|  |
| --- |
| **SELF- CHECK: TASK SHEET 5- Basic Lacrosse Cradling** |

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_

 **Period** \_\_\_\_\_\_\_\_\_

**Directions:** Work with a partner. Once person practices skills while the partner observers the doer and completes the Task Sheet. You will review holding a lacrosse stick and cradling the ball in the basket. Perform the techniques described on the task sheet and check Yes or No if you completed the technique. Then, change roles with your partner.

|  |  |  |
| --- | --- | --- |
| **Basic Lacrosse Cradling** | **Yes** | **No** |
| 1. Dominate hand place higher on the stick |  |  |
| 2. Non dominate hand at the bottom of the stick |  |  |
| 3. Loose upper hand and wrist |  |  |
| 4. Loose grip for easy stick movement |  |  |
| 5. Body is square to the stick |  |  |
| 6. Feet are shoulder width apart |  |  |
| 7. Shoulders swing in unison |  |  |
| 8. Keeps ball cradled in the basket |  |  |