

Lesson Category: Middle-school lead-up game or activity

Activity name: **Toss Across Lacrosse**

Concept skill: throwing and catching with a lacrosse stick

Activity purpose: To practice throwing and catching with a lacrosse stick in a game situation

Prerequisites: Previous practice with throwing and catching should have taken place

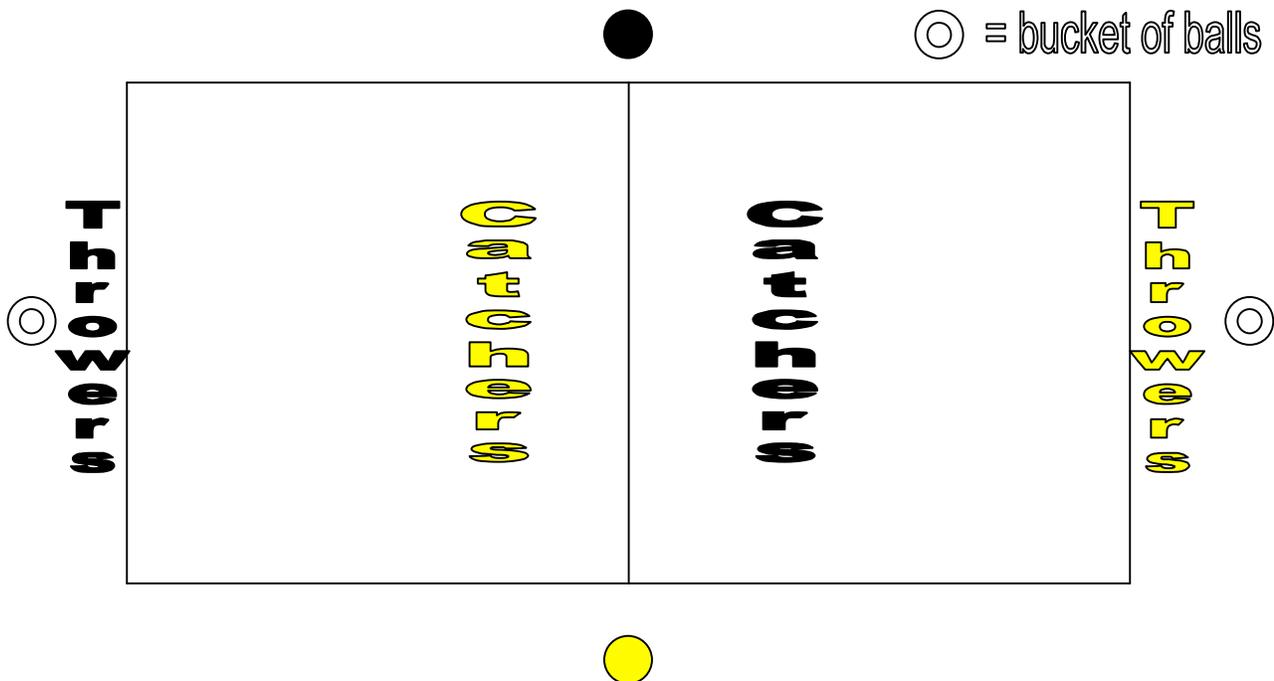
Suggested grade level: 6-8

Materials: One lacrosse stick for each student, cones, 4 buckets, 40-50 tennis balls (enough balls for at least 3 throws per thrower), pinnies

Description: Set up: Use cones to mark a field about the size of a basketball court, 80 feet long by 50 feet wide. Also, make a cone line down the middle of the field. Place two empty buckets on each side of the midline and two buckets on the middle of the endline. The balls should be split between the two buckets on the endlines.

○ = empty bucket

⊙ = bucket of balls



Split the class into two teams. I usually do a pinnie team and non-pinnie team.

Each team should then split themselves into throwers and catchers. Throwers head over to where the bucket of tennis balls are located on the endlines. Catchers are placed opposite the midline from the throwers. On the whistle, throwers throw tennis balls over the opponent's catchers to their catching teammates. If caught without hitting the ground, the catcher places the caught tennis ball in the bucket to the right of the midline. I remind them which bucket is theirs by saying "go *right* to the bucket when you catch a ball". The teacher will have to be in a place so they can check to make sure the caught balls are placed in the bucket. Also, the catchers need to be aware the direction the balls are going since there will be so many in the air at one time (a safety consideration).

Important: Once the bucket of balls is empty, any balls that are not caught can be picked up by the nearest throwers once the bucket of tennis balls is empty. They then must go back to the endline to throw.

Continue to play until one team has placed 10 balls into the bucket or a certain time limit has expired.

Switch catchers and throwers after each game.

Assessment ideas: Teachers can observe proper throwing and catching lacrosse skills.

Contributer comments: Additionally, a defender can be added to each catching side to knock down any balls attempting to be caught. No body contact is allowed.