

RECIPROCAL TASK SHEET 2
GROUND BALL PICK UP TECHNIQUES
ROLLING BALL PICK UPS

Directions: You will work with a partner on this task sheet. One will be the observer. The other the Doer. The Observer will read the below listed points to the Doer. The Doer will practice the listed skills. 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:** _____

Ground Ball Pick Ups	Check off completion (1)	Check off completion (2)
Find your own space in the teaching area		
Hold the stick with a firm grip at the bottom of the stick with the non-dominant hand		
Grip the stick as you learned in the last lesson.		
Place the ball on the ground about 10' from you.		
<ul style="list-style-type: none"> • Approach the ball with the same foot forward as the hand on the top of the stick. 		
Head directly over the ball		
<ul style="list-style-type: none"> • Eyes on ball 		
Bend from the knees and waist to bring stick as close to ground as possible.		
The stick should be on the bottom hand side and positioned behind the ball. Keep the stick almost flat on the ground		
As you move the stick toward the ball, use a strong bottom arm to scoop up the ball in the net.		
Stay low as the ball moves into the net.		
Begin the cradle movement as soon as the ball is in the stick and bring it to a vertical position.		
Repeat the above movements one more time, and then rotate positions.		
BEGIN MOVING BALL PICK UPS AFTER BOTH PEOPLE HAVE PRACTICED GROUND BALL PICK UPS TWICE.		
ROLLING BALL PICK UPS <i>Partner rolls ball to Doer</i>		
Get in line with the ball and run to meet it		
Stick is at 45-degree angle to the ground with stick head touching ground.		
Hips turn to allow stick to be close to the side of body.		
Hold stick to side of body.		
Get low to ground and push through with bottom hand.		
Keep eyes on ball		
Keep head over ball		
As ball enters stick net, player moves to slow the ball.		
Cradling begins immediately as you increase speed when moving toward ball to pick it up		
CHANGE ROLES. DOER BECOMES OBSERVER. PRACTICE ROLLING PICK UPS		

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.

