

CAMPS AT HOME

Lacrosse

Materials:

- Lacrosse sticks
- Tennis balls
- Pylons/ Marking Object

Steps:

1. The first step the campers can learn is how to properly hold their lacrosse stick. The top of the lacrosse stick is the stick head. This is the “scoop” where the ball is helped and cradled. Campers will place their dominant hand slightly below this. Next, the other hand will be spread apart closer to the bottom end of the stick.



2. The skill the campers will try first is how to cradle the lacrosse ball. First, they will practice the motion without the ball. Campers will move their top wrist back and forth swinging the stick in a controlled motion. Once they have practiced the motion they can add a ball. The point of this skill is to keep the ball safe and secure in their lacrosse stick so it is harder for the defender to get it.



3. The next skill the campers will learn is how to pick up the ball. They will do a scooping motion with the ball being on the ground and scooping it into their lacrosse stick. They can practice this a few times until they get the feel of it. If they have a partner at home they can have them roll the ball then the camper can scoop it up and roll it back.



4. The following skill is passing in the air. Campers will line up across from there partner or a wall and throw the ball to there partners stick. They will hold there stick up in front of them and slightly behind their dominant hand's shoulder. They will tilt there stick back and then motion it forward aiming at there partners stick in the air.
5. The next skill to try is shooting. First, you are going to set up your net! You can use a net you Find two objects and then place them equally apart. When you are practicing, shoot start close to the net and slowly work your way farther away. For shooting, you are going to do a similar motion like passing but you are going to use more force and aim for the net instead! When shooting your dominant hand is going to slide forward while you are releasing the ball. You can practice trying to aim for different sections of the net and raising your shot upwards.



6. Once you have mastered the basic skills you can try a TRICKSHOT! You can try out the most epic shot you can imagine and score!! Practice your trickshot and show off your amazing lacrosse skills.

