

Secondary Instructional Sequence

GRADE 7 LACROSSE (non-contact)

Week	Day 1	Day 2	Day 3	Day 4	Day 5
1	<p>Warm Up/Stretch</p> <p>Intro: General Rules, concepts and strategies of lacrosse. (non contact)</p> <p>Skills: Scooping/Converting Stationary Ball, Passing to Stationary Target</p> <ul style="list-style-type: none"> • How to place your hands on the stick. • Correct techniques for scooping • Proper technique for passing <p>Concepts:</p> <ul style="list-style-type: none"> • Positioning and proper spacing on field. • How to properly utilize the pass in Lacrosse • Cutting or moving into open areas • Understanding how to convert the ball. <p>Activities:</p> <ul style="list-style-type: none"> • Drop & scoop ball drill • Partner passing from various distances with stationary targets. 	<p>Warm Up/Stretch</p> <p>Review: General Rules, concepts & strategies of lacrosse. (non contact)</p> <p>Review Skills: Scooping/Converting Non-Stationary Ball, Passing to Moving Target</p> <ul style="list-style-type: none"> • Hand placement on stick • Scooping Technique • Passing technique <p>Review Concepts:</p> <ul style="list-style-type: none"> • Positioning and proper spacing on field. • How to properly utilize the pass in Lacrosse • Cutting or moving into open areas • Understanding how to convert the ball. <p>Activities:</p> <ul style="list-style-type: none"> • Drop & scoop ball drill • Partner passing from various distances with moving targets. 	<p>Warm Up/Stretch</p> <p>Skills: Shooting from a stationary position on goal</p> <ul style="list-style-type: none"> • Proper hand spacing • Proper technique for shooting (stopping the head of the stick when it is even with body) <p>Review Concepts:</p> <ul style="list-style-type: none"> • Different release points for different types of shots. <p>Activities:</p> <ul style="list-style-type: none"> • From a stationary position shooting at the upper half net 20 feet away. • From a stationary position shooting at the lower half of a net 20 feet away. 	<p>Warm Up/Stretch</p> <p>Review: General Rules, concepts & strategies of lacrosse. (non contact)</p> <p>Skills: Scooping/Converting Passing Shooting</p> <p>Concepts:</p> <ul style="list-style-type: none"> • Positioning and proper spacing on field. • How to properly utilize the pass in Lacrosse • Cutting or moving into open areas • Goaltending: Proper body position to take on a shooter <p>Activities:</p> <ul style="list-style-type: none"> • Basic goaltending • Nine person non-contact lacrosse. 	<p>Warm Up/Stretch</p> <p>Review: General Rules, concepts & strategies of lacrosse. (non contact)</p> <p>Skills: Scooping/Converting Passing Shooting</p> <p>Concepts:</p> <ul style="list-style-type: none"> • Positioning and proper spacing on field. • How to properly utilize the pass in Lacrosse • Cutting or moving into open areas <p>Activities:</p> <ul style="list-style-type: none"> • Nine person non-contact lacrosse.

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