LaCrosse Assessment Sheet

Name: Per: Date:

1. Give 2 skill cues for holding a LaCrosse stick properly.

2. Give 2 skill cues for properly throwing using a LaCrosse stick.

3. Give 2 skill cues for properly catching using a LaCrosse stick.

4. Give 2 skill cues for properly scooping using a LaCrosse stick.

5. How do you feel about your ability to throw and catch using a LaCrosse stick? (Circle the correct box)

Great! I got it!	**Getting there! Need more practice however!**	**Need a lot more practice!**

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