

La Crosse Study Guide: 2008

Test will be Monday/Tuesday: October 27 & 28

Lacrosse is a team sport played with a solid rubber ball and long handled racket called a **crosse** or la crosse stick. The head of the crosse has a loose net strung into it that allows the player to hold the ball. The object of the game is to use the lacrosse stick to catch, carry, and pass the ball in an effort to score by throwing the ball into an opponent's goal. Defensively the object is to keep the opposing team from scoring.

Vocabulary:

Cradle: A rocking motion used by a player to keep the ball loose in the net so you can be ready to pass or shoot the ball at any time.

Crosse: The name for the stick used in la crosse.

Rake: The motion of using the net of the stick to pull the ball back towards you so you can scoop it up. This looks similar to raking leaves!

Scoop: The quick action of slipping the net under the ball and scooping it up.

Opposition: When passing or shooting in la crosse, you must step with the opposite foot of the "throwing hand". If you pass or shoot right-handed, you must step with the left foot. If a person throws with the left hand, s/he steps with the right. Either way, you always step with the opposite foot of the throwing hand!

Newton's 2nd Law of Motion: The **Force** of an object depends on its **Mass** and the **Speed** by which it is moving.
What does it mean?

- if you want to make a ball go faster when shooting, you need to put more force on the ball. You get more force by increasing arm speed. When we throw harder, we're actually increasing our arm speed.
- A heavy ball will have more force than a light ball.

Example: a bowling ball will hit the pins with much more force than a yarn ball!

*****Grade 5 Fitness goals: *****

PUSH-UPS: 10 - 15

CURL-UPS: 25

JOGGING TEST
A = 18 MINUTES
A- = 17 MINUTES
B = 16 MINUTES
B- = 15 MINUTES
C = 14 MINUTES