Lacrosse Lesson Plan - Passing and Receiving

Lesson Objectives: To teach the students the skills of passing and receiving of Lacrosse.

Time: 30 min.

Equipment Needed: 1. Lacrosse sticks for every student.
2. Lacrosse Balls
3. Cones
4. Pennies

Warm-up/stretch: 1. Jog down the field and back while holding the Lacrosse stick the proper way. (we won’t do this because they will already have warmed up.)
2. Stretch arms and legs (while stretching explain the first drill)

Body: Drill 1: First go over the proper way to throw and receive in lacrosse.

(One teacher demonstrates, while the other teacher tells how to do it.)

Throwing:
1. Hold your lacrosse stick across your body with the pocket near your ear. Your top hand should be holding the stick just above your shoulder with your lower hand at the end of it.

2. Stand with your feet staggered. If your right hand is on top, your left foot should be forward. As you throw you will move your body sideways and transfer your weight from your back foot to your front foot.

3. Pull the head of the stick back behind your head being careful not to let the ball fall out.

4. Bring the stick head forward quickly, using your top hand to extend the stick and pulling the bottom of it towards your body with your lower hand. Take a small step towards your target with your lead foot.

5. Snap the wrist of your upper hand as you throw, creating a more accurate and powerful pass.

6. Follow through to complete your pass. Your stick should end up parallel to the ground and pointing at your target. Failure to follow through will result in a high pass.
Catching:
First, the lacrosse player holds the stick with his fingers -- in other words, he doesn't grab the stick hard -- and places his thumbs along the shaft. The top hand is slightly below midpoint of the handle while the bottom hand is placed at the butt of the stick. For beginners, keep your eye on the ball all the way into the pocket of the stick.

Consider whether you could catch a tennis ball with a tennis racquet. If you hold the tennis racquet out straight and without movement as the ball hits it, the ball will bounce off the racquet. But if you try to absorb the tennis ball onto the racquet by moving it back as the ball goes towards it -- "giving" -- the ball drops onto the racquet without bouncing off. Catching in lacrosse is the same motion. Start with the stick beside your head and as the ball approaches the stick, drop the stick back to gradually absorb the ball into the pocket of the stick. By the time you actually catch the ball, the stick is behind your body. And now you're in a position to pass the ball back to another teammate.

Drill 2:
1. Have everyone find a partner and practice passing and catching back and forth, while running in place, for a few minutes. Also, have them practice switching hands.

Drill 3:
1. Number the Class off 1-2.
2. Ones go to one side of the field with one teacher and the twos go to the other side of the field with the other teacher.
3. Have each group form three different lines.
4. Explain how to do the weave (same as the basketball weave drill) while passing and catching the lacrosse ball. The object of the weave, in the beginning is not to go really fast, but to keep control of the ball. As the students become better at it they can begin to go faster. Make sure each student goes through at least three times.
5. If you have students with injuries have them stand at the end of the weave and the last person with the ball must pass it to him/her before they go to the back of the line.

Drill 3:
1. Same teacher will teach their group this drill second.
2. Explain the pinwheel drill
http://www.laxlinks.com/drills/
3. Have injured students stand permanently in the middle.

Drill 4:
1. The other teacher will teach this drill first.
2. Pressure Box
http://www.takkle.com/videos/2754/-/member/124031

Review: Review the main points of passing and catching, while the students stretch.

Assessment: The student gave good effort in class.