

Dutch Lacrosse Association

Manual for high school PE-teachers



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Introduction

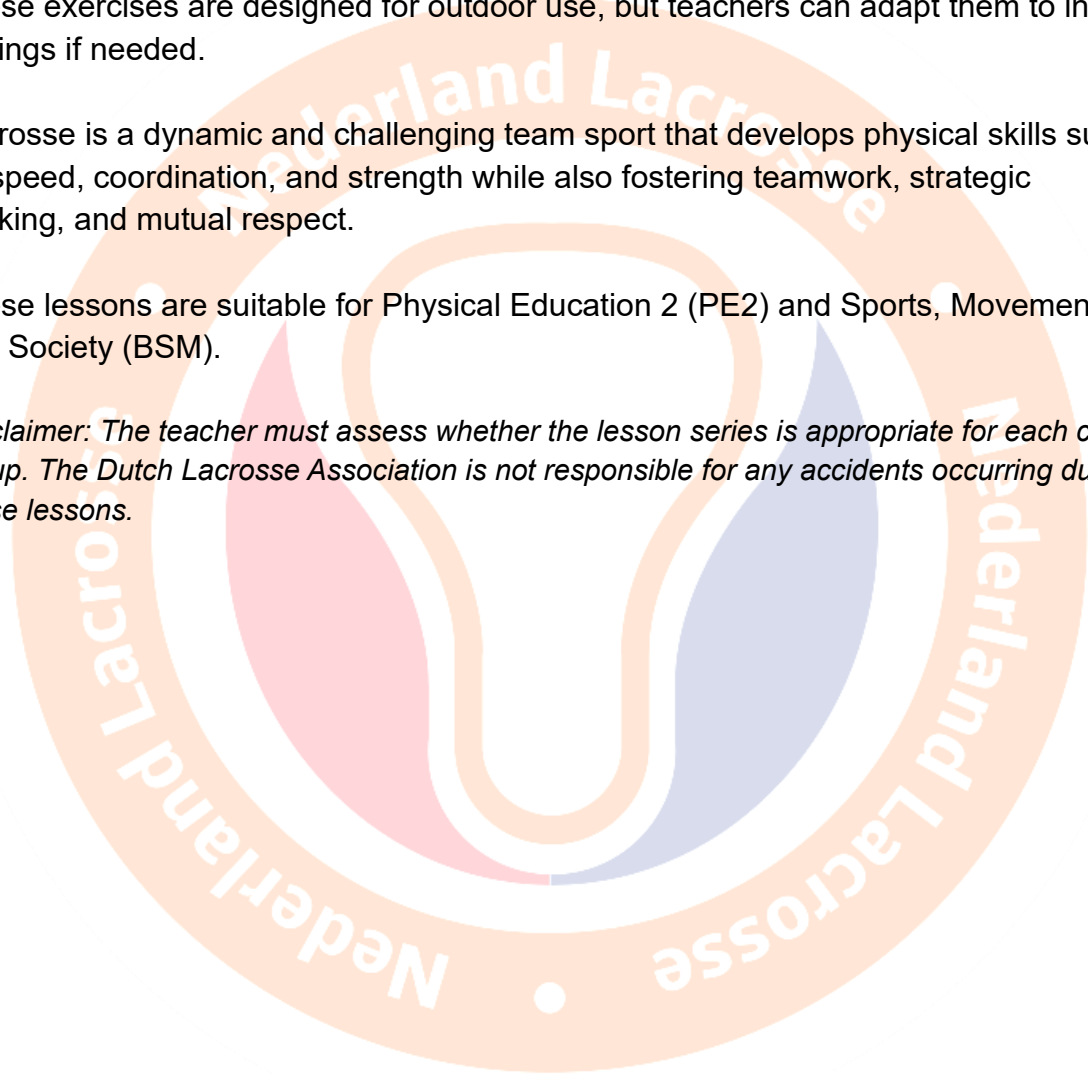
Welcome to the lacrosse guide. This guide is specially designed for Physical Education (PE) teachers who want to introduce their students to a new and unique team sport.

In this guide, you will find a structured 3-lesson series with sample exercises, as well as the rules and necessary materials to organize these lessons effectively. These exercises are designed for outdoor use, but teachers can adapt them to indoor settings if needed.

Lacrosse is a dynamic and challenging team sport that develops physical skills such as speed, coordination, and strength while also fostering teamwork, strategic thinking, and mutual respect.

These lessons are suitable for Physical Education 2 (PE2) and Sports, Movement, and Society (BSM).

Disclaimer: The teacher must assess whether the lesson series is appropriate for each class group. The Dutch Lacrosse Association is not responsible for any accidents occurring during these lessons.



Rules during lessons

The most important rule during these lessons is **safety**. We aim to introduce lacrosse with a focus on safety.

Allowed rules:

- Stick check → plastic on plastic from top to bottom (Tip: Always keep two hands on your stick.)
- Shoulder on shoulder contact → ensure that your opponent can see you and has the option to avoid the push. (Tip: Physical contact must always be from the front.)
- Shooting on goal → If someone is standing in front of you, you may only shoot below the knee alongside the defender.

Violations during the lesson:

- No body contact from behind.
- No dangerous throws (passing or shooting through others or blindly).
- No dangerous follow-through with the stick after a pass or shot (wild swinging of the stick).
- No access to the crease (the circle around the goal).
- No 'walling' (a defender may not stay in front of the goal without an attacker nearby).

Required materials

During the lesson series we recommend the following materials

- Sticks (men's and women's lacrosse sticks)
We would recommend for age 11-14 to let all students use men's sticks. For longer lesson series and/or age 15-18, we would recommend to use men's and women's sticks.
- Balls (outdoor: standard lacrosse balls, indoor: soft pink lacrosse balls)
- Goals (outdoor: 6x6 lacrosse goal, indoor: small goals such as floor hockey goals)
- Cones
- Training bibs or ribbons



Structure of a 3-lesson series

First lesson

Exercise 1: Partner passing (passing, catching en scooping)

Learning objective:

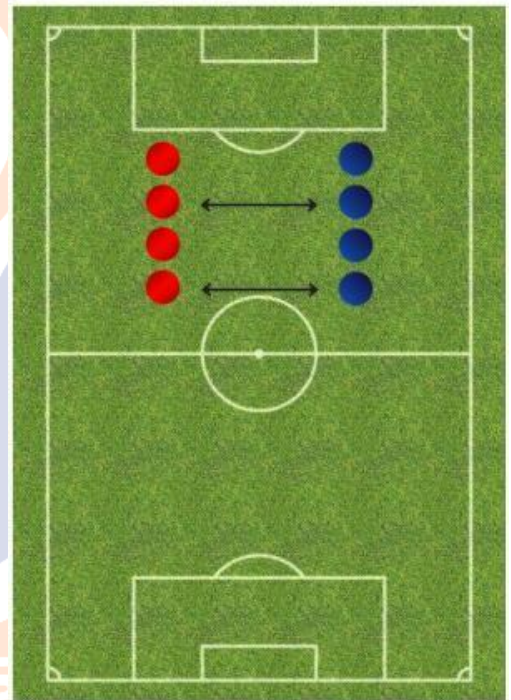
Teach students to pass, catch, and scoop a ball with a partner

Basic instructions:

Let the students form pairs on their own. One person stands on the red cone, and the other stands on the blue cone. Ensure that everyone throws and catches in the same direction. If you miss the ball, pick it up, walk back to the cone, and pass it to your partner from there. Avoid uncontrolled, wild, long passes that may land incorrectly.

In the air:

- Keep your top hand (right-handed: right hand, etc.) in the middle of the stick. Your bottom hand should be positioned at the lower end (the rubber end).
- Pull with your bottom hand and push with your top hand. The stick moves like a catapult.
- When catching, slide your top hand (which was in the middle) all the way up so that your hands are spread wide. Make sure to throw and catch overhand, keeping the stick straight.



The red and blue circles represent the cones. The students stand at the cones, and the arrows indicate the passing directions during this exercise..

On the ground:

- Keep your hands wide to scoop the ball off the ground. If you are right-handed, step forward with your right foot and squat down to pick up the ball. Always squat when retrieving the ball.

Tips:

- **In the air:** Think of it like catching an egg. Catch with soft hands and be gentle.
- **On the ground:** Stand behind the ball and scoop it up.



Exercise 2: Get me the ball (groundball, passing, and catching)

Learning objective:

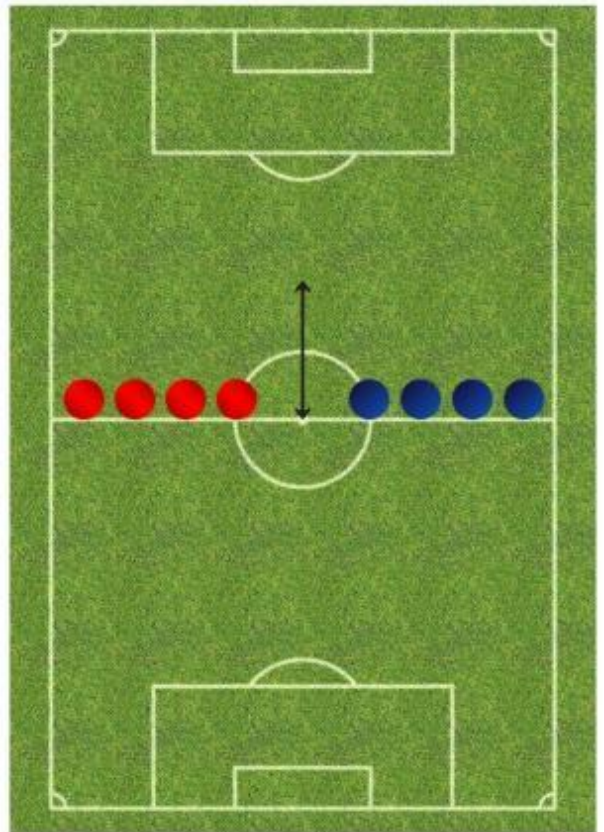
Teach students how to scoop the ball, run around, and combine passing and catching. We use a game scenario to encourage them to apply their skills under pressure.

Basic instructions:

- Divide the group into two teams. Each team is assigned numbers. When the coach calls out a number, the players with that number compete against each other.
- The goal is to scoop up the ball, pass it to teammates, and bring it back to the coach. Each successful return earns 1 point for the team..

Tips:

- Bend your knees properly when scooping.
- Passing and catching must be done overhand!



The red and blue circles represent the cones. The students stand at the cones, and the arrows indicate the passing directions during this exercise.

Connection between exercise 2 and exercise 3

Cradling (rocking the ball)

Learning objective:

Keep the ball in your stick while walking or running.

Basic instructions:

Men's Stick:

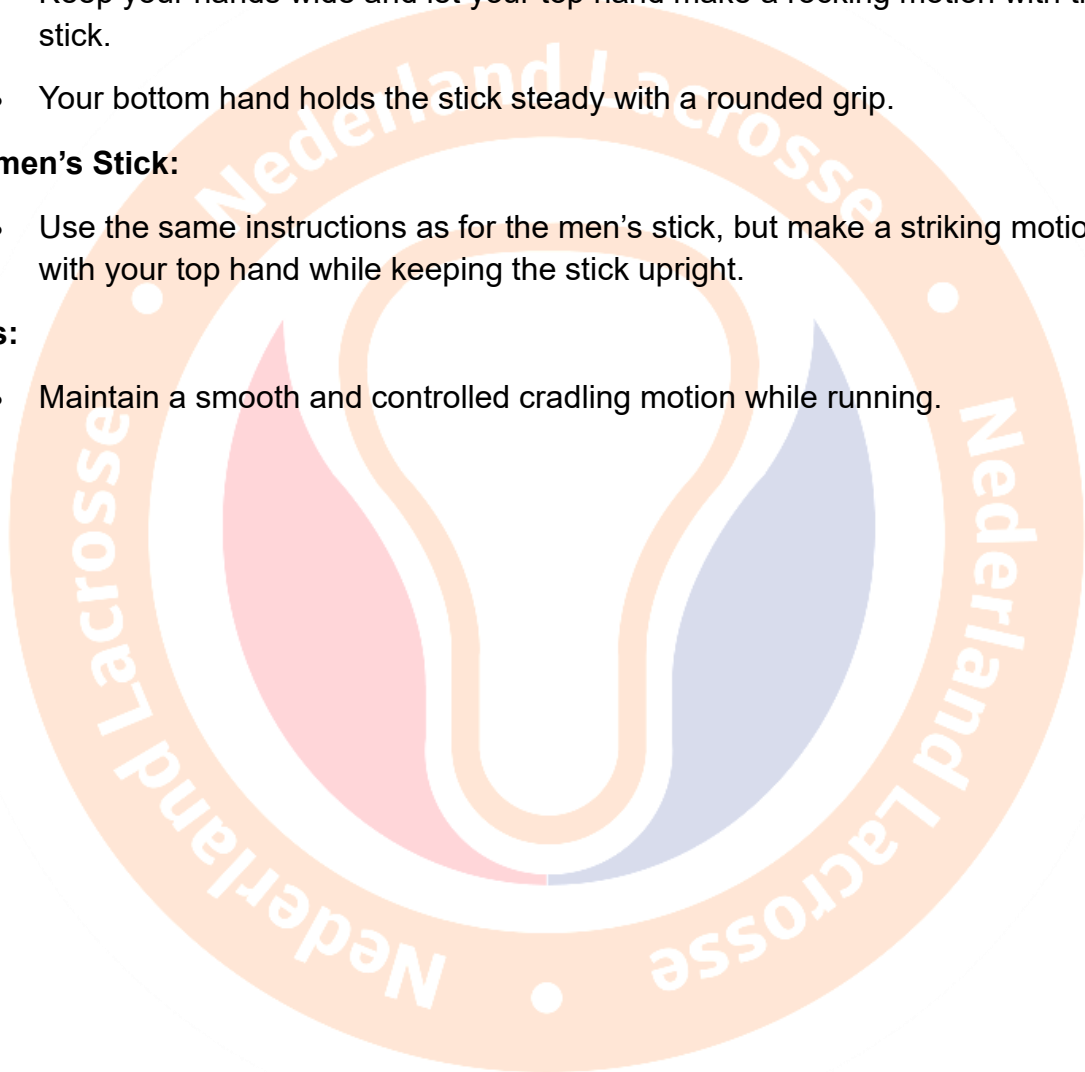
- Keep your hands wide and let your top hand make a rocking motion with the stick.
- Your bottom hand holds the stick steady with a rounded grip.

Women's Stick:

- Use the same instructions as for the men's stick, but make a striking motion with your top hand while keeping the stick upright.

Tips:

- Maintain a smooth and controlled cradling motion while running.



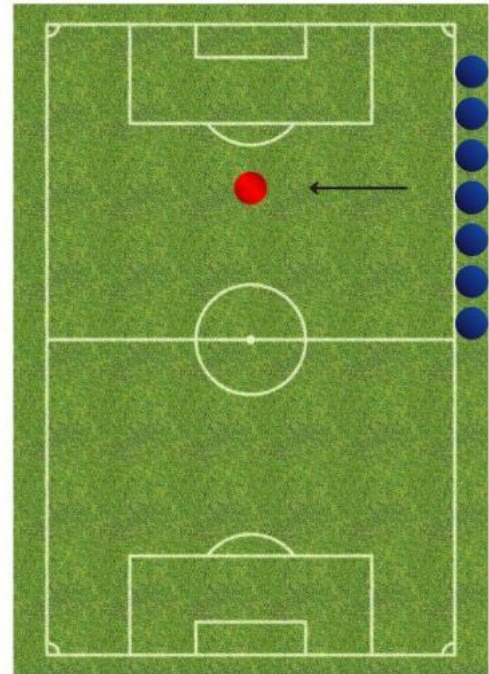
Exercise 3: Captain, May I Cross? (cradling and scooping)

Learning objective:

Introduce students to cradling and checking.

Basic instructions:

- One student is the captain and tries to check the ball out of the other students' sticks.
- The runners must cross to the other side of the field (opposite sideline) without dropping the ball.
- If a runner steps out of bounds or loses the ball, they join the captain for the next round.



The red circle represents the captain. The blue circles represent the runners.

Checking rules explanation:

- **Stick check** → Plastic on plastic from top to bottom (always keep two hands on the stick).
- **Shoulder-to-shoulder push** → Ensure that your opponent can see you.

Tips:

- Cradle de bal voorzichtig in je stick.
- De renners mogen niet de stick boven hun hoofd houden en zonder te cradlen te rennen. Stimuleer de leerling om cradlen te ontdekken

Second lesson

Exercise 1: Partner passing (passing catching and scooping)

Learning objective:

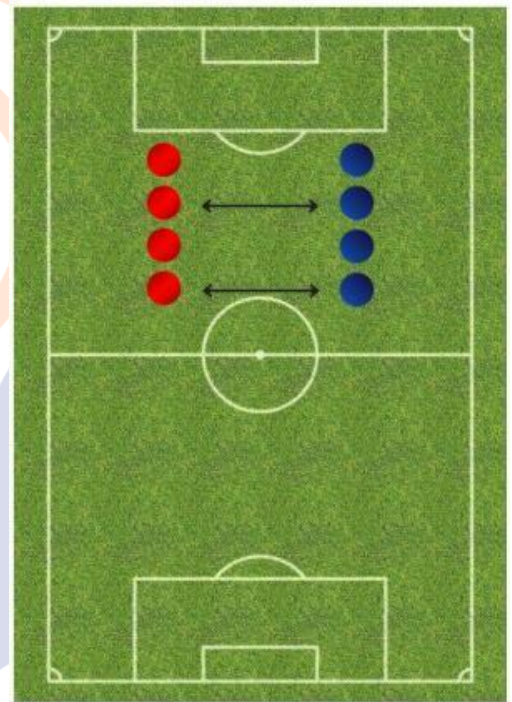
Teach students to pass, catch, and scoop a ball with a partner

Basic instructions:

Let the students form pairs on their own. One person stands on the red cone, and the other stands on the blue cone. Ensure that everyone throws and catches in the same direction. If you miss the ball, pick it up, walk back to the cone, and pass it to your partner from there. Avoid uncontrolled, wild, long passes that may land incorrectly.

In the air:

- Keep your top hand (right-handed: right hand, etc.) in the middle of the stick. Your bottom hand should be positioned at the lower end (the rubber end).
- Pull with your bottom hand and push with your top hand. The stick moves like a catapult.
- When catching, slide your top hand (which was in the middle) all the way up so that your hands are spread wide. Make sure to throw and catch overhand, keeping the stick straight.



The red and blue circles represent the cones. The students stand at the cones, and the arrows indicate the passing directions during this exercise..

On the ground:

- Keep your hands wide to scoop the ball off the ground. If you are right-handed, step forward with your right foot and squat down to pick up the ball. Always squat when retrieving the ball.

Tips:

- **In the air:** Think of it like catching an egg. Catch with soft hands and be gentle.
- **On the ground:** Stand behind the ball and scoop it up.



For students age 15-18, the following modified exercise is provided. This exercise is more challenging and requires greater motor skills and technique. The teacher is responsible for assessing whether the group is skilled enough to perform this exercise.

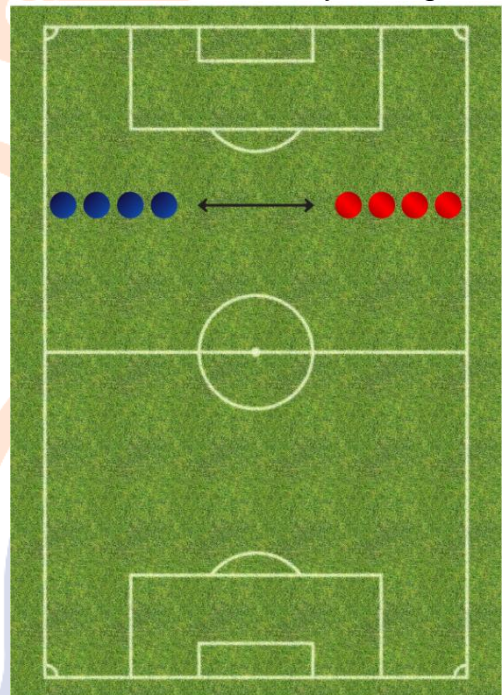
Exercise 1.1 : Line drills (passing, catching and scooping)

Learning objective:

Teach students how to pass, catch, and scoop the ball with a partner while moving.

Basic instructions:

- The first person in the red line runs toward the blue line and, halfway through, throws the ball to the first person running from the blue line.
- After passing the ball, the player moves to the back of the line where the ball was just thrown.
- Then, the first person in the blue line runs toward the red line and, halfway through, passes the ball to the first person running from the red line.
- After passing, the player moves to the back of the line where the ball was just thrown.
- The key is to always stay in motion and step toward the ball when catching and passing to a partner.



The red and blue circles represent the cones. The students stand at the cones, and the arrows indicate the passing directions during this exercise.

In the air:

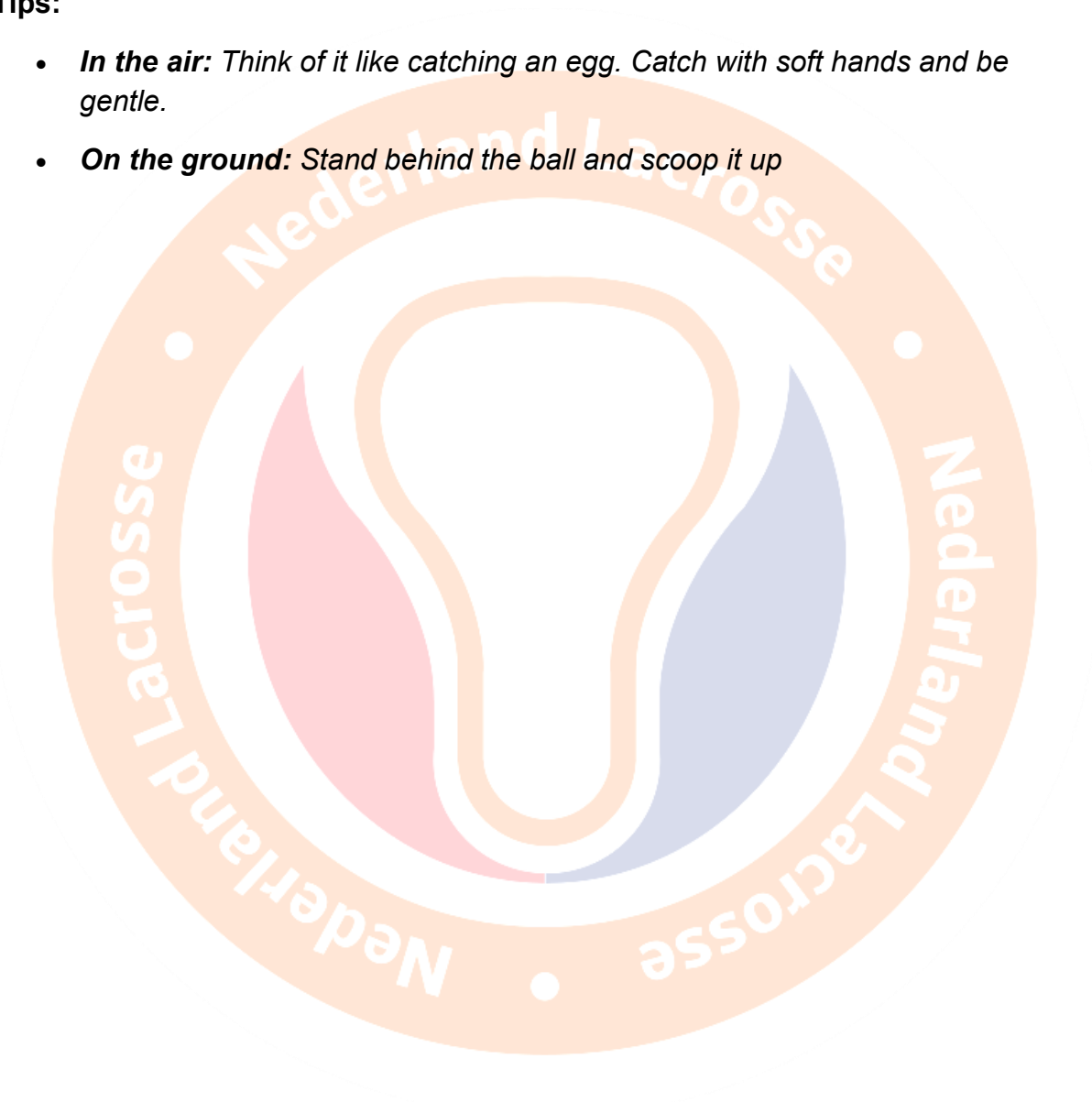
- Keep your top hand (right-handed: right hand, etc.) in the middle of the stick. Your bottom hand should be positioned at the lower end (the rubber grip).
- Pull with your bottom hand and push with your top hand. The stick moves like a catapult.
- When catching, slide your top hand (which was in the middle) all the way up so that your hands are spread wide. Make sure to throw and catch overhand, keeping the stick straight.

On the ground:

- Keep your hands wide to scoop the ball off the ground. If you are right-handed, step forward with your right foot and squat down to pick up the ball. Always squat when retrieving the ball..

Tips:

- ***In the air:*** Think of it like catching an egg. Catch with soft hands and be gentle.
- ***On the ground:*** Stand behind the ball and scoop it up



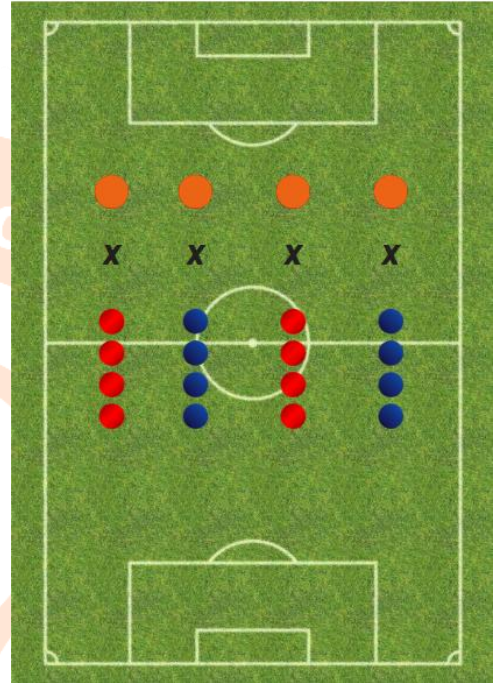
Exercise 2: Scoop relay (scooping and cradling)

Learning objectives:

Teach students how to scoop and cradle the ball while in motion through a relay game.

Basic instructions:

- Divide the group into equal teams.
- Place the ball on the **X**. The first player scoops the ball, cradles it, and sprints around the orange cone before returning to their group.
- On the way back, the player must carefully place the ball back on the **X**.
- The next player in line is tagged and repeats the process, scooping and cradling around the orange cone.
-



The red and blue circles represent the cones.

This is the starting position for the relay. The ball must be placed at **X**, and players sprint toward the orange cone before turning around.

Tips:

- Encourage students to properly cradle the ball in their stick while running.

Exercise 3: Shooting at goal

Learning objective:

Teach students how to shoot at the goal with proper technique.

Basis instructies:

- Divide the group into two equal teams. Each player has a ball and places it at the front of the line.
- The first player in line steps forward and takes an **overhand shot** at the goal.
- When shooting, hands should remain in the same position as when catching:
 - **Top hand** in the middle of the stick.
 - **Bottom hand** at the lower end (the rubber grip).
 - Pull harder with the bottom hand and ensure the stick follows through in the direction of the shot.

Important:

- The second player in line must keep a safe distance from the shooter.
- **Do NOT shoot if someone is in front of you.**
- **Do NOT retrieve the ball after shooting.**



The red and blue circles represent the cones.
This is the starting position for the shooting drill.

Tips:

- The calmer and more focused the shot, the better the accuracy.
- Encourage students to aim for the **lower corners** to increase their chances of scoring.

Exercise 4: Right of attack – End Game

Learning objectives

Allow students to apply all aspects of lacrosse (passing, catching, cradling, and shooting) in a final game scenario.

Basic instructions:

- Divide the group into **two teams** and play a match with **one goal**.
- To gain the **right of attack**, a team must either pass or carry the ball over the **mid-circle or midline** with their teammates.
- All previously learned rules and techniques from the exercises and lessons apply in this game. (Refer to the rules on page 4.)



The red and blue circles represent the players.

Tips:

- Keep the **field wide** to create space for passing and movement.
- Ensure that students **throw and catch overhand** for better control.

Third lesson

Exercise 1: King of the Hill

Learning objective:

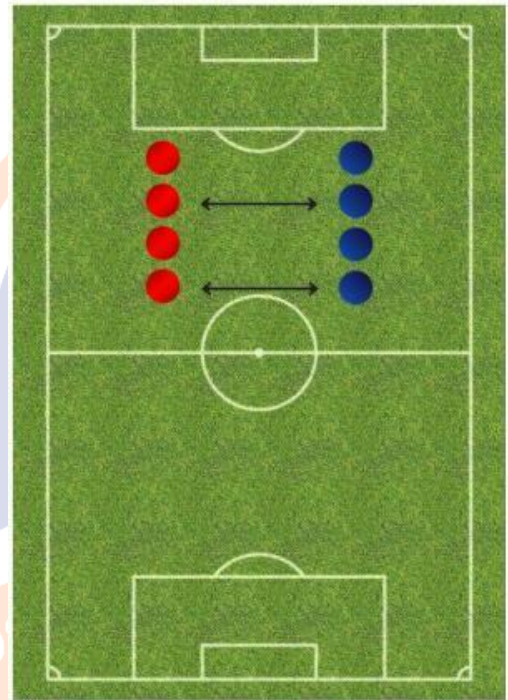
Have students practice passing and catching in a game-like variation.

Basic instructions:

- Let students form pairs. One person stands on the **red cone**, and the other on the **blue cone**.
- Ensure that everyone throws and catches in the same direction.
- If a student misses the ball, they must pick it up, return to the cone, and pass it from there.
- Avoid uncontrolled, wild, long passes that may land incorrectly.

Each pair has a **target number** of successful passes without dropping the ball:

- The **first pair** must reach **4 passes**.
- The **next pair** must reach **6 passes**, and so on. *(Increase the target based on the group's skill level.)*
- Once a pair reaches their target, they **call out "switch"** and take over the next target from another pair.
- When switching, both pairs must **reset their count** and start over.



The red and blue circles represent the cones.

Students stand at the cones, and the arrows indicate the passing directions during this exercise.

Tips:

- Always pass and catch **overhand** for better control.
- **Count out loud** to keep track of progress!

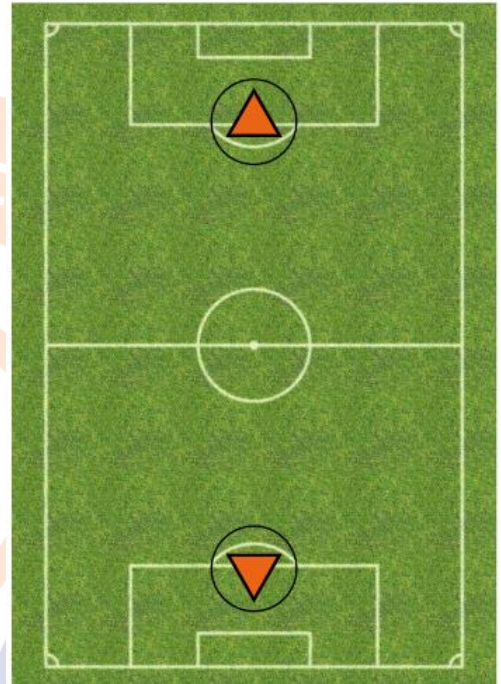
Exercise 2: Scrimmage

Learning objective:

Allow students to apply all aspects of lacrosse (passing, catching, cradling, and shooting) in a full-game setting.

Basis instructies:

- Divide the group into **two teams** and play a match.
- All previously learned rules and techniques from the exercises and lessons apply during the game. *(Refer to the rules on page 4.)*



The match is played across the **entire field**.

Tips:

- Keep the **field wide** to create space for passing and movement.
- Ensure that students **throw and catch overhand** for better control.