

LaCrosse Skills Test

Skill Performer Name:

Partner Name:

Each task should be attempted 10 times. Please place a check on the line if the student performs the specific skill.

Raking: Students will attempt to rake the lacrosse ball into the basket.

- _____ Student keeps non-dominant foot in front of the dominant foot.
- _____ Student places non-dominant hand near the basket and dominant hand near the end of the stick.
- _____ Place ball on the ground.
- _____ Place bottom of basket on top of the ball and pulls both ball and basket towards them.
- _____ Once ball is moving student reverses direction of the basket and scoops the ball into the basket.
- _____ Ball ends up in the basket.

_____ out of 6 = _____ rubric score

Overhand Toss: Each student tosses the lacrosse ball using the overhand toss technique.

- _____ Student steps with the non-dominant foot.
- _____ Student places non-dominant hand near the basket and dominant hand near the end of the stick.
- _____ Head of stick starts up by the ear.
- _____ Basket is pulled back behind the head and then travels forward.
- _____ Push with dominant hand, pull with non-dominant hand with equal force.
- _____ Hips face the target.
- _____ Basket faces the target.
- _____ Ball travels in the intended direction.

_____ out of 8 = _____ rubric score

Sidearm Toss: Each student tosses the lacrosse ball using the sidearm toss technique.

- _____ Student steps with the non-dominant foot.
- _____ Student places non-dominant hand near the basket and dominant hand near the end of the stick.
- _____ Head of stick starts below the shoulder.
- _____ Basket is pulled back behind the shoulder and then travels forward.
- _____ Push with dominant hand, pull with non-dominant hand with equal force.
- _____ Hips face the target.
- _____ Basket faces the target.
- _____ Ball travels in the intended direction.

_____ out of 8 = _____ rubric score

Total score for all three skills: **Total Points** _____ **out of** 22

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Total rubric points score for all three tests: _____ out of _____