

SELF-CHECK LACROSSE TASK SHEET 1
GRIP AND CRADLING TECHNIQUES

Directions: You will work alone on this task sheet. Follow the listed activities below and check them off for completion when you finish each portion of the activity. When directed, pick up a lacrosse stick, a ball, the task sheet, a clip board and a pencil and proceed to the assigned safe area to practice.

NAME: _____ **Class Period:** _____

| GRIP | Check off completion |
|---|-----------------------------|
| Find your own space in the teaching area | |
| Hold stick at the top with dominant hand <ul style="list-style-type: none"> • Make sure that the “V” formed by the thumb and index finger is in line with the “V” formed by the wood and the guard on the front of the stick. • Hand must be placed between face and stick | |
| Hold the stick with a firm grip at the bottom of the stick with the non dominant hand | |
| Place the ball in the pouch of the stick and then <ul style="list-style-type: none"> • Walk around the teaching space being mindful to not bump into anyone • Jog around the teaching area being mindful to not bump into anyone • | |
| While jogging, switch grips from the dominant hand to the non-dominant hand without dropping the ball. <ul style="list-style-type: none"> • How many times were you able to switch the grips without dropping the ball? | |
| | |
| CRADLING | |
| Practice cradling while standing in place <ul style="list-style-type: none"> • With the stick facing you, form a V at the throat of the stick with your dominant hand. With the other hand, hold the stick waist high. | |
| Sit on the ground and practice cradling. | |
| Using a ball, practice cradling while swinging the stick vertically across the body from ear to ear. while standing in place <ul style="list-style-type: none"> • The top hand should swing the stick vertically across the body. • The wrist of the top hand should rotate inwardly while keeping the stick high. • The bottom hand bends across the body and is moved from hip to hip. The bottom hand motion is similar to opening and closing a gate or a door. • The forearm of the bottom arm should stay parallel to the ground. | |
| Using a ball, practice cradling while walking around the teaching area | |
| Using a ball, practice cradling while running around the teaching area | |
| Practice cradling switching which hand is on top. Put the nondominant hand at the top of the stick and cradle while standing in place. | |
| With the nondominant hand on top, practice cradling while walking. | |
| With the nondominant hand on top, practice cradling while running. | |

Upon completion of this task sheet indicate to your instructor that you have completed the task sheet. Submit the task sheet to the instructor and continue practicing cradling with a ball while running in the teaching area.