

**TASK ANALYSIS**  
**Lacrosse Pass**

**SKILL:** Passing to a stationary partner.

**VISUAL DESCRIPTION:** Hold the lacrosse stick with the support hand on the butt end of the stick and the dominant hand about one foot away down the shaft of the stick, (with both thumbs pointing towards the head of the stick). Bring the head of the stick above and behind the throwing shoulder. Using an overhead throwing motion, quickly bring the head of the stick forward and pass the ball to a stationary teammate standing fifteen feet away.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

**1. Ready Position**

**1. Ready**

**2. \*Position hands properly on stick**

**2. Position hands**

**3. \*Bring stick above and behind shoulder**

**3. Bring stick back**

**4. Keep basket facing forward**

**4. Basket forward**

**5. \*Keeping the head of the stick above the shoulder, step with opposite foot quickly snap the head of the stick forward.**

**5. Step & Pass**

**6. \*On follow through, stop head of stick when it draws even with body.**

**6. Check follow through**

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

**LEARNER:** Playing experience, skill level, hand-eye coordination

**SKILL:** Discrete, Closed Loop

**ENVIRONMENT:** Size of ball, length of stick, speed of player.

**CHECKLIST:**

<b>Student</b>	<b>Position Hands</b>	<b>Bring Stick Back</b>	<b>Step &amp; Pass</b>	<b>Check Follow Through</b>
1				
2				
3				
4				