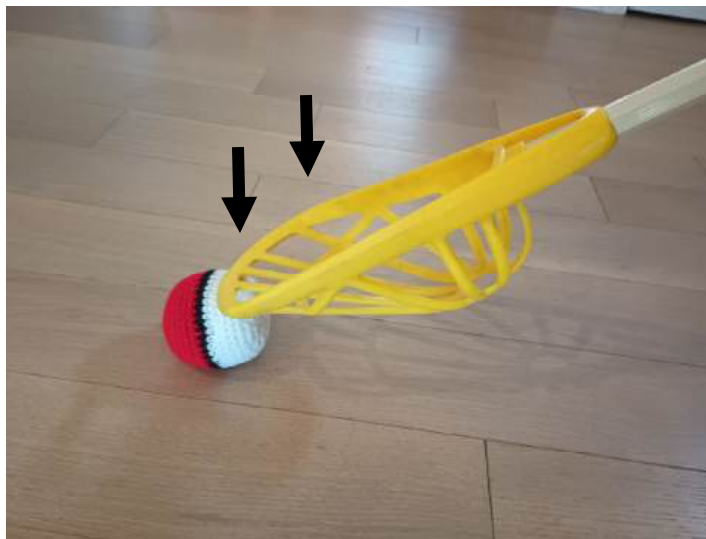


- **Quick/jab scoop:** One forward continuous motion forwards. Must be faster, and little follow through. Adding one step forwards helps.



Quick Scoop-a tad faster way to pick up the ball!

- **Tap scoop:** Tap down on the side of the ball, spins in! Cool!



Tap scoop: Super fun and fast way to scoop!

- **Dominant and non-dominant (ND) side:** Practice and alternate sides. What side is the ball, is the side to scoop on. Right side, right hand lower, left side, left hand lower.



Right side scooping



Left side scooping

Catching before throwing: There is a basic sports system, learning catching skills before throwing skills. Once the students learn to catch, then progressing to OH throwing. With ample practice, it happens rather quickly.

Combo the skills, underhand (UH) tossing and catching: UH tossing and catching is the finest way to learn basic catching skills. Using the fleece ball dramatically assists the skill. Practicing the UH toss and catch, students learn ball control and confidence grows.



UH toss, catch attempt and scooping: Combination skills using the UH toss and if a miss, scooping skills. **Pro Tip:** remind students to not use a hand to pick up the ball on an incomplete catch. Scoop it in using the stick.

Toss, bounce and catch: Toss it high, bounce and catch the ball. The HD fleece ball and especially the oversize foam tennis trainer/Spinner ball is excellent for this trick.

Toss, switcheroo/grip/to ND side and catch: Toss and switch grips and catch on opposite side. Adding the bounce is fun also. Toss, bounce switcheroo, and catch!

Cradling: Using the fleece ball with this skill is quite easy. In fact, as mentioned, I removed all the keeper straps. Students learn to move without dropping the ball.

Cradling, moving and dodging: Players use relaxed fingers and wrist and the face of the stick up high. Face to face works well. Moving safely and effectively with the stick and ball.



Scatter moving and dodging



Players scatter moving, while tossing and catching!

Stopping Game-stick check! (Grades 1-2)

■ Introduction

The next two games up the ante and challenge the players on important stick safety, personal / general spacing and controlled stopping skills. The **Stopping Lacrosse Game** follows the system as described throughout the website. Players scatter move and upon the stopping signal, stop and freeze showing two hand on the stick with control. **Stick check!**



Stopping and stick check!

■ Why are we playing the Lacrosse Stopping Game?

- ✓ to demonstrate safe personal and general space skills while moving and holding a lacrosse stick
- ✓ to show ball manipulation while scatter moving and stopping

■ Equipment

- Each student with a stick
- Court or field lined, and traffic cones
- Each student with a fleece ball

■ Organization

- Scatter formation: Medium size court or field area.

■ How do we play the Lacrosse Stopping Game? Variations & progressions.

- **First without a ball.** Challenge the students to jog through the play area showing best stick control. On stopping signal, all students stop and freeze in a controlled position. Stick up, face to face position. (See above photo)
- **Who wins?** The teacher or all the students? *“Who’s going to be the winner of the stopping game today?”*
- **Add the fleece balls.** Players are now challenged to move, dodge and stop while controlling and holding the ball in the cross.

■ Variation/progression

- **Toss and catch:** Players are now challenged to scatter move, UH toss and catch the fleece ball. Upon the stopping, the students stop and hold the ball in the cross.

Big Space Game Lacrosse Game

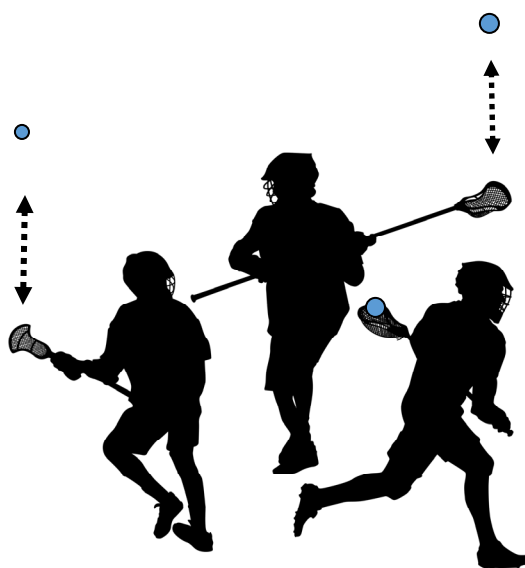
Introduction

The Big Space Lacrosse game follows the system as described throughout the website. It is the next play continuum. Challenge is showing the biggest personal space in the big/general space.

- **Cradle and move!** First, all players move throughout the space and upon stopping signal the player(s) with the biggest space is the winner.

Variation/Progression

- **Toss, cradle, dodge and Big Space!** Next game is all players, UH toss, cradle, dodge and stop and freeze, showing both stick/ball control and big space skills. Super fun.



Big Space Lacrosse Game

Who has the biggest space?

Clean-Up Your Backyard Lacrosse

Introduction

With this game, we are challenging and timing the entire class to cooperate to clean-up all the toxic scatter balls as fast as possible. The students are assigned a special job to clean-up toxic/poison balls. All the students must use a device (lacrosse stick) and not touch the balls.

Why are we playing Clean-up Your Backyard Lacrosse?

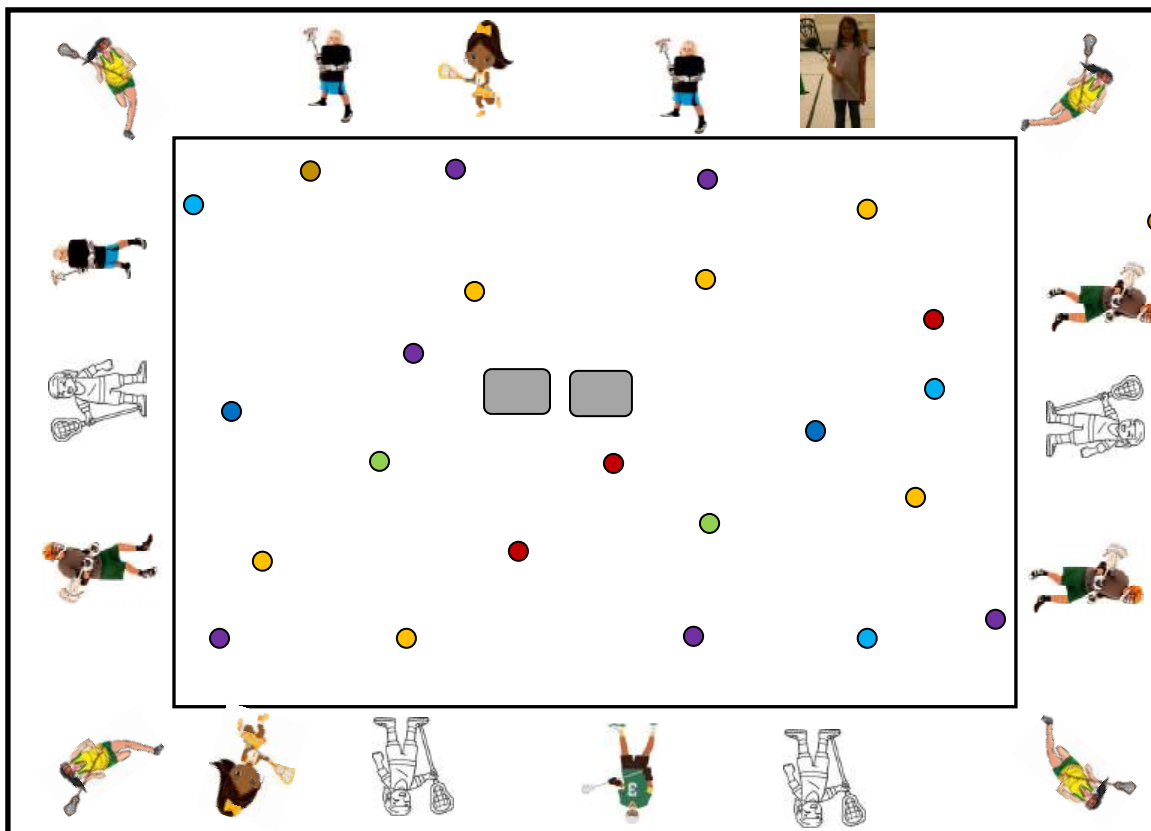
- ✓ to demonstrate safe stick control while moving fast through play space
- ✓ to show how to scoop and place a ball in the proper bin-using classification skills

Equipment

- Lots of balls, I mean a lot, like hundreds of them. Tennis, soft rubber / hockey, fleece, and any smaller safe balls.

Organization

All players line up outside the play area, on the start signal, all the players scoop up a ball and place in the center storage bin(s).



Clean-up Your Backyard Lacrosse

How fast can they scoop-up & place all the balls in the bin?

How do we play Clean-up Your Backyard Lacrosse?

Clean-up all the balls-one big bin!

Rules and procedure

- Players start in No No Land, on the start signal, all the student race out and start scooping up the floor balls and place in the center bin(s).
- One ball at a time, not 2-3. Just one ball in the cross at a time.
- Use your stick and proper scooping skills to gain control of the ball.
- Cradle and move carefully, don't touch any other players with your stick.
- When all the balls are collected, all the players race back to the starting point, outside No No Land.
- Teacher stops the timer when all balls are collected and all the players are outside the court/field. Super fun and challenging!

- **Penalty points:** Time or amount of double balls collected deduction.

Variation and progressions

- Teacher times the students, challenge them to how fast the class cooperatively completes the task. Super fun!
- Different bins. Clean-up a variety of balls-classify them! Four quadrants of the gym/field.
- Four types of balls work well. Label the bins and leave one ball type in each bin as a guide. One bin in each quadrant of gym/field.
 - Tennis
 - Rubber/hockey balls
 - Fleece/yarn balls
 - Misc. soft smaller balls

Teaching tips

For additional motivation, excitement, use the concept of **toxic waste transfer**, or another game theme.

Fast Break/Scramble (grades 3-5)

Introduction

Now it's time to turn up the heat! This is a perfect drill/challenge for lacrosse. Create two sets of lines, four lines to test the kids speed and ability to control the ball in a mini challenge.

Why are we playing the lacrosse fast break/scrabble challenge?

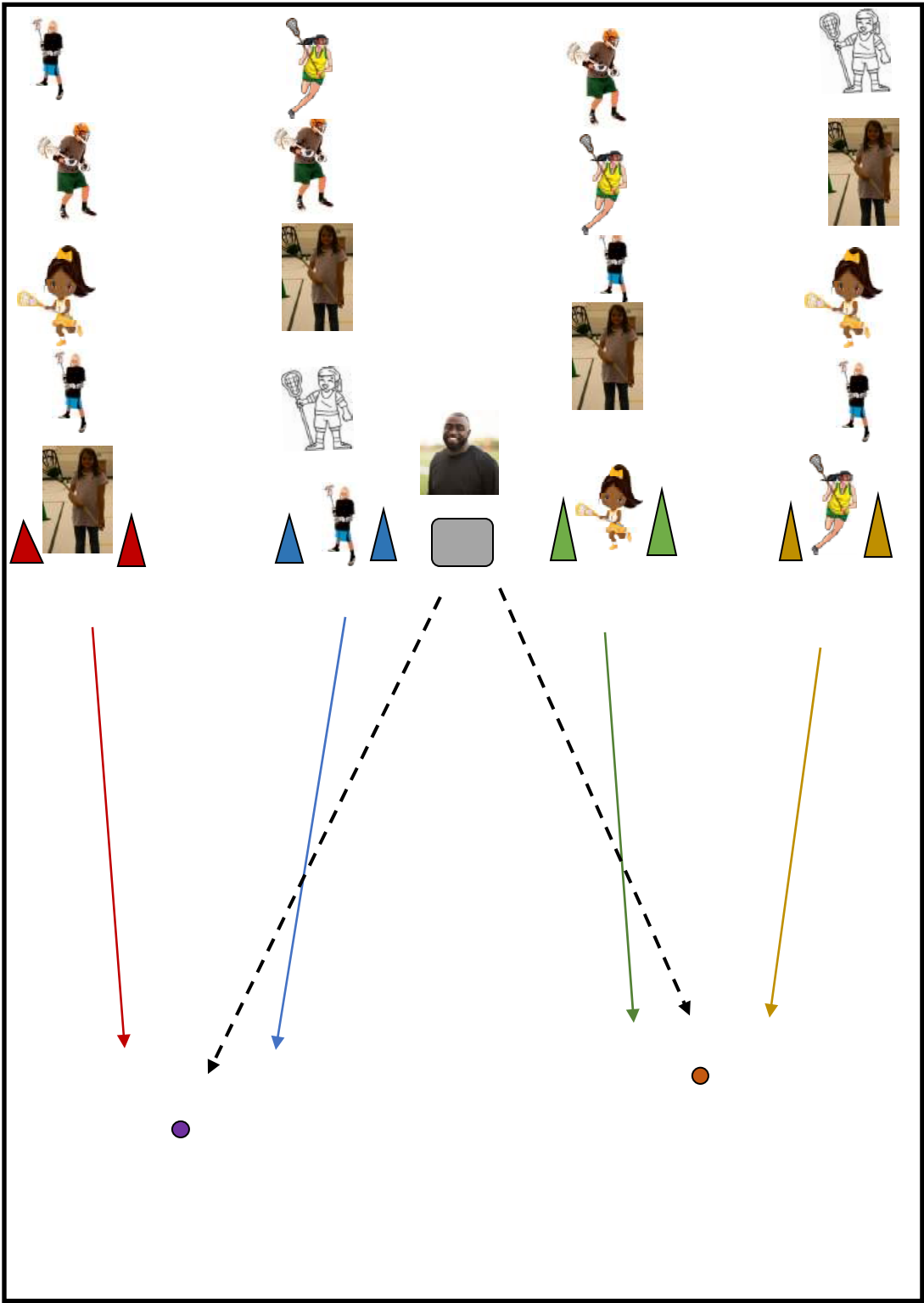
- ✓ to perform, trapping, covering and scooping skills while in a mini contest
- ✓ to perform the skills while maintaining safe running, space and stick skills/control

Equipment

- Each student with a lacrosse stick
- Lots of fleece balls- HD fleece ball are great
- One large bin for the fleece balls
- Traffic cones



Organization (see diagram below)



Fast Break/Scramble Lines

Rules and procedure

- Teacher alternates throwing out a low and fairly slow ground ball to one side then the other side. Teacher alternates toss out, when it is clear.
- The two players race out to gain control of the ball.
- Players remain on feet, no knee slides, etc.
- The winner is the player able to first cover, trap or scoop the ball-contest is over.



Stick cover



Stick trap



Cradle

- No stick checking, bumping into players/sticks.
- Winner runs up the middle and places the ball in teacher bin-back in line.
- The other player returns to line.

Variations and progressions

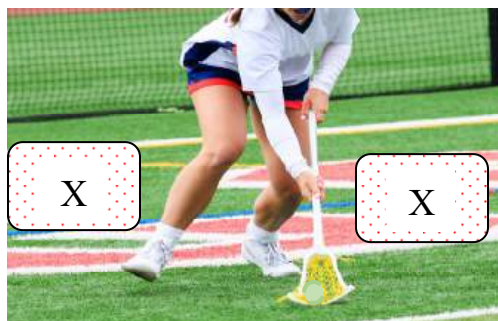
- **Teacher:** Change the speed and slight directions of the throw.
- **Switch lines on return:** To challenge new player and position.
 - Red and blue switch. Green and yellow switch.
 - Switch to next line: red to blue to green to yellow and back to red.
 - **DI:** two levels of play, faster side and learning side.

Throwing and Catching (see below)

Before discussing the wall challenges and skills, it is critical that students know the **windows** of catching a lacrosse ball. There are two low windows and two high windows. The two high windows are the ideal areas (target) and for catching a lacrosse ball.

The upper dominate side is the #1 window, and where the receiver holds the stick/head and the thrower aims and throws-to the stick head. It is critical that both player comprehend this.

Window information and practice-it transforms lacrosse in PE.



Targets for low thrown ball



Targets for higher thrown ball: Stick side is ideal

Throwing & Catching - Mr. / Ms. Wall

Stick, ball and the wall is all! One of the finest drills for T & C is using a wall. It gives instant feedback to the performer. Throw it low, it comes back lower. Throw it high, it comes back higher. Throw it to the right, it comes back on the right side. Throw it hard or soft, the ball comes back the pace of the throw.

All this instant information drastically assists the performer and his/her learning. There is one huge problem, *it is not that fun, and can be rather laborious*. I recommend only few minutes of wall practice per class. Below are some very basic wall drills and skills worth a few minutes.



Underhand (UH) tossing and catching!



Overhead (OH) throwing and catching!
One bouncer and air balls!

Basic wall throw and catching skills

- **Review underhanded throws and catching** (see diagram above)
- **Introduce OH throwing and catching skills and practice with the wall.**
 - **One bouncer:** Throw it straight to wall, catch off the bounce.
 - **Switch sides and catch:** throw and catch on opposite side. ND side.
 - **Air ball:** Throw it higher and catch in the air.
 - **ND Side-One bouncer and air ball:** T & C on the ND side.
 - **Air ball switcheroo and catch:** (this is rather difficult) Throw at slight angle and quickly switch grip/side to catch.

Catching Skills:

It's improvement time, next level catching. It's up the ante on catching.
Getting good!

Two Boxes/catching windows-for catching, higher target. (See diagram above)

Two Boxes/catching windows-for catching, lower target. (See diagram above)

- **Dominate side: Where does the stick head go?** Lacrosse head-up or down low? The catcher must make a split second decision where to place the stick head, also move feet forward or backwards.
- **ND side trouble:** not anymore! Four ways to catch the ball on the ND side.
 1. **Move feet, side slide to the ball;** side slide to the ball
 2. **Cross face, cross knees:** keep the face towards incoming ball
 3. **Switcheroo:** hands switch to ND hand grip
 4. **Cross step and roll dodge catch:** cross over stick and feet, like a backhand catch

Partner T & C Practice Time

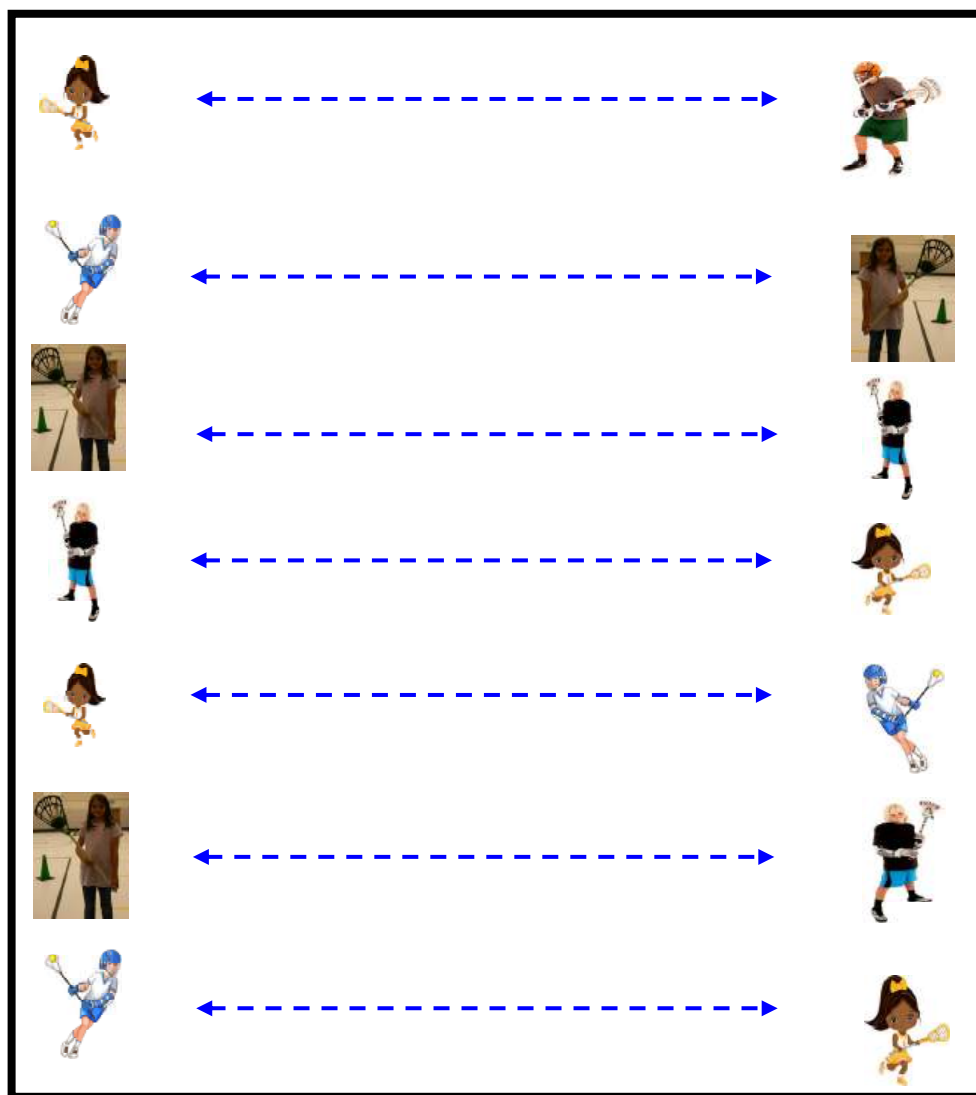
T & C practice time with a buddy is much more fun! With the above concepts and skills practiced and improved with Mr. / Ms. Wall. It's now time to put these skills to the test with a buddy. *What time is it? Practice time!* A critical drill and challenge is Partner T & C; it fosters the foundational skills needed for further games. It's authentic.

- **Hand toss and catch:** Good for youngsters just learning to catch. (K & 1)
- **T & C back and forth:** Students need time, lots of practice to T & C the ball, back and forth. Playing catch. It's the key to lacrosse success.
- **Pro tip:** Have the students throw it higher, the ball should fly all the way to the receiver, not bounce. *"Throw it high, and it will fly, throw it low, it doesn't go!"*
- **Where to throw?** Accuracy to partner's upper box and to the dominate side.



***Where do I throw the ball?
1 Window!***

Partner OH Throwing and Catching



- **How many in a row?** Encourage partners for consistency.
- **Pro Tip:** Many student throw too low, encourage a quality throw that is higher to #1 window and also not too fast for the catcher.

One Step Up, One Step Back Challenge (see diagram above)

Partners find a **comfort zone**, a place to throw to his/her buddy. For each catch made, great, the receiver backs-up one step, increasing distance/challenge. For a miss, the receiver side takes one step forward. However, there is a **separation zone** where players do not enter. They can get too close for comfort.

Partner Pin Game (Grades 1-3)

Introduction

This is a simple, yet challenging game. Ideal for younger players. With the Partner Pin Game it's time to challenge the cooperation and now, accuracy of the throwers. How many pins can the partners get?

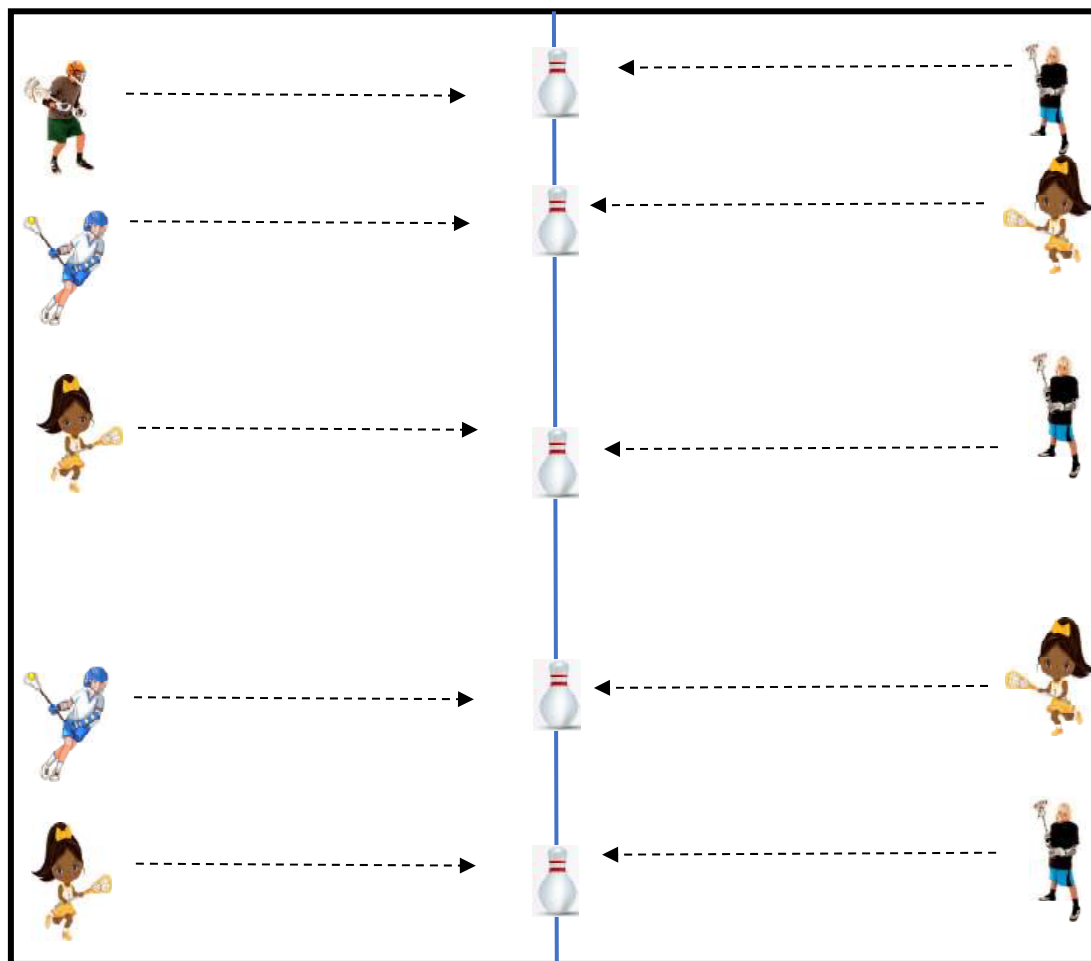
Why are we playing Partner Pin Game?

- ✓ to challenge the students on accuracy
- ✓ to challenge the students on catching/scooping a missed shot
- ✓ to challenge the partners on cooperation/teamwork

Equipment

- Each student with a stick
- One HD fleece ball and one target pin per pair

Organization (See diagram below)



Partner Pin Game
How many can we get?

How do we play Partner Pin?

- Each pair works cooperatively to shoot and knock down the pin.
- Each player uses quality scooping skills, not picking ball up with hands.
- Pair scoring. Each pair is working to see how many pins they get!
- The shooter/scorer resets the pin.
- Switch partners after a tad bit of time and see how the players do with new buddy!

Collective Score Lacrosse Game (Grades 3-5)

Introduction:

Let's turn to a class cooperative T & C challenge. All players are now attempting to complete a successful T & C for a class score. The teacher counts all the classes caught passes-collective score.

Why are we playing the Collective Score Game?

- ✓ to practice T & C under a tad bit of time pressure

Equipment:

- Each student with a stick
- Each pair with a fleece ball
- Teacher timer.
- Scoreboard/dry wipe board

Organization: (See diagram above)

- Setup identical to above game
- No middle target pin
- Each player with a partner.
- They find a Comfort Zone that stills challenges both players

How do we play Collective Score Lacrosse Game?

- On the start signal, players start throwing the ball back and forth attempting to make a "clean T & C."
- A **clean T & C** is when the throw is an air ball, does not bounce off the floor, wall or ceiling. The catch is by head of the stick, not by hands or body.
- Players must have two hands on the stick for the throw and catch to count.
- When a player catches the ball, there is one other critical process: He/she holds the stick & ball up high, turn to teacher and loudly and proudly say, **"Got one Mr./Ms. Gym!"**
- Teacher sees and hears the catch/call and replies by giving the new class score, **"10!"** (Whatever the score is.)
- After the score report, the player continues the T & C challenge.
- On the timer signal, the contest is complete and teacher notifies the class the game collective score!
- Switch partners after a game or two.
- A good play time is brief, between 1-3 minutes.
- Collect the game scores, adding game scores for a grand total.

Have One, Need One Lacrosse (Grade 3-5)

Introduction

Moving time! In Have One, Need One Lacrosse (HONO), the players are passing and catching to many different players. They often are on the move throwing and catching. It is a simple game and quite fun. My guess, you will be playing this game tomorrow!

The game works well when a clean catch is possible, as well as safety considerations are implemented. Works great for lacrosse, however not all sports/games is this possible (such as soccer). Good luck and see how it goes!

Why are we playing Have One, Need One Lacrosse Game?

- ✓ to challenge the students to T & C in various spaces
- ✓ to challenge the students to T & C on the move
- ✓ to challenge the students to T & C with various, new players; how many new throws and catches is the player able to make!

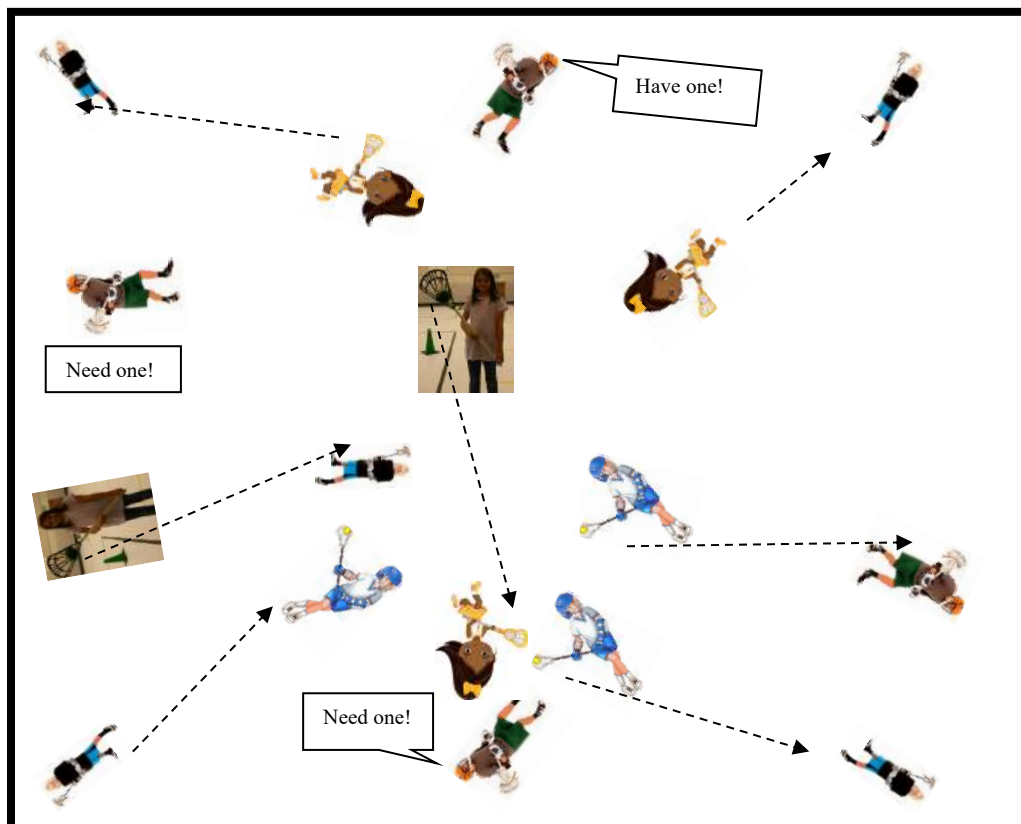
Equipment:

- Each student with a lacrosse stick
- ½ of the students with a fleece ball

Organization: (See diagram below)

- Use a slightly larger court or field if possible
- All players are scattered out in space
- ½ of the students start with a fleece ball

“I have one! I need one!”



How do we play Have One, Need One Lacrosse Game?

- ½ of the players start with possession of the fleece ball.
- They spread out and game goal is looking for a player to throw to and make a completed pass.
- Player with a ball looks for a pass and calls out loudly, ***“Have one!”***
- Player without a ball, looks for a passer and calls out loudly, ***“Need one!”***
- Player throws to the student that needs one. Players tries to complete a clean catch.
- Constant moving of passers and receivers.
- Any loose, floor ball is available to be covered, trapped and scooped.
- After throw and catch attempt, players move to another space and looks for new pass or catch attempt/a new buddy. Moving to open space is the game.
- Players must keep two hands on the stick during the game.

Variation / progressions

- After a game or so, challenge the students to keep score of their completed T & C. One point for completed throw, and one point for a catch!
- Remind players they must have a new player to T & C with each turn. They cannot keep throwing to the same buddy, over and over again.

Teaching tips

- Encourage players to use good spatial awareness, search for a big personal space in the big/general space while using good quality eye contact for a new player throw. They should be running hard while looking for completed pass.
- Sharing and taking turns: remind student to share the ground balls with other students. Remind students, first to player to cover, trap or scoop the ball gets it. No fighting for a ball. It is okay, in fact, good sportsmanship to share.

Lacrosse, Run & Shoot Challenge (Grades 3-5/modify for younger students)

Introduction

Lacrosse, Run and Shoot Challenge is a simple drill/challenge that kids love to play. It is very simple and active with lots of excitement. It’s similar to **Soccer Goal Shooting**, so the pupils are familiar with the system. The following three activities flow together to create one continuous instructional event.

Why are we playing Run & Shoot Challenge?

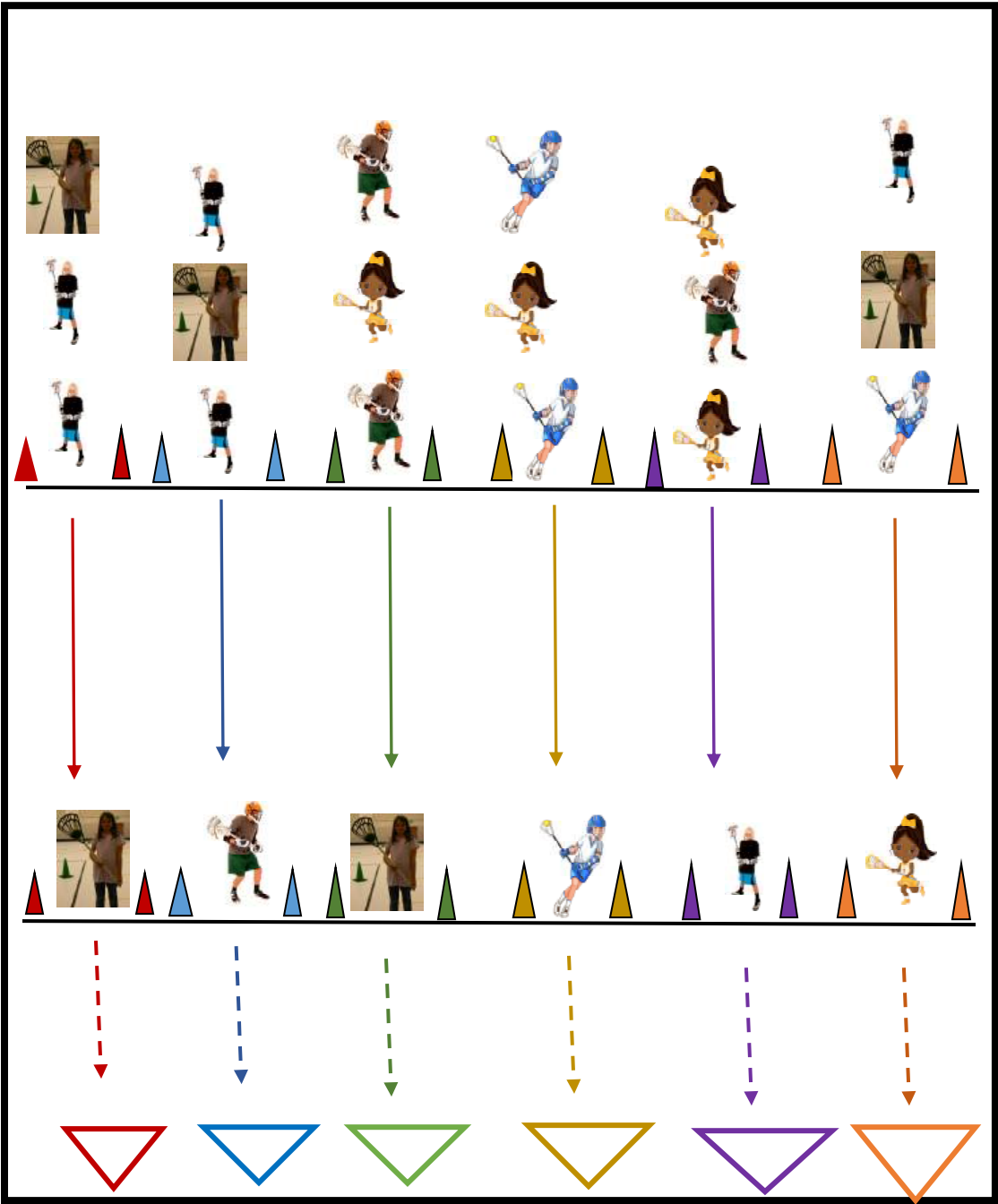
- ✓ to enhance the lacrosse shooting, dodging, and goalie skills

Equipment

- 6-12 STXBall sticks
- 6 Pugg/or small goals
- Flip scorers
- Traffic cones
- Pins

Organization (see diagram below)

Set up gym with 4 - 6 skill lines. As we know, the more skills lines, the higher time on task/action!



Lacrosse, Run & Shoot Challenge

How do we play Run and Shoot challenge?

- All students line-up with groupmates and equipment.
- On start signal, first player races up to the shooting line and fires a goal shot.
- Make it or miss it, shooter retrieves, scoops the ball and races the ball and stick back to next player in line. Hand off the stick and ball to next in line.
- Shooter goes to back of the line to rest/recover from the action.
- Continue the running, racing and shooting.

Variation/progression

- Adjust the length of the approach shot distance.
- Adjust the distance of goal shot/different groups if needed, DI.
- Modify the shot, ND side shot.
- Add a second stick and ball to each group, speeds up action!

Teaching tips

- Allow the kids to have fun with the drill/challenge.

Lacrosse Run, Shoot & Score Game

Implement Scorers: It adds additional excitement and challenge, super fun!

- Scoreboard between each team. One scorer serves two teams.
- After a successful shot on goal, the shooter retrieves the ball and flips the score.
- Adding a second stick and ball to each line/team speeds up the action.
- How many points can each team achieve during play time?

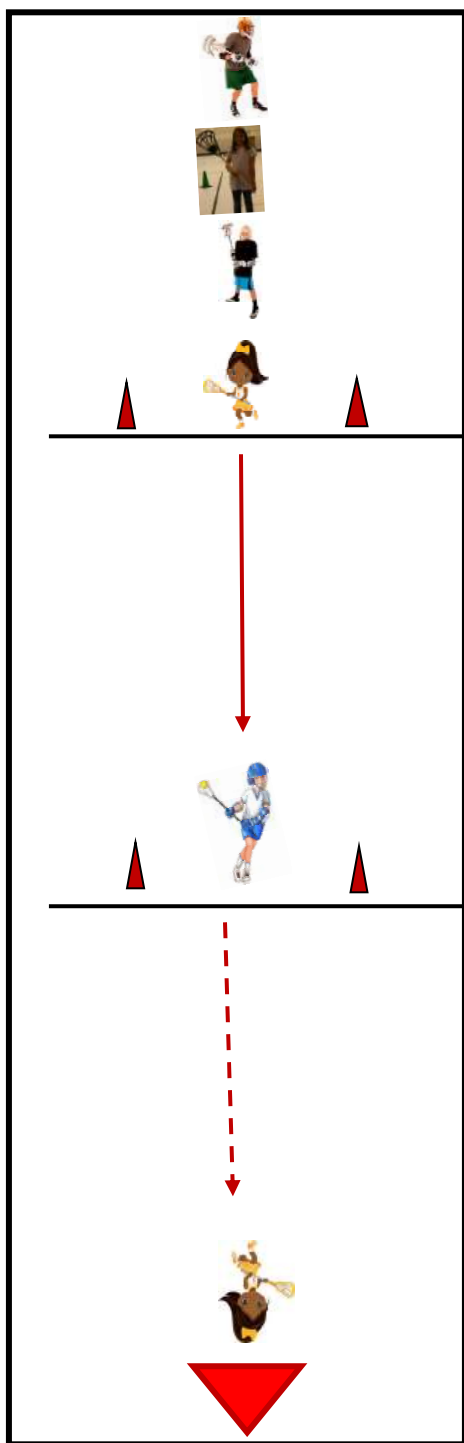


Lacrosse Run, Shoot & Goalie Game

Goalie time! A goalie defends the goal shot.

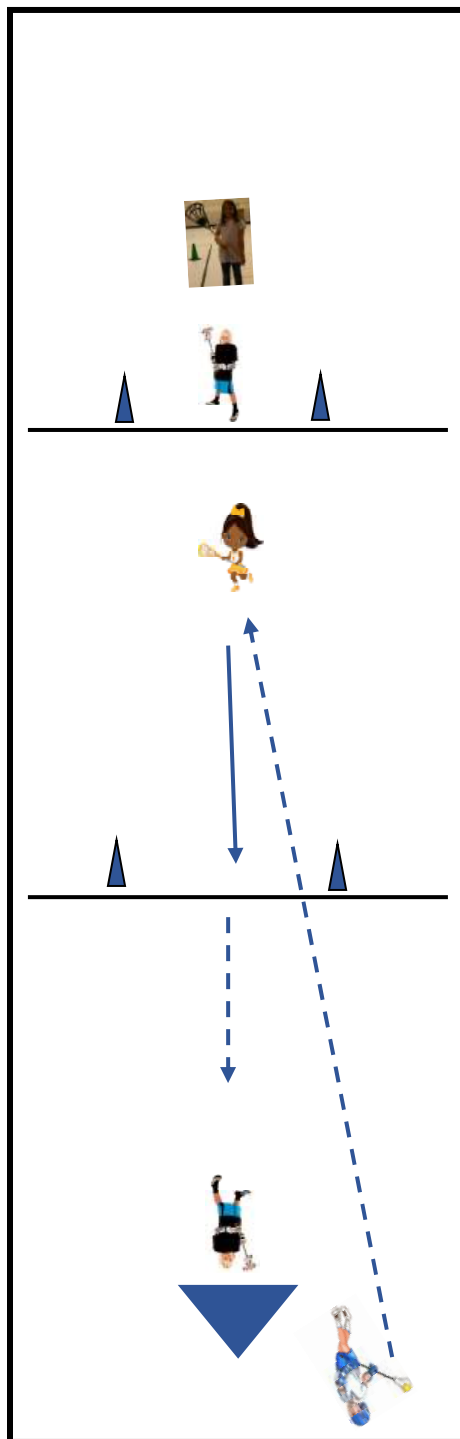
- Each team has several positions/roles.
- Take turns, rotate each one.
 - **Runner:** Run up and stop at shooting line
 - **Shooter:** Shot at goal
 - **Goalie:** Goalie tries to stop the goal
 - **Goalie:** rotates to the back to line
- **Pro Tips**
 - Require a bounce shot, before the goal (safer)
 - Add 1 or 2 pins at each goal-better accuracy challenge

Lacrosse Run, Shoot & Goalie



Lacrosse Run, Shoot & Goalie

Lacrosse Feeder, Run, Shoot & Goalie Game



Adding a feeder to the system, so fun and challenging!

End Zone Lacrosse Game (Grades 4-5)

(O. William Blake & Anne M. Volp, **Lead Up Games to Team Sports**, Prentice Hall, 1964)

Introduction

I first learned about this game decades ago while conducting game research from the seminal book by Blake and Volp. It fosters the skill of higher throws and catching with control.

This game is an example of the reason I am a proponent of having the students perform T & C drills and challenges with partners. Authentic partner practice leads to good teammate performance in games. Let's see how the kids do in End Zone?

Why are we playing End Zone Lacrosse?

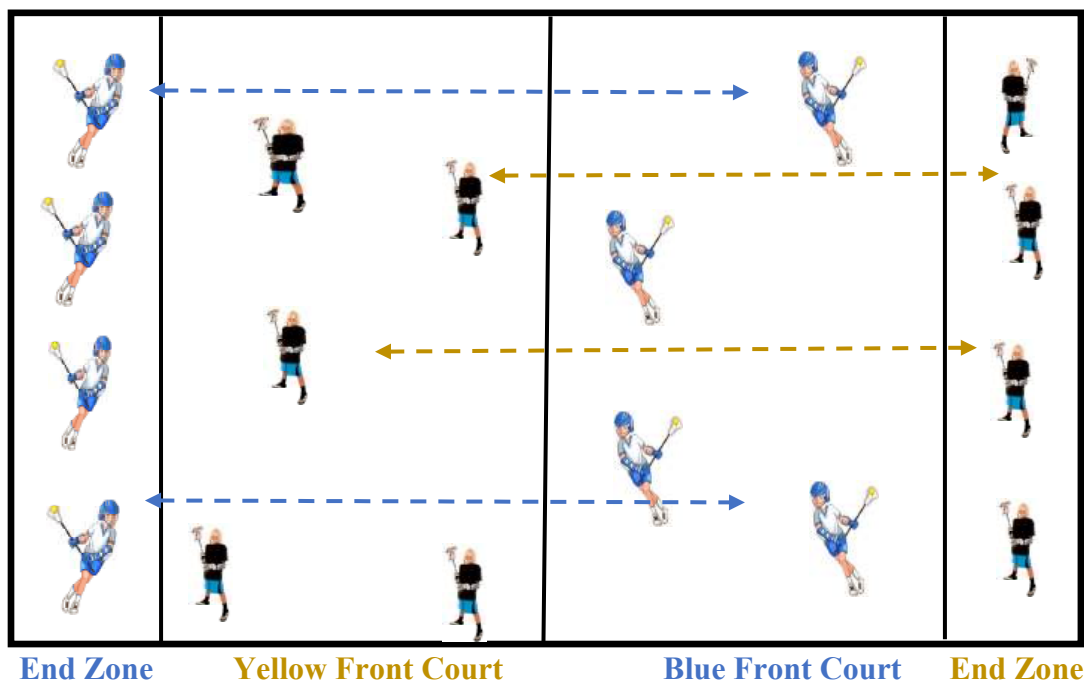
- ✓ to challenge the T & C lacrosse skills in a game
- ✓ to offer the players to practice offensive and defensive tactics
- ✓ to play a game with lots of T & C in a safe structure

Equipment:

- Each student with a lacrosse stick; two colors are ideal
- Fleece balls: ½ the number of students or so
- Two sets of pinnies: two different colors
- Tape lines and/or traffic cones
- Flip scorer
- Teacher scoreboard / dry wipe board
- Timer

Organization: (See diagram below)

- Use a space to create four zones, two larger front courts/fields and two smaller end zones.
- Grade level and experience determines the size of the play area.



How do we play End Zone Lacrosse?

- As the above diagram shows, each team has two play areas; court/field (bigger area) and the end zone, hence the name of the game.
- Each team is divided and placed in position.
- Front court players start with the fleece balls. If the class has 20 players, about 10 balls are recommended.
- When a front court player throws a ball to an end zone player, they score a point.
- End Zone player must be in the end zone for catch to count.
- When an end player catches the ball, they turn, hold up the ball in the crosse and calls out to the teacher, ***“Got one Mr./Ms. Gym!”*** (Just like in Lacrosse Collective Score)
- Teacher records score on the hand held scoreboard.
- The end zone player throws the ball back to a field player.
- There is no score when the front court player catches a ball. (Kids at first are confused on this)
- After a brief time players switch positions and play.

Positions and Responsibilities

Front Court Player:

- Throws ball to end zone player for a score. This is like a quarterback throwing a touchdown pass.
- Catch return passes from end zone teammate.
- Plays defense by trying to block opponent’s passes.
- Scoops ground balls.

End Zone Player

- Catches ball from teammate for a score.
- Announces caught ball to teacher. ***“Got one Mr./Ms. Gym!”***
- Records score / flip the scoreboard (see variations)
- Return throw to field/teammate.
- Scoops ground balls.

Safety procedures

- Two hands on the stick at all times.
- Use softer fleece balls.
- Play in proper zone.
- Ground ball, first to trap, cover or scoop gets the ball. Students do not fight, stick check each other over the ground balls. Sharing is expected.

Variation/progression

- Self-Scoring: Place a flip scorer in each end zone.
- Upon a catch, the student runs over and flips the score.

Teaching tips

- Teaching/motivating the students to throw higher is helpful.
- Teammates using good eye contact and verbal communication fosters efficacy.
- Throw at angle, not just the same teammate or player in front.

Lacrosse Toxic Waste Removal Game (younger students/grades 1 & 2)

Introduction

This is super fun class cooperative lacrosse game with four mini teams/groups. Therefore, it employs the whole class and mini game approach; whole class for great team spirit and mini games for small group benefits. The young kids enjoy the experience.

Why are we playing Lacrosse Toxic Waste Removal Game?

- ✓ to practice lacrosse skills of scooping, cradling, space awareness/movements and throwing skills
- ✓ to be part of a small group and whole class experience

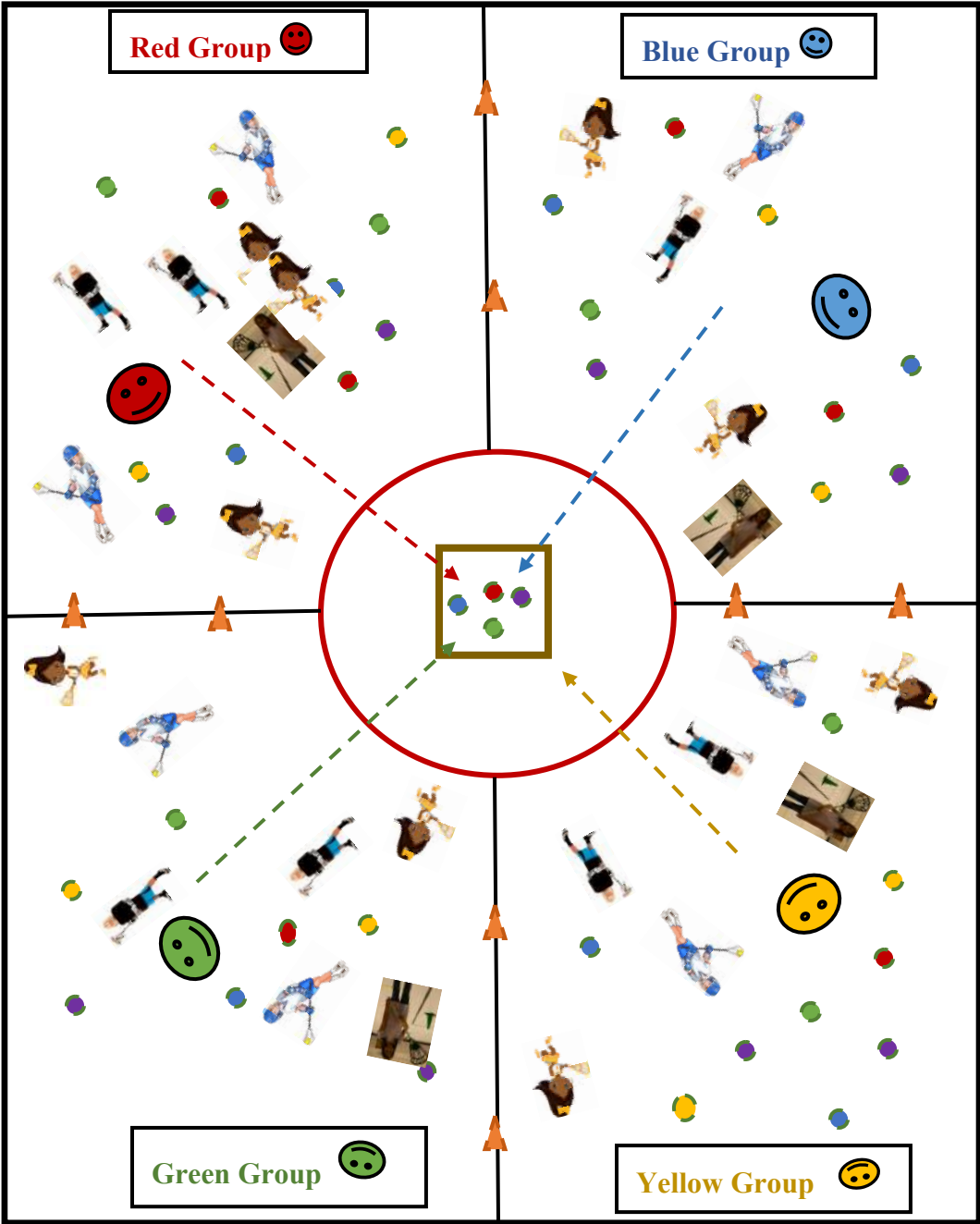
Equipment:

- Lacrosse stick for each player, 4 colors if possible
- Two tumbling mats set on edge; Velcro together to make a huge target
- Lots of LD fleece balls, lots of them. Up to a hundred or so!
- Traffic cones
- Tape if needed to create a safety circle



Organization: (See diagram below)
Set-up is critical for the success of the game.

Lacrosse Toxic Waste Removal



Lacrosse Toxic Waste Removal

How do we play Lacrosse Toxic Waste Removal Game?

- Tell a fun short story how this class is assigned a special and important job to clean-up the school (gym/field) of toxic waste. However, to be safe, they can't touch the toxic mess (balls), but can use a special device; yep, the lacrosse stick! Also, to be extra secure, they only carry/shoot one ball at a time and carefully set in the proper waste disposal bin. Center mats.
- Students into four teams, spread out in ¼ court.
- Each player with a lacrosse stick.
- There are two ways to get the balls in action/start the game.
 - Teacher carefully tosses in the fleece balls to the four courts.
 - Place equal amount in the back corner; using a hula hoops works great.
- On start signal, all players/four teams begin scooping and OH lacrosse shooting the ball into the center, Toxic Waste Remover. All four teams are working cooperatively to clean-up their school, and get rid of the dirty toxic balls!
- Any scatter ball in their court is fair game to scoop and shoot.
- Encourage the players to share balls. Keep an eye out for a player without a ball.
- Scoop and shoot only one ball at a time.
- Once all or most of the balls are shot inside the center toxic waste remover, stop the game, kids drop and sit, and teacher opens the mats to make an opening. Teacher calls on a student or so from each team to collect the balls-place back in their ¼ court.
- Play many games allowing the students the art of problem solving with time improvement.

Safety considerations

- Two hands on stick at all times.
- Play in court and outside of the center circle.
- Any ball in center circle, walk in scoop, and walk out of the circle. Shoot from outside the center circle.

Variation/progression

- **Play to completion:** class goal, getting rid of all the toxic balls.
- **Time the class:** how long does it take them? Can they shorten the time the next game?

Teaching tips

- Add penalty time: for infractions, helps students use proper skill, safety and being *honesty players*.
- Switch up players, team members.

Bear Lacrosse Game (Grades 3-5 / Sarratt)

Introduction

Bear Lacrosse is my closing game of my Lacrosse Unit. I created it decades ago. I'm sure I'm not the only one. The students have now worked hard on skills, drills, challenges and mini games, but let's be clear, their minds and anticipation is on Bear Lacrosse. Let's see how it goes!

Why are we playing Bear Lacrosse?

- ✓ to put the lacrosse skills to the test in a game: scooping, OH throwing, defending and cooperation

Equipment

- Each student with a stick: red, blue, green and yellow
- Use pinnies for the four colors if needed
- Lots of LD fleece ball, 100+ or so is great!
- **Eight** tumbling mats of identical size/type, on edge, creates four bear dens
- Bear posters in each corner: grizzly, polar, black and panda
- Traffic cones
- Rules, diagram posters and scoreboard/dry wipe board

Organization (See diagram below)

- See diagram on how to set up the gym/field.
- **Modification:** the closer the **bear dens**, the easier the game, the further away, toward the four corners, the more challenging the game. Use your best judgement on how far away to place dens/grade level/experience.



Grizzly



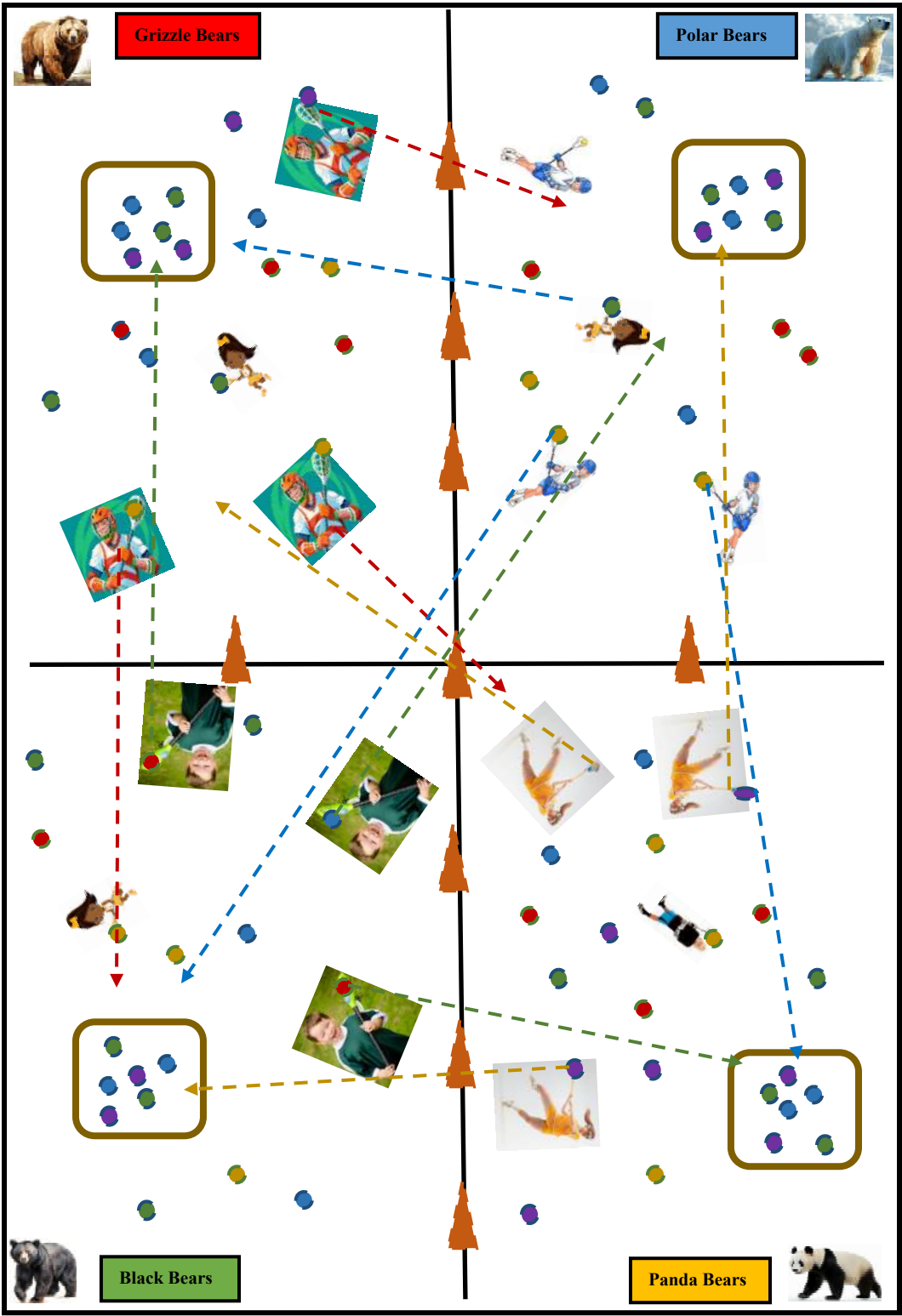
Polar



Black



Panda



Bear Lacrosse

How do we play Bear Lacrosse?

- Tell a fun short story of four groups of bears: grizzly, polar, black or panda and each group of bears need to rid themselves of the poison berries that are in their bear territory. Each bear group is allergic to them!
- An important bear job is protecting their land and keep the baby bears safe.
- Since the bears are allergic to the berries. To be safe, they can't touch the toxic balls, but can use special device; yep, the lacrosse sticks!
- Set students into four teams, spread out in ¼ court.
- Each player with a lacrosse stick, one of four colors or student wearing team color pinnie is helpful.
- There are two ways to get the balls in action, starting the first game.
 - Teacher carefully tosses in the fleece balls to the four courts.
 - Place equal amounts in the back corner; using a hula hoops works.
 - After a game, each team starts with the amount of berries/balls that are in their bear den.
- On start signal, all players/four teams begin scooping and OH lacrosse, shooting the ball into the one of the other 3 bear dens. All four bear teams are working cooperatively to clean-up their land, and get rid of the poisonous berries! Out of here!
- Any scatter ball in their court is fair game to scoop and shoot.
- Encourage the players to share balls. Keep an eye out for a player without a ball.
- Scoop and shoot only one ball at a time.
- The four bear teams, of course don't want any poisonous berries in their den, bad berry! The players are free to block and catch the throw berries/soft fleece balls. Got you!
- Once all or most of the balls are shot inside the bear dens, stop the game, kids drop and sit, and teacher opens the mats a crack to make an opening.
- Teacher calls on a couple students per team, a *mommy* and *daddy* bear, to crawl inside each the bear den to count and collect the balls.
- Teacher records each team scored berries on the **Bear Lacrosse Scoreboard**.
- Play many games allowing the students the art of problem solving and game improvement.

Safety considerations

- Two hands on stick at all times
- Play in ¼ court
- Block by holding the sticks still, not swatting at it
- Play on feet, no knee sliding, etc.

Variation/progression

▪ Scoring possibilities

- Lowest score wins.
- One point for a ball in the bear den and territory of the bear team. Den and territory berries/balls are equal value.
- Two points for a ball in the bear den, only one point for a territory ball. This gives double value to den balls while also valuing critical territory balls.
- Add scoring, points from game to game. **Consecutive Scoring System.** This adds additional TA/problem solving for teams / games.

Teaching tips:

- Penalty points: For infractions, helps students use proper skills and safety.
- Switch up players, team members.
- **SPP: Secret Play Plan**-allow time between games for the teams to huddle up and make action plans/TA choices.



Closer to lacrosse

There you have it, **Toxic Waste** and **Bear Lacrosse** to closing out the lacrosse section. One final curtain call for each level. My goal and hope is you were able to find an activity that fits into your program.

Please note: The bonus section offers skills challenges for those few teachers that may need it for additional data for SLO's or /assessment/grading.

All the best, *Dale*

Bonus section below>>

Lacrosse Skills Challenges (Grades 3 - 5) (Sarratt)

Introduction

Presented below is a challenge program that offers an additional instructional format for student learning. As we are aware, skills are perfected by repeatability. No one is good at a task, generally, if they can only do it once. Being able to perform the task multiple times shows excellent consistency. Art of repeatability.

In the current educational assessment climate data collection is paramount. We may need to use this programming only for our SLO groups or maybe only a few challenges for assessment and grading purposes.

It is included as a bonus for those few that made need it. All the best, *Dale*

Why are we playing Lacrosse Challenges?

- ✓ to practice and refine basic skills
- ✓ to gather data for SLO's, assessment or grading

Equipment:

- Each student with a stick
- HD fleece balls
- Spinner/oversize tennis trainer balls
- Hollow, lighter rubber lacrosse trainer balls
- Wall posters, diagrams, numbers, etc.
- Student assessment form/booklet, clipboards and pencils.



HD Fleece Balls



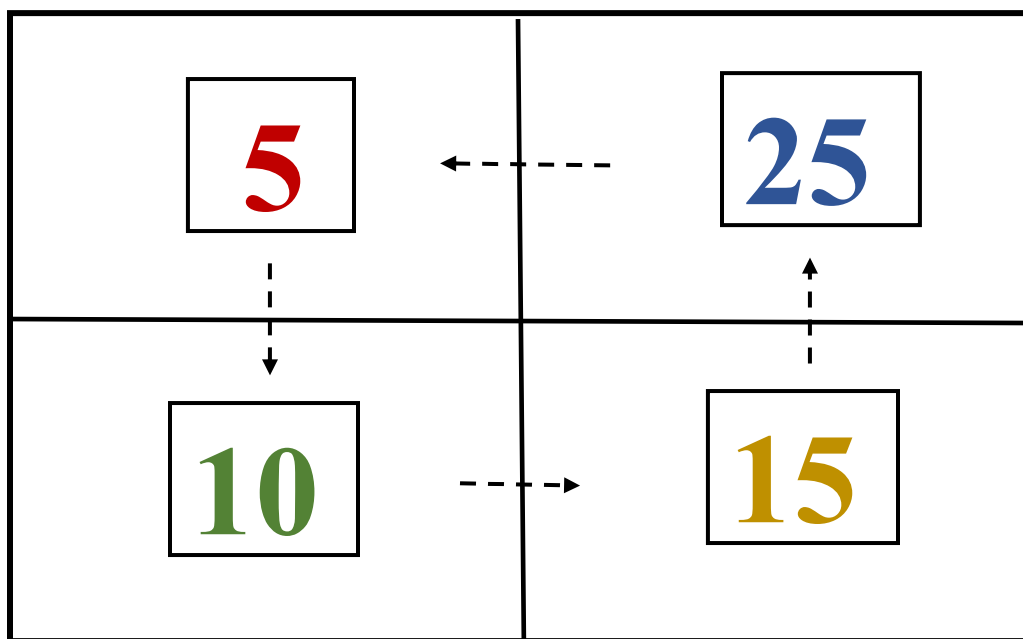
Spinner/LG Tennis Trainer Foam Balls

Organization: (See diagrams below)

- Create four quadrates.
- Each quadrate has a skill level, number challenge: **5, 10, 15, 25**
- Use your best judgement on the number challenges/grade levels.
- Each student is on their own performance pathway instruction journey.
- Each student performs the **skill** and the **number of challenges** then upon completion, transfers/graduates to the next one.
- For example, the first simple challenge is to perform 5 scoops in a row, no mistakes. Once completed she/he graduates and transfers to the next quadrate of the gym/field. Check it off, and begin the 10 challenge!
- Once the student completes 25 in row, he/she has graduated to the next **skill challenge**, UH toss and catch and back in the 5 quadrant.
- Set out all equipment sticks and required ball in bins.

Quadrate and Numbers Challenges

Repeat in a Row!



Lacrosse Challenges

Skill Challenges and Ball

1. **Scooping**-HD fleece ball
2. **UH Toss and Catch**- HD or LD Fleece ball
3. **UH Toss Bounce and Catch**-Spinner Ball
4. **Toss, Switcheroo & Catch**-HD or LD Fleece Ball
5. **Mr./Ms. Wall OH Throw, Bounce and Catch**-Spinner Ball
6. **Mr./Ms. Wall Air Ball**-HD Fleece Ball
7. **Partner T & C**-HD Fleece Ball



How do we play Lacrosse Challenges?

- Preview and demo the challenge program. Most children know the system from other units and are fired-up!
- On the start signal, students begin the challenges/assessments in the first quadrate. Due space limitations, start groups in flights until space becomes available.
- Students are required to perform each skill for the posted amount in a row.
- Any mistake the player restarts at zero and tries again until completes the challenge/number goal. This happens all the time. It is the difficulty and inciting aspect of the challenge program.
- Score sheets, clipboard and pencils at all times again the wall, not in the play area.
- **Honesty Policy:** Why do we play games? To practice being honest!

Variation/progression

- Change the challenges, new skills and tricks.
- Modify the equipment/balls, etc.
- Modify the number / goal amount. They can be lowered or raised for additional difficulty.



Data sheet below>>>>

Name _____ CR Teacher name _____

Lacrosse Assessment Form

1. Scooping-HD fleece ball

5X____ 10X____ 15X____ 25X____

2. UH Toss and Catch- HD or LD Fleece ball

5X____ 10X____ 15X____ 25X____

3. UH Toss Bounce and Catch-Spinner Ball

5X____ 10X____ 15X____ 25X____

4. Toss, Switcheroo & Catch-HD or LD Fleece Ball

5X____ 10X____ 15X____ 25X____

5. Mr./Ms. Wall OH Throw, Bounce and Catch-Spinner Ball

5X____ 10X____ 15X____ 25X____

6. Mr./Ms. Wall Air Ball-HD Fleece Ball

5X____ 10X____ 15X____ 25X____

7. Partner T & C-HD Fleece Ball

5X____ 10X____ 15X____ 25X____



Congratulations!
See teacher for additional challenges!

