

Lacrosse Task Sheets

Partner's Name:

Performer's Name:

Per: Date:

Your partner will practice each of these skills ten times. After they have practiced them, please rate them on each cue with one of these codes:

P – My partner is a pro and doesn't need any more practice.

A – My partner does this some of the time and needs a little more practice.

N – My partner needs a lot more help and some individual help from the teacher to master this cue.

Picking up the ball with a lacrosse stick: Each student will practice picking up a ball with the lacrosse stick ten times. Your partner will read the cues to you while you perform them.

- _____ Opposite foot beside ball
- _____ Stick pulled to dominate hand side
- _____ Shovel - head of stick pointed down
- _____ Slide - scrape knuckles along ground
- _____ Baby Cradles - begin with small wrist cradle
- _____ Full Cradle - enlarge size as you return to standing position

Throwing: Each student will practice throwing a ball overhand with the lacrosse stick ten times. Your partner will read the cues to you while you perform them.

- _____ Pull (pull the stick back behind your shoulder).
- _____ Position (opposite foot forward).
- _____ Push (push the stick forward with upper hand while pulling lower hand toward body).
- _____ Point (follow through and point head of stick to your target)

Catching: Each student will practice catching a ball with the lacrosse stick ten times. Your partner will read the cues to you while you perform them.

- _____ Show a target to the passer by having the crosse (e.g., Lacrosse Stick) facing passer
- _____ Maintain eye contact with the passer
- _____ Move toward ball/pass with stick vertical and head of stick even with head of receiver
- _____ Extend the crosse up/high with top hand extended
- _____ Absorb impact as ball hits the crosse

_____ Total number of "P" s for all three skills.

_____ Total number of "A" s for all three skills.

_____ Total number of "N" s for all three skills.