

|                          |   |  |  |
|--------------------------|---|--|--|
| <b>Age: 5 - 7</b>        |   | <b>Sport: Lacrosse</b>                   |  |
| <b>Duration:</b> 55 mins | <b>Physical Skills:</b> Holding the stick, catching and throwing the ball | <b>Social Skill:</b> <b>Goal Setting</b> | <b>Stickers:</b> Lacrosse, <b>Goal Setting</b> |

|                     |                 |
|---------------------|-----------------|
| <b>Instructions</b> | <b>Language</b> |
|---------------------|-----------------|

|                 |                       |
|-----------------|-----------------------|
| <b>Welcome!</b> | <b>Equipment: N/A</b> |
|-----------------|-----------------------|

|   |   |
|---|---|
| <p>Welcome everyone back to GoPlay!</p> <ol style="list-style-type: none"> <li>1. Introduce the sport - holding out lacrosse stick/ball.</li> <li>2. Talk about the actions we do in lacrosse.</li> <li>3. Introduce the social skill.</li> <li>3. Talk about what <b>goal setting</b> is and how we use it.</li> </ol> | <p>Has anyone seen this stick or ball before?</p> <p>Today we are playing...Lacrosse!<br/>In lacrosse, we use this stick to scoop up and carry the ball.</p> <p>It is kind of like we are scooping ice cream and we wouldn't want to drop our ice cream!</p> <p>Has anyone heard of <b>setting a goal</b> before?</p> <p>Sometimes in sports we will set <b>individual or group goals</b> and try to achieve them.</p> <p>If we set a <b>goal</b> for all of you to run to the other side of the gym, and you all did it. That means you <b>achieved the goal!</b></p> <p>Who thinks that they could set a goal and achieve it??</p> <p>I think we can!</p> |
|---|---|

|   |
|---|
| <p><b>Note:</b></p> <ol style="list-style-type: none"> <li>1. <b>Start the lesson by setting up the circle of cones/pylons for everyone to meet at.</b></li> <li>2. <b>Complete a couple laps around the circle as a bird (1-2).</b></li> <li>3. <b>Then, always move into the second warm-up again after.</b></li> </ol> |
|---|

|   |                         |
|---|-------------------------|
| <b>Warm-Up: Get Moving! ~ 5 - 10 mins</b> | <b>Equipment: Cones</b> |
|---|-------------------------|

|  |  |
|--|--|
| <p>Set up a circle of cones in the middle of the playspace and have everyone find a spot.</p> <p>Start by talking about why we always warm-up.</p> <p>Try to ask some kids in the group if they have a favourite bird they want to share.</p> <p>If they do, try to move around the circle like that animal.</p> <p>Another option is to suggest birds to the group (if the kids are shy or you want to incorporate a few other animals).</p> <p>Then move around the circle like that animal.</p> <p>Some examples:<br/>- eagle: move with big flying wing motions<br/>- owl: move with small little wing motions</p> | <p>Before we start playing any sport we need to get our bodies warm and moving!</p> <p>How do birds move? Yes, with wings to fly.</p> <p>Some birds have big wings, some have smaller wings.</p> <p>Does anyone in the group have a favorite bird they would like to share? Raise your hand if you would like to share!</p> <p>Thank you for sharing! Let's move around the circle like a ____.</p> <p>Or</p> <p>Who wants to know coach's favourite bird?!</p> <p>I think we should be.... (use examples)</p> |
|--|--|

|                        |                              |
|------------------------|------------------------------|
| <b>Caterpillar Tag</b> | <b>Equipment: Hula hoops</b> |
|------------------------|------------------------------|

|  |  |
|--|--|
| <p>This is a variation of tag where once a player is tagged they have to lay on the ground flat on their stomach. You become a caterpillar!</p> <p>In order to get back in the game, the coach(es) have to run to you with the hula hoop and hold it out in front of the kiddo.</p> <p>The kiddo has to army crawl (one their stomach using their lower arms to move them) through the hoop and then they can start playing again.</p> | <p>What kind of movement does a caterpillar do? Do they stand? Nooooo. Caterpillars are long and move on the ground.</p> <p>If you are tagged you become a caterpillar!</p> <p>This means you have to lay on the ground and can only get up if you crawl like a caterpillar through a hula hoop.</p> |
|--|--|

|   |   |  |
|---|---|--|
| <b>Physical Skills ~ 15 - 20 mins</b><br><b>Quick Safety Talk</b>   |   | <b>Equipment: Lacrosse stick</b>                     |
| <p>Make sure to do a quick safety talk with the group, similar to one you'd make about t-ball bats.</p> <p>Make sure to explain the sticks are for lacrosse only. That the group can't use them if we are not watching for others around us and respecting the equipment and each other.</p> <p>Link to <b>goal setting!</b> How can you create a goal with the group to be safe and have fun!</p>  | <p>As a group, let's all <b>set a goal</b> for the session today!</p> <p>We get to use super cool equipment in lacrosse, like these sticks.</p> <p>But we need to make sure we are using them safely to ensure we don't hurt ourselves or our friends.</p> <p>Can we <b>set a goal</b> to: use our sticks properly and only for lacrosse, respect the equipment, and listen to our coaches?</p> <p>Give me a thumbs up if you think you can <b>achieve that goal!</b></p> <p>Amazing! I know we can do it, GoPlayers!</p>   |  |
| <b>Cone Control</b>   |   | <b>Equipment: Pylons/cones, lacrosse sticks</b>      |
| <p>Have each kiddo start with a lacrosse stick and a pylon.</p> <p>Keeping two hands on their stick, they will put their pylon on the ground and then use their stick to move it across the play space (as far as you want them to or just around the space).</p> <p>This will be done by knocking it down, then using their stick to put it back up again.</p> <p>This is not a race, the point is to control the pylon using their stick and start to become comfortable holding their stick with two hands.</p>  | <p>Okay GoPlayers! we are going to work on using the lacrosse sticks to control and move the pylons!</p> <p>We want to focus on knocking it down and then putting it back up again <b>ONLY</b> using our sticks and keeping two hands on it!</p> <p>We are going to focus on being slow and controlled.</p>   |  |
| <b>Egg Hunt</b>   |   | <b>Equipment:</b>                                    |
| <p>Each player should have a lacrosse stick.</p> <p>Spread all of the balls around the space and put a hula hoop in the middle of the play space.</p> <p>On coaches go, players have to scoop up the balls (one at a time) and put them in the hula hoop.</p> <p>Do the first round just focusing on the action of scooping and moving with the ball to get it in the hula hoop.</p> <p>Then add a time limit or see how fast the group can work together to put all of the balls into the hula hoop.</p> <p>Remind the GoPlayers! that they can bring the balls to a wall and scoop it against the wall.</p>   | <p>Let's keep working on these skills! But now using balls!</p> <p>Does everyone see the hula hoop? That is our nest!</p> <p>Does everyone see all of the balls? Those are our eggs!</p> <p>As a group, we need to collect all of the eggs and put them back in the nest!</p> <p>Remember our <b>goal</b> for the session!</p>  |  |
| <b>Target Practice</b>  |   | <b>Equipment: Lacrosse sticks, balls, hula hoops</b> |
| <p>Set up a line of cones/pylons for the kids to stand on.</p> <p>Put three different coloured cones in a perpendicular line to the line where the players will be standing, far enough apart that they can be different distances to hit to.</p> <p>Each player will have a ball in the net of their lacrosse stick.</p> <p>Explain that the kids cannot move past the line and that they must stay standing at their cone (so that the kids are evenly spaced apart) until the coach says they can. (Once everyone has gone and it is safe to go into the "play zone").</p> <p>You can do two rounds of kids if you don't have enough space to go all at once. Incorporate leadership by having those who do not throw retrieve the ball and then switch roles.</p> <p>On coaches go, the players can practice throwing the ball into the play zone using their lacrosse stick.</p> | <p>Who can remind us what our <b>goal</b> for the session is?</p> <p>Yes! We need to focus on safety.</p> <p>This is another activity where we will need to do this.</p> <p>It is super fun to get to catapult the balls through the air using the lacrosse sticks, we still need to be safe and listening to coach!</p> <p>Let's see if we can work on using the lacrosse stick to throw the ball and controlling the distance we throw to!</p> <p>We want to catapult the balls only as far as the cone we are aiming for!</p> <p>Which means we are also <b>setting goals</b> by aiming for a certain cone!</p> <p>We want to try to <b>reach our goal</b> by catapulting the ball the correct distance.</p> |  |

|   |   |
|---|---|
| <p>Coach will call out one of the three colour of cones and that is the distance the kids have to try and throw to.</p> <p>Explain how they all must be leaders in following the rules and not throwing or moving past the line until the coach says it is safe to do so.</p>   |   |
| <p><b>Social Skill ~ 10 - 15 mins</b><br/> <b>Partner Passing</b> <span style="float: right;"><b>Equipment: Lacrosse sticks, balls, hula hoops</b></span></p>   |   |
| <p>Put the kiddos into partners and have them find their own space. They should each have a stick and 1 ball between the two of them.</p> <p>They will now get a chance to try catching the ball in the air and then throwing it back to their partner. Developing on the skills they were just working on in the target practice activity.</p> <p>Explain that the ball is small, you want to keep your eyes on it and have two hands on your stick.</p> <p>Encourage them to count how many in a row they can catch without dropping the ball! Link to <a href="#">goal setting</a>.</p>  | <p>Another important part of lacrosse is passing. This is done a bit differently with lacrosse because you use your stick!</p> <p>It will help to keep your eyes on the ball and remember to have two hands on the stick for more control!</p> <p><b>Set a goal</b> with your partner to see how many in a row you can pass and catch without the ball dropping on the ground!!</p>   |
| <p><b>Game/Fun Activity ~ 10 - 15 mins</b><br/> <b>Pizza Party</b> <span style="float: right;"><b>Equipment: Ground markers</b></span></p>  |   |
| <p>Pick 1-2 players to start as “it”, or have coach be it to start.</p> <p>The rest of the kiddos will have a ground marker. They will balance it on one hand like a pizza, with their other arm behind their back.</p> <p>They have to run around the play space balancing their “pizzas” while trying to not have the players who are “it” knock it off.</p> <p>If they do knock it off, they can now help eliminate others.</p> <p><a href="#">Example</a></p>   | <p>Let’s keep warming up!</p> <p>Can anyone think of any food that is shaped in a circle?</p> <p>Hmmmm... What about pizza!</p> <p>Who thinks they can run and balance their “pizza” in one hand?!</p> <p>Let’s try! Without letting the players who are “it” knock it off!</p> <p>It is almost like we are defending our pizzas, which we are going to practice with our soccer skills later today!</p>                              |
| <p><b>Capture the Balls</b> <span style="float: right;"><b>Equipment: Lacrosse sticks, balls, hula hoops, cones/pylons</b></span></p>   |   |
| <p>Split the kids into 2 teams.</p> <p>Create a line down the middle of the field with flat cones. Place the lacrosse balls along this line as well.</p> <p>Place hula hoops or cones/pylons in a square on both sides.</p> <p>On coaches go, the players will rush to the middle and try to grab as many of the balls onto their side as possible.</p> <p>Other players can be cradling them back to their “home base” (hula hoop or square of cones/pylons).</p> <p>Once the balls are in their home base, players can decide to defend their home base or go steal from the other team’s home base.</p> <p>The team with more balls in their home base at the end of the game wins.</p> <p><a href="#">Example</a> (this is for soccer but the game is the same just in a lacrosse setting!)</p> | <p>Have any of you played “capture the flag” before?</p> <p>Well, we are going to play “capture the balls” today! .</p> <p>We will need to be talking to our team about strategy, listening to our team members, and making changes to your strategy as needed. You can’t play this game alone!</p> <p>This will be working on all of the skills we practiced today! Holding the stick, catching and throwing the ball, cradling.</p> |
| <p><b>Clean-Up</b> <span style="float: right;"><b>Equipment: N/A</b></span></p>   |   |
| <p>Have the kids help with clean up.</p> <p>Countdown from 3 and have the kids run as fast they can to</p>  | <p>Let’s see you quickly you can bring all of the equipment to me!</p> <p>Now let’s do it again for ____!</p>   |

|   |   |
|---|---|
| <p>grab all of the balls and bring to coach.</p> <p>Count down again and do the same for any other equipment.</p> <p>Give out high fives as they bring the equipment to you!</p> <p>Make sure to say thank you ____, using the kiddos names as much as you can.</p> |   |
| <p><b>Review!</b> <span style="float: right;"><b>Equipment: Stick, ball</b></span></p>  |   |
| <p>Hold out the lacrosse stick and ball to the kids.</p>  | <p>Can anyone remember what the sport we played today is called?</p> <p>Yes, lacrosse!</p> <p>Can I hear everyone say “lacrosse”?</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced <b>goal setting!</b></p> <p>Can I hear everyone say “<b>I practiced goal setting!</b>”!</p> |
| <p><b>Cheer!</b> <span style="float: right;"><b>Equipment: N/A</b></span></p>   |   |
| <p>GO! PLAY! GO! PLAY!</p> <p>Have the coach yell ‘GO’ and the kids yell ‘PLAY’</p>   | <p>Be as LOUD as you can!</p> <p>I can’t hear you!</p> <p>Again, louder!!</p>   |
| <p><b>Stickers</b> <span style="float: right;"><b>Equipment: Sticker boxes</b></span></p>   |   |
| <p>Hand out Lacrosse and <b>Goal Setting</b> stickers</p>   | <p>Try to use the kiddos names as you hand out their stickers:</p> <p>Good job ____!</p> <p>Thanks for a great class ____!</p> <p>Thanks for being awesome!</p>   |