



# LACROSSE

## I-IV



This course is designed to teach the theory and skills of lacrosse and related sports. You will demonstrate a fundamental knowledge of skills and concepts related with becoming a successful participant in the game of lacrosse. You will also cooperate with other classmates to develop a successful team and demonstrate high levels of sportsmanship.



# GAME



## Basic Team Strategy:

Pick Series  
Give and Go  
Draw and Dump  
Off Ball Defense  
Transition Offense/Defense

## Game Strategy:

Team Offensive Concepts  
Team Defensive Concepts  
Application of Basic Rules  
& Regulations

## Physical Fitness Assessments:

40 yard sprint  
Vertical jump  
Pro Agility  
Dot Drill  
3 Cone Agility  
Speed Rope

## Skills Assessments/Video

### Analysis:

Catching & Throwing  
Ground Ball Play  
Shooting  
Ball Handling & Dodging  
Individual Defense

If you choose to **NOT** have your student videotaped/photographed for scholastic purposes please sign below and return to your student's teacher.

Student Name: \_\_\_\_\_ Student Signature: \_\_\_\_\_

Guardian Name: \_\_\_\_\_ Guardian Signature: \_\_\_\_\_