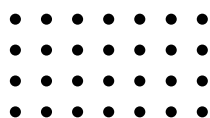




Increase Participation and Diversity in Youth Lacrosse: A Step-by-Step Guide



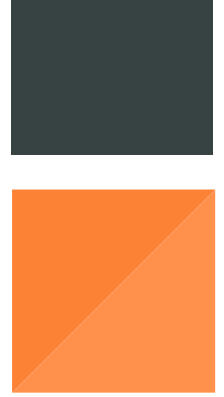
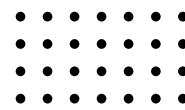


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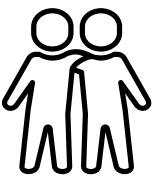
Stage 1: Translate All Promotional and Registration Materials

Promote clinics, equipment opportunities, scholarships, and registration details in both English and other prominent languages to boost participation among non-English speaking families who previously faced language barriers.

Example:

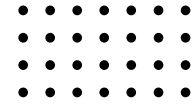


Student Ambassador



The Student Ambassador will collaborate with the local lacrosse league to translate their flyers. They will distribute the flyers to Physical Education teachers and coordinate with the school district for promotion.

Stage 2: Run Free After-School Introductory Clinics



Organize a clinic for elementary students with support from local high school lacrosse players and other volunteers.

Distribute flyers at clinic with your contact information to help families access scholarships, equipment, and other league support.

Run the clinics before implementing the Physical Education curriculum. It allows the physical education teachers to see in interest in lacrosse.

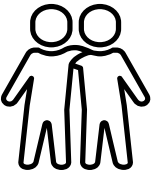
*Consider doing an equipment drive prior to the clinics in order to provide equipment.

Resources you provide:

- **Lacrosse Players (Age 14+)**
- **Lacrosse Sticks**
- **Swax Lax Balls**
- **Cones**
- **Ladders/obstacles**

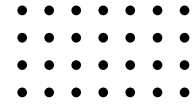


Student Ambassador



Student ambassador will organize and run clinics, as well as run the equipment drives prior to the clinics

Stage 2 : After-School Clinic Skills, Drills and Activities



Skills:

- **Relay Races**

Participants compete in a timed relay race format, emphasizing speed, teamwork, and communication.

- **Obstacle Course**

Players navigate a series of obstacles, focusing on agility, coordination, and control of their lacrosse sticks.

- **Basic Stick Skills**

Players practice essential stick handling techniques to improve their grip, control, and overall stick work.

- **Passing**

Emphasis on accurate passing, correct hand movement, and maintaining control under pressure.

- **Ground Balls**

Focus on technique for scooping ground balls, ensuring proper form and effective retrieval.

- **Cradle**

Players refine their cradling technique, aiming to keep the ball in the pocket while maintaining control and speed.



ACTIVITIES

Steal the Bacon:

- Split players into two equal teams.
- Assign each player a number (e.g., 1-6 per team).
- Place a lacrosse ball ("the bacon") in the center of the playing area.

Gameplay:

- The coach calls out a number
- The players with that number from each team run to the center to try to win the ball.
- The goal is to pick up the ball using proper ground ball technique.
 - Option 1: Throw the ball into the goal.
 - Option 2: Pass the ball to a teammate for them to throw the ball into the goal.
- After a goal is scored the players will return to their side and coach will call the next numbers.

Objective:

- Teams aim to score the most goals.

Game End:

- The game continues until all numbers have been called or until the coach signals the end.
- The team with the most goals scored wins. (The coaches will keep count.)

Hungry Hungry Hippo:

- Divide players into small teams (3-4 players per team).
- Assign each team a "home base" (marked by a cone or object)
- Scatter lacrosse balls in the middle of the field or designated area (the "pond").

Gameplay:

- On the coach's whistle, one player from each team runs to the center, picks up a ground ball, and brings it back to their home base.
- Players must use proper ground ball technique (scooping the ball with their stick).
- Once a player returns with a ball, the next teammate takes their turn, continuing in a relay-style format.

Objective:

- Teams aim to collect as many lacrosse balls as possible and bring them back to their home base.

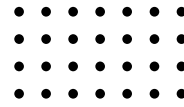
Rules:

- After all the balls in the middle are collected, teams can "steal" balls from other teams' bases.
- Teams must defend their base while attempting to raid others.

Game End:

- The game concludes when the coach blows the whistle.
- The coach will count the total number of balls each team has collected.
- The team with the most balls in their home base is declared the winner.

Stage 3: Physical Education Curriculum



OUR PROCESS:

- Meet with elementary school administration and PE teachers to propose adding lacrosse
- Develop 6-day lacrosse unit with support from local lacrosse officials
- Collaborate with PE teachers to tailor curriculum to their needs
- Implement unit at elementary school(s) with lowest lacrosse participation
- Supply equipment to elementary schools provided through a grant or equipment drives
- Extend curriculum to all elementary schools in the district
- Distribute flyers with contact info for scholarships, equipment, and support at the end of the unit

Sample P.E. Curriculum

Day 1: *SWBAT- Develop skill to repetitively scoop ground balls (stationary and moving) *SWBAT: Students Will Be Able To

Start with demonstration and safety protocol (present sticks and emphasize the importance of using tennis balls vs. harder/dangerous)

Exercises:

#1: Scooping

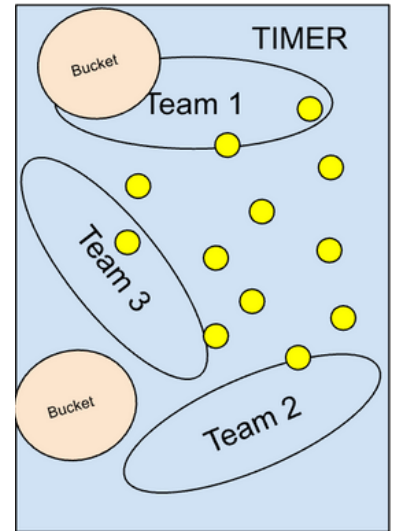
Participant 1: Holds a stick; Participant 2: Holds a ball.

Activity: Participant 2 places the ball stationary on the ground, and Participant 1 performs a scoop. Be sure to rotate roles after each attempt.

#2: Hungry Hippo (GAME)

Setup: Lacrosse balls are placed in a central pile (See Diagram)

Instructions: Divide participants into small groups or pairs. Each group aims to scoop as many balls as possible from the center pile. After each successful scoop by one member, the individual switches off with the next participant in line.



Day 2: SWBAT- Review ground balls be able to cradle while in motion

Warm up: Ground balls with a partner

Exercises:

#1: Cradling Fundamentals

Teach proper stick grip and cradling technique, emphasizing carrying the stick at an angle from ear to ear.

#2: Cradling Relay Race (GAME)

Setup: Organize participants into long lines.

Activity: Students perform a relay race while cradling the ball. After completing the course, students sit down to signal they are finished. This activity can be turned into a competition to encourage engagement.

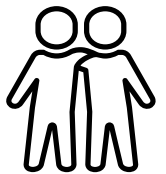
#3: Hungry Hippo (see day 1)

Necessary Equipment:

Soft Balls (Swax Lax, tennis balls) &
Lacrosse sticks



Student Ambassador



Student ambassador will organize the curriculum with gym teachers, as well as run the equipment drives prior to the unit.

Day 3: SWBAT- Review ground balls and practice agility work and passing through stations

Stations:

#1: Cradling

Agility- cradle through a set of cones

#2: Passing

Underhand passing (using tennis balls)

#3: Obstacle Course

Obstacle course: run through ladders, run through cones, any other useful equipment

Day 4: SWBAT- Review ground balls, passing, and agility through a series of stations. Begin learning overhead passing

Stations:

#1: Cradling

Agility- cradle through a set of cones

#2: Passing

Underhand passing (using tennis balls)

#3: Obstacle Course

Obstacle course: run through ladders, run through cones, any other useful equipment

#4: Overhead Passing

** Off to the corner with teacher supervision, try overhand passing. Make sure to use tennis balls

Day 5: SWBAT- Aim at a designated target, work on hand-eye coordination

Stations:

#1: Target Passing

Use padding on the wall (to ensure the ball doesn't bounce back) and tape a target, have students aim at the target.

#2: Passing

Underhand passing (using tennis balls)

#3: Dodging

Have students run up to cones a yard apart and fake left and go right(dodging, agility)

Day 6: SWBAT- Review of all skills inc. cradling, agility, and ground balls

Stations:

#1: Cradling

Agility- cradle through a set of cones

#2: Passing

Underhand passing in bucket (using tennis balls)

#3: Obstacle Course

Obstacle course: run through ladders, run through cones, any other useful equipment

#4: Overhead Passing

** Off to the corner with teacher supervision, try overhand passing. Make sure to use tennis balls

#5: Target Passing

Use padding on the wall (to ensure the ball doesn't bounce back) and tape a target, have students aim at the target.

#6: End with Hungry Hippo (see day 1)

Stage 4: Assist Local Families With Enrollment Processes, Equipment Needs, and Transportation

Enrollment

Share the link to register for club lacrosse with the school social workers and guidance counselors to coordinate transportation groups for families.

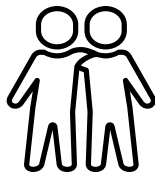
Equipment

Organize equipment drives within the community to collect, recycle, and distribute gear for new players in need.

Transportation

Collaborate with the elementary school social workers, guidance counselors, and parents or guardians to organize transportation groups for families.

Student Ambassador



Student Ambassadors will provide enrollment details through digital and physical flyers to students and parents.

Student Ambassadors will organize and carry out equipment drives in areas of high traffic, such as local high schools, to obtain equipment for re-distribution to students in need.

Students will work with elementary school employees to organize carpool groups for students

