**High School Course II Pacing Guide**

**Resources:**

***LACROSSE***

***Focus Points:***

1. Students will know why and how to deny opponents an easy goal.
2. Students will know how violations and fouls that can occur with a defense in place.
3. Students will know why it is important to steal the ball from the other team and how to do it.
4. Students will know why it is important to move to open space and how to do it.
5. Students will know how to work as a team unit.
6. Students will know what it means to be evasive and why this is important.
7. Students will know that jobs differ on the field and know the duties for each position.

***Skills:***

1. Cradle
2. Pickup
3. Overarm throw
4. Catch
5. Dodge
6. Pivot
7. Controlled checking (crosse-to-crosse contact)

***History:***

Lacrosse is the oldest game in North America and was played by Native American males. It is believed that the game held a ceremonial role. Lacrosse was named by early French settlers and was used for healing purposes, is steeped in ceremony, and is part of Indian legend. The game was opposed by missionaries and government officials because it saw an increase in wagering and violence with nonnative settlers. The sport was banned when the Oklahoma Choctaw began affixing weights to their sticks and calling them skull-crackers.

In the mid-1800s, some English-speaking Montrealers decided to adapt lacrosse for white Canadians. They created rules and amateur playing clubs. Once the game became popular in Canada, it was exported to the rest of the British Commonwealth.

***Strategies:***

1. Passing accuracy against a defense using a set play.
2. Man-on-man defense- player takes responsibility for covering one opponent.
3. Zone defense- player takes responsibility for covering an area.
4. Blocking defensive players for advancement of ball.
5. Optimal placement of players based on skill set.

***Assessment:***

1. Performance rubric
2. Peer Checklist
3. Written quiz

***Vocabulary:***

Review the components of skill-related fitness:

1. **Agility** – ability to change your body position quickly and to control your body’s movements.
2. **Balance** – An even distribution of weight enabling someone or something to remain upright and steady.
3. **Coordination** – ability to use your senses together with your body parts.
4. **Explosive power** – A quick muscular effort resulting in speed and/or power for a short period of time. Examples include tee shot, batting, tennis serve, basketball rebound, football tackle, etc.
5. **Power** – ability to use strength quickly. Areas most likely to improve with repeated effort.
6. **Reaction time** – amount of time it takes you to move once you realize the need to act.
7. **Speed** – ability to perform a movement or cover a distance in a short period of time.

Review the principles of biomechanics:

1. **Force –** A push or a pull applied to an object or person, measured in pounds or newtons.
2. **Inertia –** The tendency of a body at rest to remain at rest or of a body in straight line motion to stay in motion in a straight line unless acted on by an outside force.
3. **Leverage –** 1. a. The action of a lever. b. The mechanical advantage of a lever. 2. Positional advantage; power to act effectively
4. **Opposition -** The use of body parts on opposite sides of body to increase force and power.
5. **Rotary Motion –** The act of rotating as if on an axis; "the rotation of the dancer kept time with the music."