

Date of lesson	20 th March 2023	
Number of participants / Ability	12 – intermediate	Notes:
Equipment required	Balls Cones Bibs Whiteboard & pens Spare sticks	

Cardiff Met Lacrosse Session Plans

Aim	Objective	Component of the lesson
To develop dodging	Develop confidence in dodging, recap critical points, progress decision making and encourage accuracy.	Main

	Time mins	Activities/Practices	Teaching points / Questioning
Intro	2	Aims of today's session: Dodging and smart decisions	

Warm up	10	Jog & stretch Square, pass ahead drill: Swap hands, change direction	Move in, make space smaller if not accurate passes. Make it more achievable
Main activity	5 5 10 10	Dodging: Discuss / recap Walk through face dodge: • Run in (towards her right shoulder) • 'Set up defender' • Move head & stick to right side, fake pass or shot • Side step to that side (right) • Pulls stick across to opposite side, body between player and stick • Plant foot, protect stick, explode away • Pass defender, re align with the defenders path Progression 1: 1 vs 1 receive pass from partner, dodge, get past (D= 40%, 60%, 80%) Progression 2: 1 vs 1 dodge at top of fan to goal – feed from me Progression 3: Give & Go into fan, dodge D (D= 40%, 60%, 80%)	When would we dodge? Why? Options: Face dodge, Roll doge, Split dodge Look dangerous – pull in defender Slight movement – don't over commit yourself Pull stick across, keep it upright, shoulder to shoulder Change of speed, explode away Re-align with defender, if you run diagonally away it gives them time and space to catch up Head up for options or a quick feed Think about give and go's, Motion 1 Create space, cut through – head up, look dangerous, look for options

	10	Progression 4: 3 vs 4 round the fan Purposeful movements, create opportunities for you and your teammates	Defence think about: Making contact – engage with player Moving towards not letting them bulldoze Force the direction Support – 1 hip to player, 1 hip to ball carrier CRASH – remember the red cone drill
Contrast activity / Conditioned game	15	Self-organised game play: 2 Lines behind goal extended Roll out ground ball, 1 vs 1, pick up is A Possession is called, another player is added, go to goal	Progressions: 2 vs 2 ground balls + 1 extra (3 vs 2) Everyone in (5 vs 6)
Cool down Conclusion / recap	5	Why do we dodge? When we dodge what do we have to remember? What are the key points for Defence?	