**Lacrosse – Skills Ladder**

|  |
| --- |
| **Year 5** |
| I can position my hands correctly to grip the stick loosely, using my dominant hand |
| I can cradle the ball, so it sits in the mesh/net and move confidently with it |
| I can scoop the ball off the ground, holding the stick in the correct position ready to pass/throw the ball (push & pull motion) over a short distance |
| I can hold the stick correctly to catch the ball with soft hands (top hand towards the throat of the stick), increasing control, in a standing position |
| I can position myself & the stick at the correct angle at the net & follow through to shoot (pointing & aiming) |
| I can attack & defend showing increasing development, intercepting a pass & play as part of a team |

|  |
| --- |
| **Year 6** |
| I can lead and play as part of a team |
| I can cradle the ball with accuracy & control while moving |
| I can scoop the ball off the ground using scooping motion, pass/throw the ball, using the correct motion (elbow up, stick behind head) with increasing control & accuracy, over a variety of distances |
| I can catch the ball with control while moving & from a variety of distances |
| I can point & shift my weight back to add extra power to the shot |
| I can attack & defend with confidence, intercepting a pass, anticipating where a pass is going & catch it mid-air or bat it down |