

TASK ANALYSIS
Lacrosse Shot

SKILL: Shooting at the upper and lower half of lacrosse net from ten feet.

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 shoot the ball on goal from a distance of fifteen feet.

MOVEMENT SEQUENCE

VERBAL CUES

- 1. Ready Position**
- 2. *Position hands properly on stick**
- 3. *Bring stick above and behind shoulder**
- 4. Keep basket facing forward**
- 5. *Keeping the head of the stick above the shoulder, step with opposite foot quickly snap the head of the stick forward.**
- 6. *On follow through, stop head of stick when it draws even with body.**

- 1. Ready**
- 2. Position hands**
- 3. Bring stick back**
- 4. Basket forward**
- 5. Step & Shoot**
- 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:

Student	Position Hands	Bring Stick Back	Step & Shoot	Check Follow Through
1				
2				
3				
4				