



Year 5 Lacrosse

Key Vocabulary

Face-Off	a technique used to put the ball in play at the start of each quarter, or after a goal is scored. The players squat down and the ball is placed between their crosses.
Attacker	Spends most of their time in the opponent's end of the field, cannot cross the midfield line.
Defensemen	Known as the enforcers on the team, must stay on the defensive half of the field, job is to defend the goal.
Goaltender	Protects the goal at all cost, can use their sticks, hands and any part of their body to stop the ball from going into their goal.
Midfielder	Roam the entire the field, great transition players to get the ball from the defensive end of the field to the offensive end.
Basket/Mesh Pocket	The part of the lacrosse stick where the ball is cradled and then either passed to another player from or shot out of in order to make a goal.

Unit Focus:



6 hours

Lesson 1

Can I pass the ball to a team-mate?

Lesson 2

Can I catch the ball correctly?

Lesson 3

Can I throw and catch the ball correctly?

Lesson 4

Can I shoot into a goal?

Lesson 5

Can I play both roles of defender and attacker?

Lesson 6

Can I work as a team to defend effectively?

English / Maths Links: