

GIRLS PROGRESSION PLAYBOOK - FOUNDATION

Foundation is the introductory phase of the game. At this stage, USA Lacrosse's Athlete Development Model emphasizes fun, individual skill instruction, games and activities to incorporate lacrosse and physical movement in a fun-first, athlete-centered experience. Many players in the foundation stage are in the elementary school 10 and under age group where lacrosse can be a fun way to focus on developing basic movement skills of agility, balance, coordination, and speed. It is important to note that although the age guideline for the foundation stage is athletes 10 and under, the decision of what stage they are in should be made based on physical and cognitive development.

DESCRIPTION: Scooping is the act of picking a ball up off the ground using a lacrosse stick and maintaining possession of it for three steps after the scoop.

COACHING TIPS: Have your athletes perform these steps:

- Bend body at the knees and hips to get as low to the ground as possible
- Keep the top hand about one-third of the way down from the head of the stick
- Hold stick parallel to the ground, keeping back hand low to the ground
- Push stick forward, scraping your knuckles on the grass and move through the ball

PROGRESSIONS FOR SCOOPING:

- First try walking up and scooping with their hands, no stick
- With a stick, standing stationary, scooping a stationary ball
- Jogging up to and scooping through a stationary ground ball
- Jogging and scooping a rolling ball



COMPLETE FOUNDATION PLAYBOOK COMING SOON