

Age: 3-5 / 5-7		Sport: Lacrosse	
Duration: 60 mins	Physical Skills: Scooping, cradling, shooting	Social Skill: Goal Setting	Stickers: Lacrosse, Goal Setting

Review Lacrosse Sport Resources Alongside Lesson Plan [HERE](#)

Welcome!

1. Introduce the sport - holding out lacrosse stick
2. Talk about the actions we do in lacrosse
3. Introduce the social skill
3. Talk about what **goal setting** is and how we use it

Social Skill Intro	<ul style="list-style-type: none"> ● Goal Setting means trying to get better at something step by step to help us improve and succeed. ● Does anyone know what Goal Setting looks like? <ul style="list-style-type: none"> ○ Trying your best every time ○ Working on one skill at a time ○ Not giving up when something is hard ○ Celebrating improvement because practice helps us get better
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WARM UP

1. Start the lesson by setting up the circle of cones/pylons - have all the kids find a spot on the circle
2. Complete a couple laps around the circle as animals or vehicles (4-5), do some light stretching, incorporate physical literacy skill
3. Move into the second warm-up game after.

Physical Literacy Skill	<ul style="list-style-type: none"> ★ Balance ● Balance means staying steady and not falling ● When standing normally, we are balancing on two feet ● Explore static balance - try to balance in different still positions: <ul style="list-style-type: none"> ○ Stand up on the tips of your toes, arms stretched straight overhead (giraffe pose) ○ Standing on one foot only (flamingo pose) ○ Stand on one leg, arms out sideways like wings, bend forward at the waist and lift rear leg (airplane pose) ○ Stand on all fours, head down, and bum to the sky (downward dog pose) ○ Stand on all fours, head down, and hold one leg in the air (eiffel tower pose) ● Introduce dynamic balance - try to balance while moving: <ul style="list-style-type: none"> ○ Walking along a line (create two parallel lines of cones, leaving foot-wide distance between them so players can walk in the narrow middle space) ○ Heel-to-toe walking (forward and backwards) ○ Jumping over an object and landing still
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Jumping Course!

Equipment	<input type="checkbox"/> Cones, hula hoops, spot markers
Key Points	<p>→ Create 4–5 stations around the space using cones, hula hoops and spot markers</p> <p>→ Stations can include:</p> <ul style="list-style-type: none"> ◆ Two-foot jumps - Jump forward with two feet together landing in the hula hoop ◆ Side-to-side jumps - Jump side to side over a line of cones

- ◆ Mini hurdles - Jump over small lines of tall cones
- ◆ Spot jumps - jump and land on a zigzag of spot markers
- Players can try the different stations at random, or they can be assigned where to go
- Encourage bending knees before jumping, using their arms to help lift, and jumping with two feet

PHYSICAL SKILLS

Egg Hunt!

Equipment

Sticks, balls, cones

Key Points

- Set up a wide line of cones - this will be the starting line
- Players will spread out along the line each with their own stick
- Scatter the balls around the space in front of starting line
- Place a hula hoop a few feet behind the starting line
- On the coach's signal, players scoop one ball at a time and cradle it back to the hoop, then go get another
- Encourage players to get low when scooping, keeping the stick flat as they scoop up the ball like they are shovelling snow

Target Practice!

Equipment

Sticks, balls, cones

Key Points

- Set up a wide line of cones - this will be the starting line
- Players will spread out along the line each with their own stick with a ball in the pocket of the net
- Players stay behind the line and do not cross it
- On the coach's signal, players all launch their ball into the open space
- Emphasize proper technique when holding the stick and shooting
- All players retrieve their balls together when the coach says it's safe

Adaptation

- Place hula hoops in the open space as targets for players to aim for when shooting

Scoop and Shoot! - [EXAMPLE](#)

Equipment

Sticks, balls, cones, nets

Key Points

- Set up 1-2 nets depending on the group size
- Create a shooting line a few meters back from each net (players must shoot before this line)
- Set up 2 lines of spot markers per net at the opposite end
- The coach stands in the middle with a hula hoop of balls
- The first player in each line will start with a stick
- On the coach's signal, the coach will roll a ground ball out in front of each player
- Simultaneously, the players will scoop their ball, cradle and run toward the net, then shoot their ball on the net, and return to back of the line

SOCIAL SKILLS

Hungry Hippo!

Equipment

Hula hoops, lacrosse sticks, balls

Key Points

- Place one hula hoop on either side of the space (i.e. one green hoop, one blue hoop)
- Divide players into two team teams and assign both team to a hula hoop
- Each player will have a stick
- Spread the lacrosse balls at random throughout the space
- Players start with one foot in their hula hoop
- When the coach says GO, all players run out and scoop up the ground ball with their stick, then cradle it back to their hula hoop and place the ball inside

	<ul style="list-style-type: none"> → Players can only scoop 1 ball at a time (no hands) → Players cannot throw the ball - they must run with it all the way back to their hula hoop with the ball → When all the balls have been picked up, the game is over and the team with the most balls wins → Emphasize goal setting by having teams set a goal for how many balls they want to get after each round
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FUN ACTIVITY

Pizza Party!

Equipment	<input type="checkbox"/> Spot markers, cones <hr/>
Key Points	<ul style="list-style-type: none"> → Create a boundary using cones that players must stay within → All players have a spot marker - this is the "pizza" → Players balance their pizza on one hand while keeping the other hand behind their back → Everybody is IT in this game → Players run around the space trying to balance and protect their pizza while trying to knock off other players pizzas at the same time → If a players pizza gets knocked off, choose an action they have to perform to get back in the game (i.e. 5 jumping jacks)

WRAP UP

Huddle & Review!

Review	<ul style="list-style-type: none"> → Who can tell me what actions we practiced in Lacrosse today (i.e. scooping, cradling, shooting)? → What social skill did we work on today? → Yes, goal setting! Can I hear everyone say "goal setting"? <hr/>
Cheer	<ul style="list-style-type: none"> • The coach yells 'GO' and the kids yell 'PLAY' - GO! PLAY! GO! PLAY! • Be as LOUD as you can! <hr/>
Stickers	<ul style="list-style-type: none"> ★ Hand out Lacrosse and Goal Setting stickers