

## Secondary Instructional Sequence

### GRADE 6 LACROSSE (non-contact)

Week	Day 1	Day 2	Day 3	Day 4	Day 5
<b>1</b>	<p>Warm Up/Stretch</p> <p><b>Intro:</b> General Rules, concepts and strategies of lacrosse. (non contact)</p> <p><b>Skills:</b> Scooping/Converting Stationary Ball, Passing to Stationary Target</p> <ul style="list-style-type: none"> <li>• How to place your hands on the stick.</li> <li>• Correct techniques for scooping</li> <li>• Proper technique for passing</li> </ul> <p><b>Concepts:</b></p> <ul style="list-style-type: none"> <li>• Positioning and proper spacing on field.</li> <li>• How to properly utilize the pass in Lacrosse</li> <li>• Cutting or moving into open areas</li> <li>• Understanding how to convert the ball.</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• Drop &amp; scoop ball drill</li> <li>• Partner passing from various distances with stationary targets.</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Review:</b> General Rules, concepts &amp; strategies of lacrosse. (non contact)</p> <p><b>Review Skills:</b> Scooping/Converting Stationary Ball, Passing to Stationary Target</p> <ul style="list-style-type: none"> <li>• Hand placement on stick</li> <li>• Scooping Technique</li> <li>• Passing technique</li> </ul> <p><b>Review Concepts:</b></p> <ul style="list-style-type: none"> <li>• Positioning and proper spacing on field.</li> <li>• How to properly utilize the pass in Lacrosse</li> <li>• Cutting or moving into open areas</li> <li>• Understanding how to convert the ball.</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• Drop &amp; scoop ball drill</li> <li>• Partner passing from various distances with stationary targets.</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Skills:</b> Shooting from a stationary position on goal</p> <ul style="list-style-type: none"> <li>• Proper hand spacing</li> <li>• Proper technique for shooting (stopping the head of the stick when it is even with body)</li> </ul> <p><b>Review Concepts:</b></p> <ul style="list-style-type: none"> <li>• Different release points for different types of shots.</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• From a stationary position shooting at the upper half of a net 10 feet away.</li> <li>• From a stationary position shooting at the lower half of a net 10 feet away.</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Review:</b> General Rules, concepts &amp; strategies of lacrosse. (non contact)</p> <p><b>Skills:</b> Scooping/Converting Passing Shooting Goaltending</p> <p><b>Concepts:</b></p> <ul style="list-style-type: none"> <li>• Positioning and proper spacing on field.</li> <li>• How to properly utilize the pass in Lacrosse</li> <li>• Cutting or moving into open areas</li> <li>• Goaltending: proper body positioning to take on a shooter</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• Basic goaltending</li> <li>• Nine person non-contact lacrosse.</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Review:</b> General Rules, concepts &amp; strategies of lacrosse. (non contact)</p> <p><b>Skills:</b> Scooping/Converting Passing Shooting</p> <p><b>Concepts:</b></p> <ul style="list-style-type: none"> <li>• Positioning and proper spacing on field.</li> <li>• How to properly utilize the pass in Lacrosse</li> <li>• Cutting or moving into open areas</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• Nine person non-contact lacrosse.</li> </ul>

Week	Day 1	Day 2	Day 3	Day 4	Day 5
2	<p>Warm Up/Stretch</p> <p><b>Review:</b> General Rules, concepts &amp; strategies of lacrosse. (non contact)</p> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Scooping</li> <li>• Passing</li> <li>• Shooting</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• Drop &amp; scoop ball drill.</li> <li>• Partner passing-stationary.</li> <li>• Shooing from a stationary position.</li> <li>• Nine person non-contact lacrosse.</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Review:</b> General Rules, concepts &amp; strategies of lacrosse. (non contact)</p> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Scooping</li> <li>• Passing</li> <li>• Shooting</li> </ul> <p><b>Activites:</b></p> <ul style="list-style-type: none"> <li>• Drop &amp; scoop ball drill.</li> <li>• Partner passing-stationary.</li> <li>• Shooing from a stationary position.</li> <li>• Nine person non-contact lacrosse.</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Review:</b> Lacrosse Quiz Review</p> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Scooping</li> <li>• Passing</li> <li>• Shooting</li> </ul> <p><b>Activites:</b></p> <ul style="list-style-type: none"> <li>• Drop &amp; scoop ball drill.</li> <li>• Partner passing-stationary.</li> <li>• Shooing from a stationary position.</li> <li>• Nine person non-contact lacrosse.</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Review:</b> Lacrosse Quiz Review</p> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Scooping</li> <li>• Passing</li> <li>• Shooting</li> </ul> <p><b>Activites:</b></p> <ul style="list-style-type: none"> <li>• Drop &amp; scoop ball drill.</li> <li>• Partner passing-stationary.</li> <li>• Shooing from a stationary position.</li> <li>• Nine person non-contact lacrosse.</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• Lacrosse Quiz</li> <li>• Nine person non-contact lacrosse</li> </ul>

