

Name _____

Block: _____

Directions: Find two partners (group of 3), at least one of you will need a phone that can record video. You and your partner will both perform the skills of **throwing** a lacrosse ball 3 times to one of your partners while the other partner records you during each trial. Rotate so all three of you perform the skill.

Be sure to read through the list of skills to help reinforce good technique. You should have 3 quick videos of each person throwing. Then, you and your partners watch each trial and draw an "X" in the box corresponding to the key skill element you performed. Finally, total your score for each trial.

| Skill: Throwing | | Throw 1 | Throw 2 | Throw 3 |
|-------------------------|--|------------|------------|------------|
| Grip: | Hands shoulder high (elbows up) | | | |
| | Top hand approx. 6 inches from basket | | | |
| | Bottom hand towards target | | | |
| Push / Pull | | | | |
| Step with opposite foot | | | | |
| Correct release point | | | | |
| Total | | | | |

Directions: Find two partners (group of 3), at least one of you will need a phone that can record video. You and your partner will both perform the skill of **catching** a lacrosse ball 3 times. One of your partners will throw the ball to you, while the other partner records you during each trial. Rotate so all three of you perform the skill.

Be sure to read through the list of skills to help reinforce good technique. You should have 3 quick videos of each person catching. Then, you and your partners watch each trial and draw an "X" in the box corresponding to the key skill element your performed. Finally, total your score for each trial.

| Skill: Catching | Catch 1 | Catch 2 | Catch 3 |
|--|------------|------------|------------|
| Give target / Hold stick upright and in front of your body | | | |
| Gently cushion and absorb impact | | | |
| Protect ball / Catch motion should finish with stick by shoulder and ear | | | |
| Total | | | |