

Knowledge Organiser: Year 4 Lacrosse

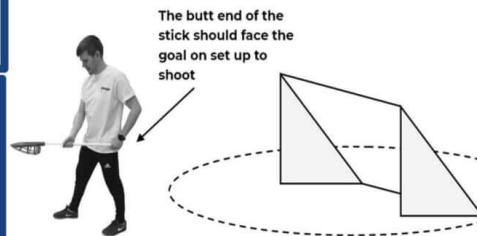
Prior Learning:

Able to pass and catch in a game situation. Show basic skills to maintain possession including ground balls. Implement and adhere to the basic rules of lacrosse.

Unit Focus:

Consistently perform the basic lacrosse skills such as ground balls and over- arm throws. Implement the rules, develop tactics and apply them to competitive situations. increase speed and endurance during game play.

Equipment needed: Lacrosse stick, lacrosse balls, alternative balls, bibs, cones targets/goals.



Key Vocabulary/Skills

Following your pass.	Overarm, underarm, goal, interception, space, possession, crease.
Running with the ball.	
Maintaining unopposed possession.	
Shooting over a short range.	
Receive and turn.	

Key Questions:

1. Why does a game like lacrosse require stamina to play it well?
2. Why is it important to know where the space is before receiving the ball?
3. Once we receive the ball what are our options? (Shoot, pass, run with ball)

Rules:

- Cannot shoot if there is someone in between the shooter and the goal.
- Restart it is the non-scoring team's ball at the centre point.
- Players are allowed around the back of the goal.



Head: Explain the best type of pass for different scenarios to keep possession.

Hand: Shoot using correct technique.

Heart: Keep possession of the ball in small groups.