

RESOURCE PACK








HOW TO USE THESE CARDS

The cards in this pack are designed to be used to introduce the fundamental skills of lacrosse and provide activities to practice these skills.

The first group of cards look at the principles of the game, the next show fun activities to practice these skills, and the final cards cover the playing and officiating of a full game situation.

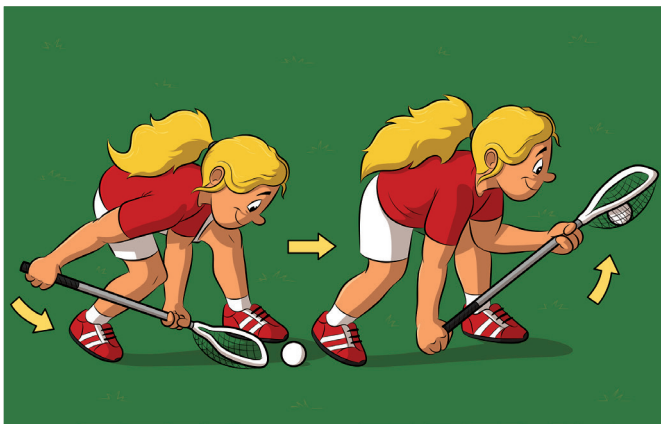
In order to plan your session simply select the skills you want to cover and then select the related activity to practice those skills. The cards are colour coded to help link skills to activity and therefore construct a session.

- **Basic skills** (purple) 
- **Developing skills** (green) 
- **Games** (yellow) 



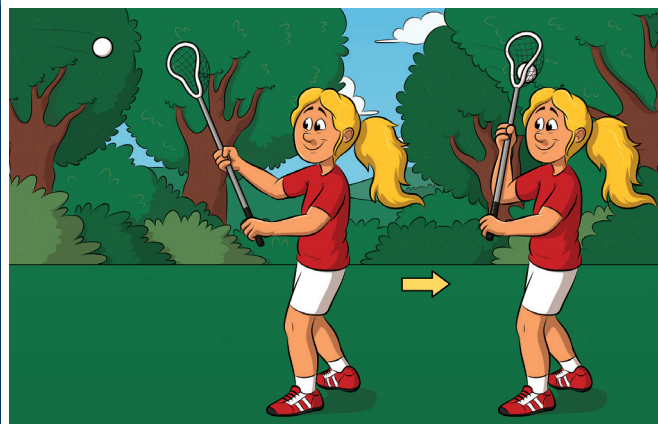
1 SKILL CARD - PART 1

PICKING UP THE BALL



- Hands wide apart on the stick
- Scoop and push through the ball
- Step same foot as hand at top of stick
- Hands/stick close to the ground
- Squat to get low and over the ball
- Return to carrying/ready position

CATCHING THE BALL



- Hands wide apart - CHOKE UP
- Front/face on stance
- Point stick head forward - HIGH 5
- Follow flight of the ball
- Drop top hand elbow to cushion ball
- Bottom hand is static throughout

ACQUIRING FUNDAMENTAL SKILLS

This is the fundamental stage of developing lacrosse players. We recommend that you should spend two to three weeks working on the skills outlined and use the activities, progressions and games provided.

LINK ACTIVITY

- **Activity Card** The Scoop Challenge
- **Activity Card** Catch Zone
- **Activity Card** Steal the Bacon
- **Activity Card** Robbing the Nest
- **Activity Card** Robbing the Nest Relay
- **Activity Card** Snake Mountain



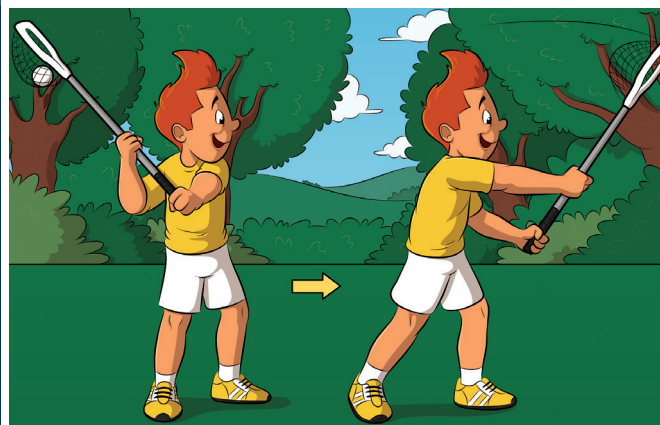
1 SKILL CARD - PART 2

RUNNING WITH THE BALL



- Hands wide apart on the stick
- Stick held across the body
- Stick remains close to the body
- Stick head, held near to shoulder

PASSING THE BALL



- Top hand at stick's middle
- Side on stance
- High front elbow (helps to aim)
- Pull stick down with bottom hand
- Push forward with top hand
- Swing through to point at target

ACQUIRING FUNDAMENTAL SKILLS

BY THE END OF THIS PHASE ALL PARTICIPANTS WILL BE ABLE TO:

- control the ball using the throw, catch, scoop and carry skills
- pass, catch, scoop the ball to keep possession
- perform these skills accurately while stood still

MOST PARTICIPANTS WILL BE ABLE TO:

- perform the skills accurately and show improved consistency
- start to pass, catch and scoop while on the move
- change direction and speed when running with or to the ball

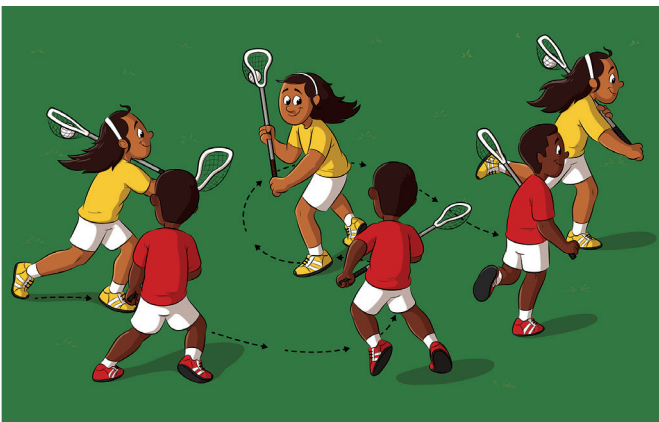
A FEW PARTICIPANTS WILL BE ABLE TO:

- repeat the skills accurately, with confidence and consistency
- perform the skills using both hands with noticeable accuracy
- change direction and speed effectively while carrying the ball



2 SKILL CARD - PART 1

STICK PROTECTION AND CRADLING



- Side on stance
- Hands wide apart on the stick
- Stick held on the outside away from the defenders
- Pivot/move around to keep stick away from defenders
- Hands wide apart - Catching Grip
- Stick held in the carry position
- TOP HAND moves the stick head from SHOULDER to CHIN and back to SHOULDER

SHOOTING



- Top hand lower than stick's middle
- Wide side on stance
- High front elbow (helps to aim)
- Pull stick down with bottom hand
- Push forward quickly with top hand
- Swing through to point at goal

DEVELOPING FUNDAMENTAL SKILLS

This remains a fundamental phase in developing lacrosse players. We recommend two to three weeks working on these skills while continuing to work on previous skills and use the activities, progressions and games provided.

LINKED ACTIVITIES

- **Activity Card** Shooting Range
- **Activity Card** Run the Gauntlet
- **Activity Card** Steal the Bacon



2 SKILL CARD - PART 2

DEFENDING



- Mark an individual player
- Stand between the player you are marking and the goal
- If your player has the ball, make it difficult for them to shoot or run at goal
- If your player doesn't have the ball, make it difficult for them to get it

ATTACKING



- Can I score?
- Can I move to a scoring position?
- Can a teammate score?

DEVELOPING FUNDAMENTAL SKILLS

BY THE END OF THIS PHASE ALL PARTICIPANTS WILL BE ABLE TO:

- control the ball using the throw, catch, scoop and carry skills
- link throws, catches, scoops and carry to keep possession
- perform these skills accurately while moving slowly
- show a basic understanding and begin to implement team principles

MOST PARTICIPANTS WILL BE ABLE TO:

- show improved accuracy in performing all skills
- consistently pass, catch, cradle and scoop while on the move
- change direction and speed when running with or to the ball
- implement and instigate basic team principles
- confidently undertake leadership roles during activities

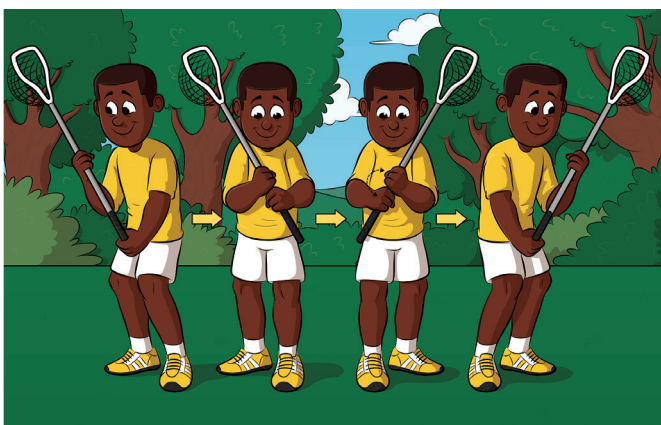
A FEW PARTICIPANTS WILL BE ABLE TO:

- perform most skills using both hands with noticeable accuracy
- change direction and speed effectively while cradling
- instigate and expand on basic team principles
- demonstrate all skills confidently in small sided games



3 SKILL CARD - PART 1

CHANGE HANDS



- Hands wide apart on the stick
- Top hand pushes stick through a loose bottom hand
- Bottom hand at chest height
- Bottom hand move up, over top hand

SHOOTING



- Top hand lower than stick's middle
- Wide side on stance
- High front elbow (helps to aim)
- Pull stick down with bottom hand
- Push forward quickly with top hand

DEVELOPING FUNDAMENTAL SKILLS

Principles of invasion games will be explored. These can be applied while playing matches and adaptive games.

LINKED ACTIVITIES

- **Activity Card** Robbing the Nest Relay
- **Activity Card** Shooting Range
- **Activity Card** Run the Gauntlet

PRINCIPLE: POSSESSION

- Team to keep the ball
- Get the ball in opponent's half
- Play the ball around the goal
- Keep stick protected/on the outside
- Other team need the ball to score

PRINCIPLE: PENETRATION

- A run or pass through the defence
- Create a 2-on-1 situation to cause indecision by the defender (mark/go?)
- This should allow a run by ball carrier - Draw & Dump

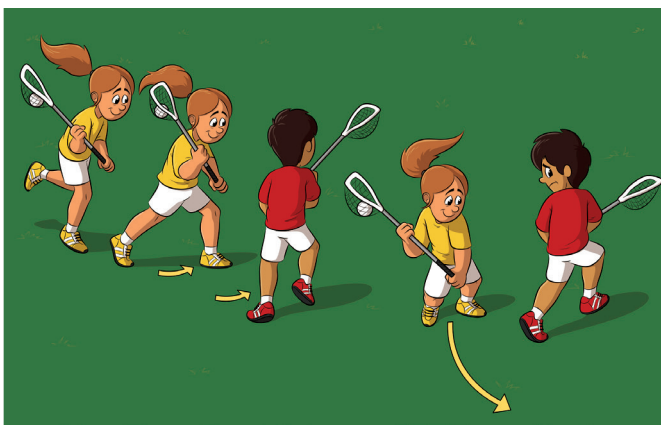
PRINCIPLE: SUPPORT

- Team to keep possession by moving to simple passing lanes
- Ball carrier should always have a minimum of 2 passing options (a pass forward and a pass to the side)



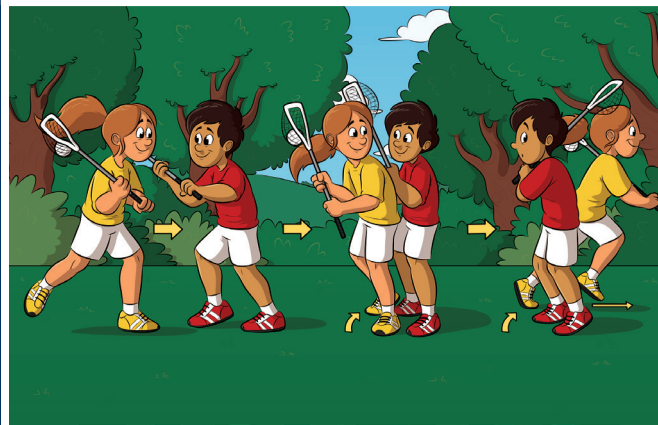
3 SKILL CARD - PART 2

SPLIT DODGE



- Run at a defender
- Step quickly to one side
- Move to the other side and accelerate away from defender

ROLL DODGE



- Run at a defender
- Step into defender with the foot of bottom hand
- Pivot on same foot as the bottom hands so back is facing defender's belly
- At this point change hands
- Keep turning and sprint past the side of the defender

DEVELOPING FUNDAMENTAL SKILLS

ATTACK

- Principles of invasion games will be explored. These can be applied while playing matches and adaptive games

PRINCIPLE: WIDTH

- Work the ball to wide position, to spread out defence and create spaces
- This will allow for penetration and can utilise the: Draw & Dump/Give & Go

PRINCIPLE: DEPTH

- Use a pass backwards to draw the defence away from the goal
- This allows penetration/possession
- This concept works when the ball is played from behind goal

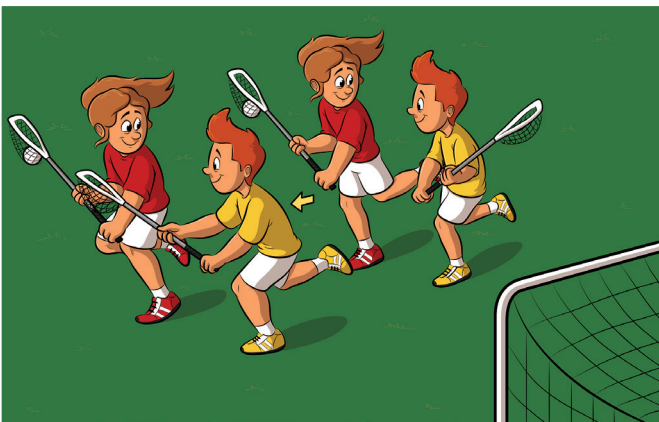
PRINCIPLE: BE DIRECT

- Use pace to penetrate defence or to get into support positions
- A change of pace can disrupt defence
- Change direction or dodge to evade defenders



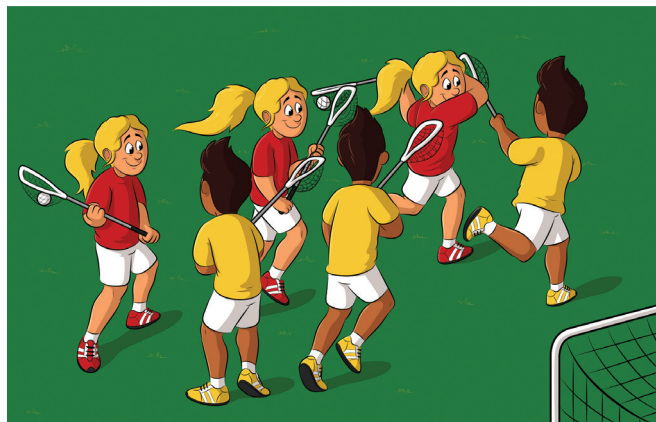
4 SKILL CARD - PART 1

DELAY



- Stand in between attacker and goal
- Low body position
- Line up with attacker's belly button
- Do not get too close to attacker
- Shadow the attacker's movement
- Shadow their stick movement

POSITIONING



- Stand in between attacker and goal
- Low body position
- Semi side-on stance
- Line up with attacker's belly button
- Make upper body as big as possible
- Shadow the attacker's movement

DEVELOPING FUNDAMENTAL SKILLS

INDIVIDUAL DEFENCE

- Principles of invasion games will be explored. These can be applied while playing POP matches over two to three weeks

LINK ACTIVITIES

- **Activity Card** Steal the Bacon
- **Activity Card** 4 Corners 3 People
- **Activity Card** 2v2
- **Activity Card** 3v2

PRINCIPLE: GAIN POSSESSION

- Maintain or regain position between the goal and opposition
- Slow down attack, force ball carrier away from goal and step close to attacker
- Try to block one passing lane to force a poor pass

PRINCIPLE: PENETRATION

- Maintain or regain position between the goal and opposition
- Man mark attackers, follow them
- Force ball carrier away from goal
- Delay attacks and make them use up the four second possession count



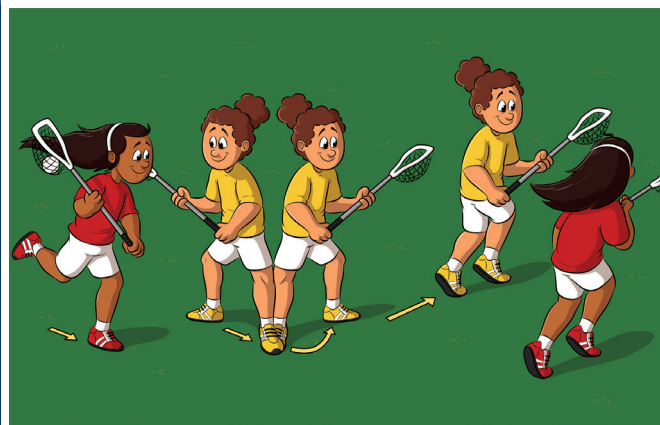
4 SKILL CARD - PART 2

CHANNELLING



- Stand in between attacker and goal
- Low body position
- Semi side-on stance angled to side lines, stood a little more to the centre than normal
- Use stick to increase the length of body

DROP STEP



- Low body position
- Drop one foot back to side-on stance
- If attacker keeps moving, twist hips and channel
- Change of direction, drop step other

DEVELOPING FUNDAMENTAL SKILLS

LINK ACTIVITIES

- **Activity Card** Steal The Bacon
- **Activity Card** 4 Corners 3 People
- **Activity Card** 2v2
- **Activity Card** 3v2

PRINCIPLE: SUPPORT

- Defenders work together to stop attackers running through
- Move close to each other and force a pass wide
- Once wide force an error

PRINCIPLE: NARROW

- Stay close to the goal
- Resist chasing the ball; maintain position between goal and opponent
- Press the ball carrier once there is good cover/support

PRINCIPLE: DEPTH/COVER

- This is a simple idea of making sure that there is another defender behind the one marking the ball
- This brings together the principles of SUPPORT, REGAIN POSSESSION and NARROW

PRINCIPLE: POSITIONING

- Get between attack and goal
- Slow attack
- Channel play away from goal
- Stand to see ball and player/mark
- Never over commit, positioning is KEY, move the attack wide and force an error



ACTIVITY CARD



How quickly can they complete the activity?



THE SCOOP CHALLENGE

OVERVIEW

Scoop the ball into the bucket as quickly as possible.

- Place 4 balls, 2 stick lengths away from the bucket
- The start/finish line is another 2 stick lengths away
- From the start/finish line scoop the 4 balls into the bucket, only finishing when you cross the start/finish line

EQUIPMENT

- 4 balls
- 6 marker cones
- 1 lacrosse stick each
- 1 bucket
- Stop watch

PROGRESSION

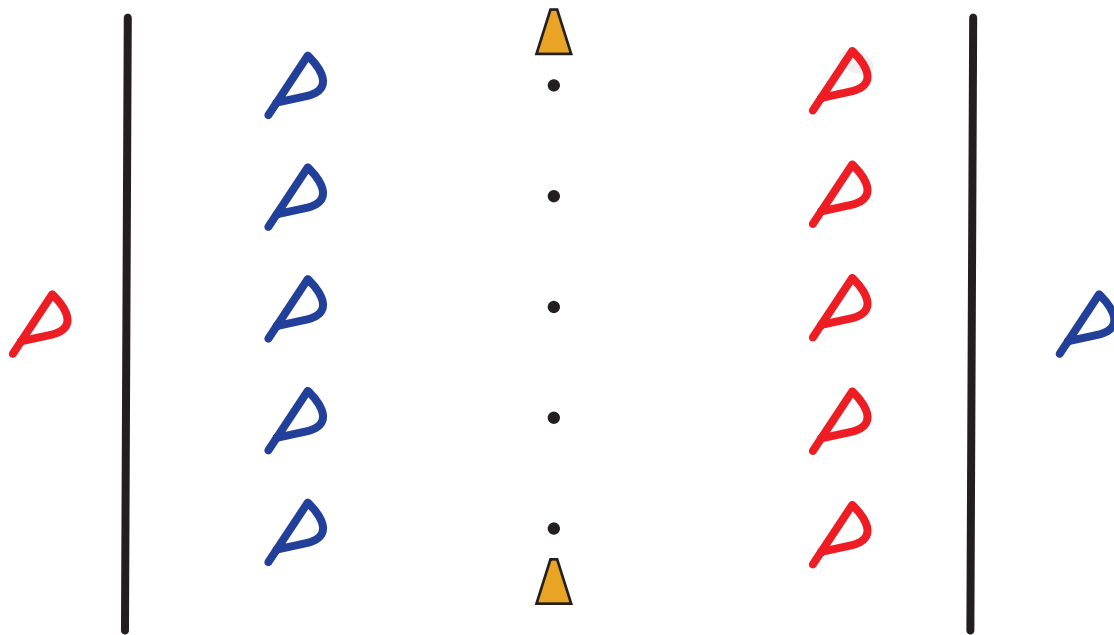
- Change the shape of the courses
- Try using non-dominant hand

KEY POINTS

- Hands wide apart on the stick
- Hands low to the ground
- Bend knees to scoop
- Push through the ball
- Bring the head of the stick up



ACTIVITY CARD



CATCH ZONE

OVERVIEW

To pass and catch accurately in a game situation.

- Teams of 5 - 6 players
- Set up like benchball/dodgeball
- Scoop up a ball and try to pass to your player in the catch zone
- If you successfully complete a pass go into the catch zone
- Continue to play until the winning team has all their players in the catch zone
- Your team must try to block the opposition's passes as well as complete their own

EQUIPMENT

- 5 balls
- 6 marker cones
- 1 lacrosse stick each

PROGRESSION

- Start with a draw/face-off
- Players are allowed into the opposition's half for 4 seconds if in possession of the ball

KEY POINTS

- Accurate passing
- Catching technique
- Communication
- Decision making (when and how to pass)



ACTIVITY CARD

1 P
2 P
3 P
4 P
5 P



P 1
P 2
P 3
P 4
P 5

STEAL THE BACON

OVERVIEW

To scoop the ball and make a successful pass.

- Split the group into two teams and give everyone a number
- To start the caller will roll the ball out and call a number
- The number called from each team will try to scoop the ball and then pass the ball to the caller to score

EQUIPMENT

- 1 ball (with the caller)
- 1 lacrosse stick (each)
- Cones or marker line

PROGRESSION

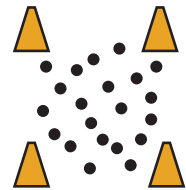
- Call more than one player from each team making them complete a number of passes before returning the pass

KEY POINTS

- Step, squat, scoop
- Accurate passing
- Free hands to pass



ACTIVITY CARD



ROBBING THE NEST

OVERVIEW

Scoop the ball into the bucket as quickly as possible, to develop scoop and carry skills in competition.

- Split the group into 4 teams
- Each player takes it in turns to run into the middle, scoop a ball and carry it to their team's bucket
- The team with the most balls wins

EQUIPMENT

- More balls than players
- Marker cones
- 1 lacrosse stick (each)
- 4 bucket or hoops

PROGRESSION

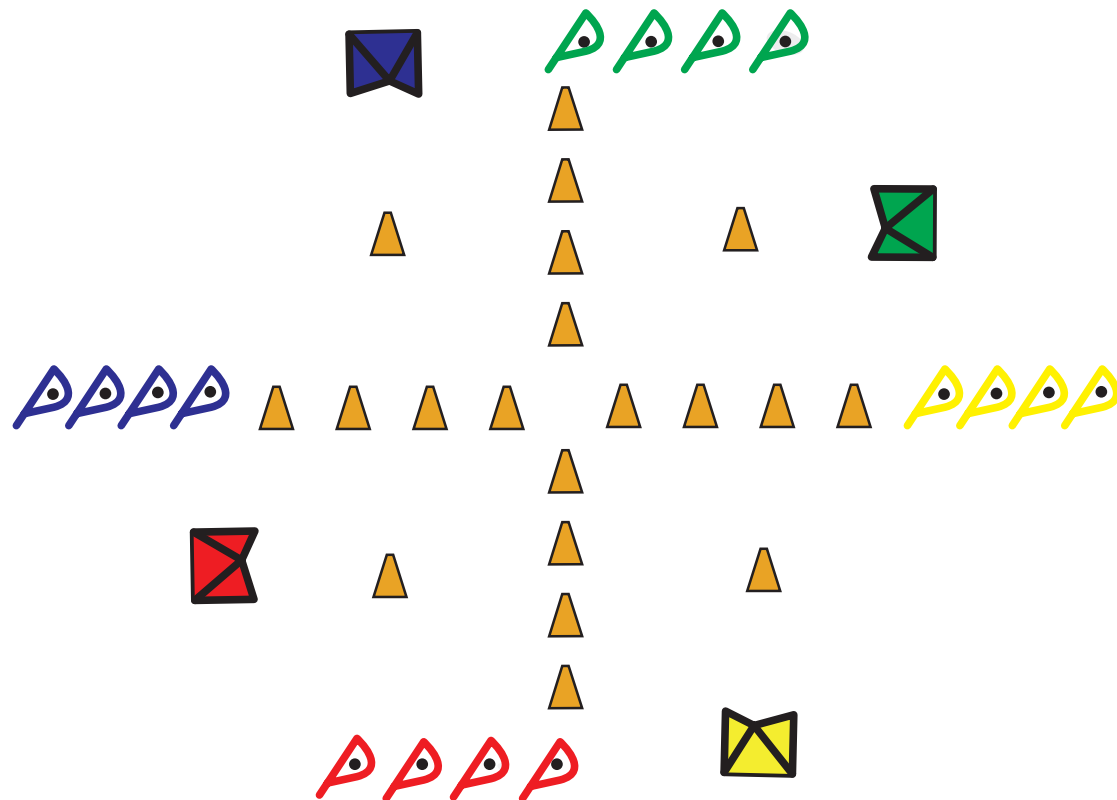
- After scooping, players try to change hands after scooping a ball pass it to the next teammate

KEY POINTS

- Hands wide apart on the stick
- Hands low to the ground
- Step, squat, scoop
- Push through the ball
- Bring the head of the stick up



ACTIVITY CARD



ROBBING THE NEST RELAY

OVERVIEW

To challenge shooting and carry skills against opponents.

- Each player starts with a ball and then one at a time, work around the course to score in the goal
- Complete the course without dropping the ball
- The winning team is the first to score with all their balls and have everyone back at the start cone

EQUIPMENT

- 1 ball per person
- Marker cones
- 1 lacrosse stick (each)
- 4 goals

PROGRESSION

- Change hands in and out of cones
- Dodge past each cone
- Team passes to player once they reach shooting cone

KEY POINTS

- Carry the stick close to shoulder
- Shoot using passing technique
- Finish shots with a point



ACTIVITY CARD



How quickly can they complete the activity?



SNAKE MOUNTAIN

OVERVIEW

To carry the ball and zig-zag around the cones.

- Complete the course without dropping the ball
- If the ball is dropped, start the course again
- Place the ball on the start line for a teammate to begin their turn on the course

EQUIPMENT

- 1 ball per group
- Marker cones
- 1 lacrosse stick (each)
- 1 stop watch

PROGRESSION

- At the last cone on the return leg, pass the ball to the next participant
- Try to beat your own time
- Compete against other teams to complete the course

KEY POINTS

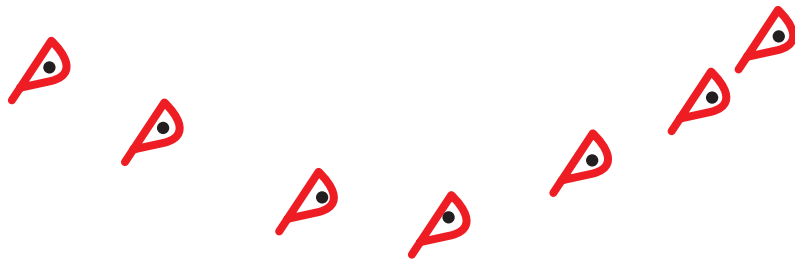
- Hands wide apart on stick
- Explore the carry position
- Try to cradle to ball



ACTIVITY CARD



How quickly can they complete the activity?



SHOOTING RANGE

OVERVIEW

To shoot the ball into the goal.

- Place group in an arc 10 to 12 metres from the goal
- Each player has one ball

EQUIPMENT

- 1 ball per person
- Marker cones
- 1 lacrosse stick (each)
- Goal

PROGRESSION

- Start on one knee
- Squat position
- Step into shot
- Add targets (cones, hang bibs, etc.)
- If you have the equipment add a goal keeper

KEY POINTS

- Lower grip
- Pointed front toe
- Rotate from the hip
- Follow through to the ground
- Pass the ball into goal



ACTIVITY CARD



How quickly can they complete the activity?



RUN THE GAUNTLET

OVERVIEW

To explore how to outwit an opponent.

- Mark out a 10m x 10m box with cones
- Players start on the opposing lines
- Ball carrier must try to get past opponents
- Alternate after 'best of 3' attempts
- Defenders try to delay ball carrier for 5 seconds

EQUIPMENT

- 1 ball (between two)
- Marker cones
- 1 lacrosse stick (each)

PROGRESSION

- Explore dodging
- Improve through slit dodge
- Change of hands
- Add a defender
- Introduce some contact
- Add targets (cones, hang bibs, etc.)

KEY POINTS

- Correct cradle action
- Stick protection
- Change of direction
- Change of pace
- Refine/develop dodges



ACTIVITY CARD

1 P
2 P
3 P
4 P
5 P



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P 5
P 4
P 3
P 2
P 1

STEAL THE BACON

OVERVIEW

To develop all the fundamental skills of the game.

- Set up teams with a goal to defend and to score in
- Number the players
- Players have only 4 seconds to hold the ball
- The ball is rolled out by the coach, who calls out a player number to take part
- If no goal is scored after 20 seconds call an additional player number to take part
- Start again after every goal

EQUIPMENT

- Ball
- Marker cones
- 1 lacrosse stick (each)
- 2 goals/targets

PROGRESSION

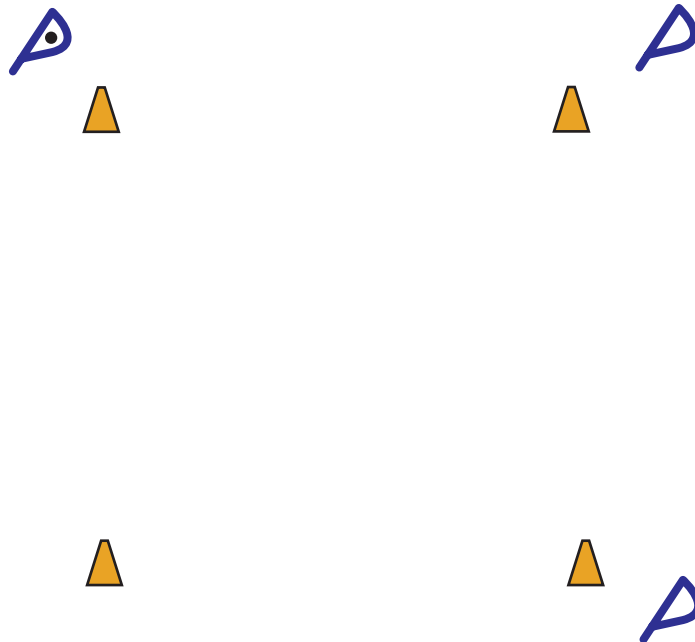
- Start with two numbers
- Goal can only be scored after a dodge
- Introduce checking for defender
- Face/draw to start the game

KEY POINTS

- Hands wide apart on the stick to pick up
- Step/squat/scoop
- Stick protection
- Free hands to shoot or pass
- Change of pace
- Be direct - 'go to goal'



ACTIVITY CARD



4 CORNERS 3 PEOPLE

OVERVIEW

To refine participants throwing and catching skills while on the move, introduce stick protection and the concept of possession.

- Use groups of 3
- Set up a square 5m x 5m
- 3 players start on the corners and pass the ball clockwise around the square
- Once the player has passed the ball they run anti-clockwise to the empty corner

EQUIPMENT

- 1 ball (per group)
- Marker cones
- 1 lacrosse stick (each)

PROGRESSION

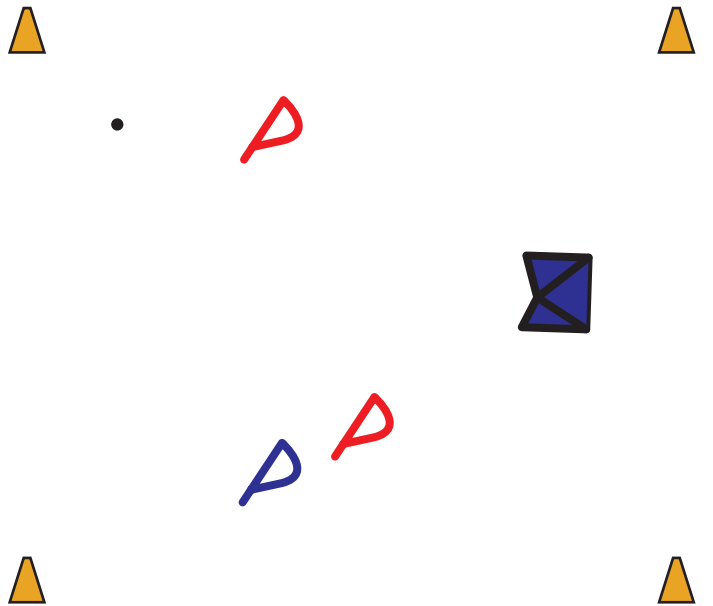
- Change the direction of the ball
- On catching the ball, turn and keep the ball on the outside
- Receive passes as the player moves along the lines

KEY POINTS

- Stick held close to the body when running with the ball
- Turn outwards; keep the stick on the outside
- The players change hands
- Stick protection
- Catch and pass the ball on the move



ACTIVITY CARD



2v2

OVERVIEW

To explore how to beat/get past a passive defender without having to pass to a teammate.

- Attackers need to work hard to score goals, using draw and dumps, dodges and principles of attack. Those in possession are the attacking team.
- Play area 15 x 20m
- Split class into groups of 6
- Both teams have 2 players
- Other players will be the official or coach
- Swap roles every 2 goals

EQUIPMENT

- 1 ball (per group)
- Marked playing area
- 1 lacrosse stick (each)
- 1 goal (per group)

PROGRESSION

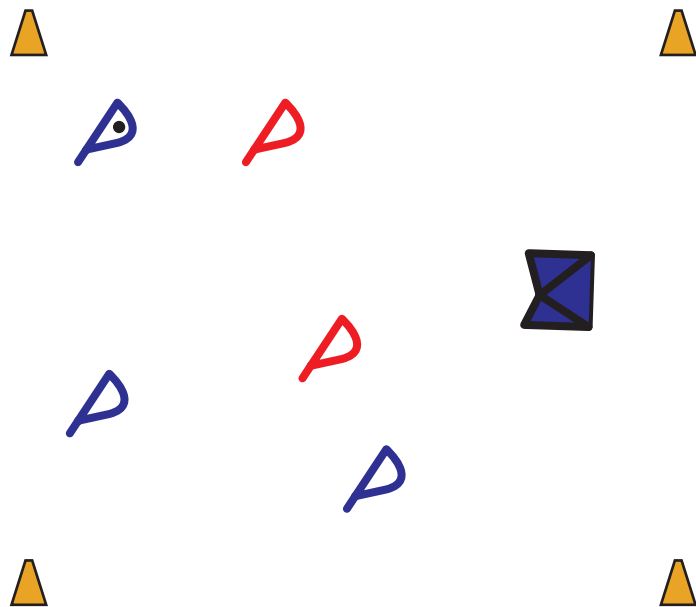
- Play 3 attackers on 2 defenders, try different tactics/principles
- Play 3 on 3 to reduce space and passing options

KEY POINTS

- Need for support and mobility in attack
- Use pace, width, depth to draw out defenders
- Look to penetrate once the defence are drawn out



ACTIVITY CARD



3v2

OVERVIEW

To explore how to use teammates to create shooting opportunities in a POP Lacrosse match (4-second possession rule). Attackers need to work hard to score goals, using draw and dumps, dodges and principles of attack. Those in possession are the attacking team. The team with 3 players should be able to score more goals. How are they scoring more goals? By running past defenders or passing around them.

- Play a match on an area 20 x 25m
- Split class into groups of 6
- A team has 3 players, the other has 2, and last player will be the official
- Swap roles every 2 goals

EQUIPMENT

- 1 ball (per group)
- Marked playing area
- 1 lacrosse stick (each)
- 1 goal (per group)

PROGRESSION

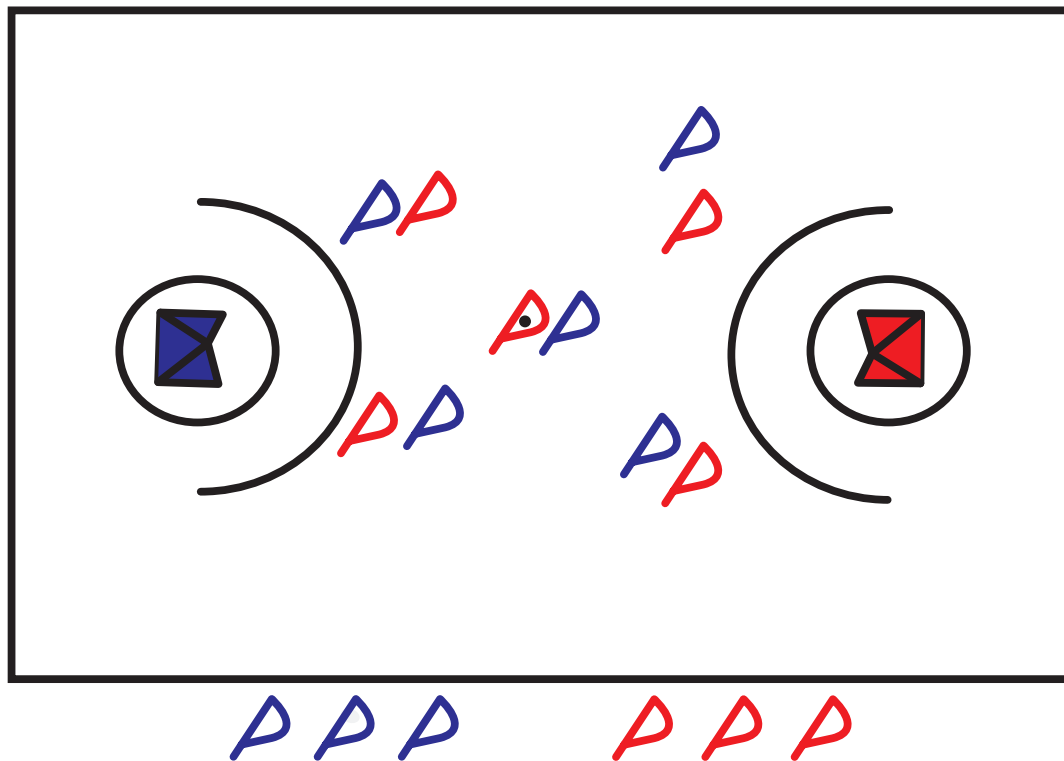
- Team with 3 only has 2 seconds on the ball; the other team has 4 seconds
- Teams can only score once they have dodged around / past a defender
- To shoot a team must achieve 3 passes

KEY POINTS

- Protect stick on outside
- Pass to teammates in space or who are on then move (forwards)
- Draw defenders away from the goal



GAME CARD - POP LACROSSE



RULES

- 5 players per team on the pitch – with a squad of 8 substitutions, a stick must be exchanged between players
- Playing area is to be the size of basketball/netball court or 4 badminton courts
- The game starts with a pass from the centre
- Every centre will alternate, no matter who scores

FOULS

- No stick or body contact
- No intentional playing the ball on the body
- No dangerous follow through with sticks
- No entry into the goal crease
- No trapping or guarding the ball (but momentary 'rakes' are allowed)
- Maximum of 4 second possession of the ball
- No defender can stand in the 5m arc unless marking an attacker

PENALTIES AND FOULS

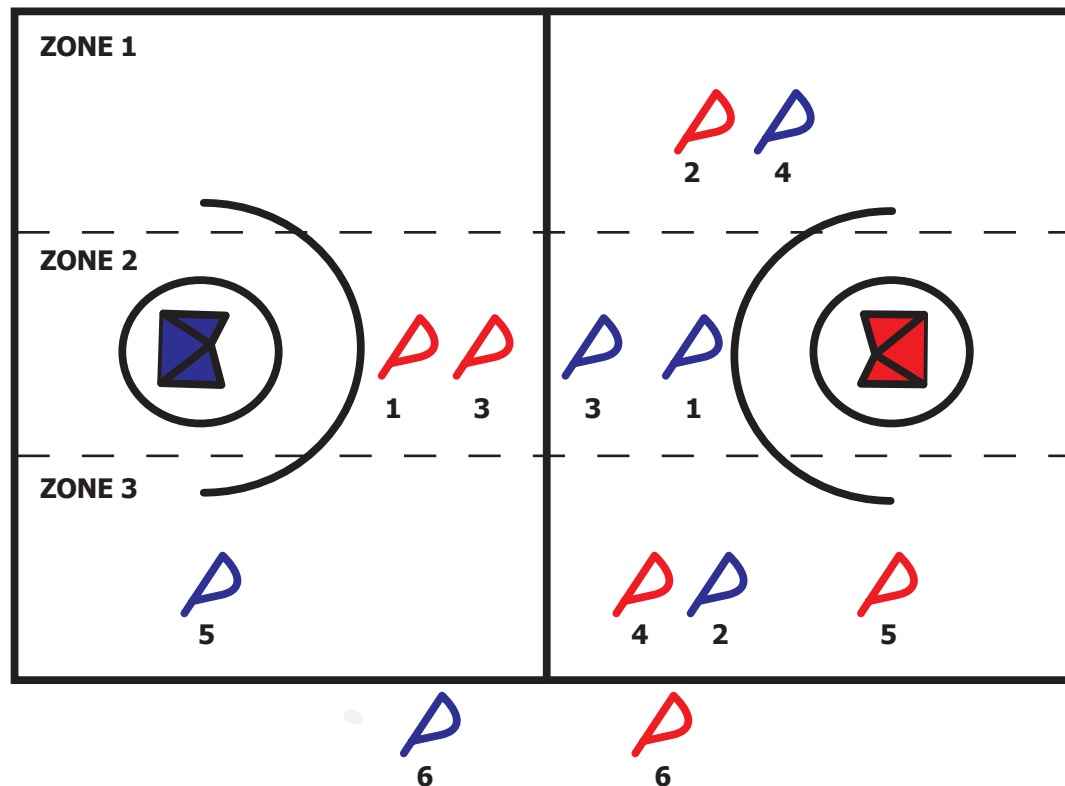
- Free possession to the nearest opponent
- Offender must stand 3m behind the player with the ball
- Everyone must be 3m away from the ball on the restart
- Fouls inside the 5m arc, restarts are taken from outside the arc to the side of the pitch and in-line with the goal

OFFICIATING TIPS

- Know the rules and apply them accurately
- Be decisive and strong in your decision making
- Make sure the players understand your decisions
- Watch for flashpoints
- Don't try to redress injustices



GAME CARD - INCLUSIVE POP LACROSSE



SPACE

- Use current markings on play areas to your advantage
- Use the example of player zones to give disabled and SEN participants maximum opportunities to be successful in playing the game
- Zone 1 & 3 - mobile players, Zone 2 - limited mobility players

TASK

- Allow 6 or 8 seconds to carry the ball for people with limited mobility
- Allow different points for goals scored by players from different zones
- If SEN/disabled players have difficulty using the stick, allow them to use their hands to catch and pass the balls

EQUIPMENT

- Use cones or throw-down markers to quickly set up circles and arcs
- Only use five sticks per team, so changes can be made swiftly without extra active players being on court
- If no goals are available use a bin or target in the same position

PEOPLE

- Allow visually impaired players to work with a sighted player
- Make sure players "mark" similar standard opponents
- Try and place players in areas they can be successful
- All abilities can play including wheelchair users.
- Teams can be adjusted and adapted according to participant ability, e.g. smaller teams