

## 5th Lacrosse Study Guide

- **Newton's 3<sup>rd</sup> Law**-for every action there is an equal and opposite reaction.

Action:

**Shoot/pass underhand**       $\longrightarrow$

**Shoot/pass overhand**       $\longrightarrow$

**Shoot ball with fast stick speed**  $\longrightarrow$

**Shoot ball with slow stick speed**  $\longrightarrow$

Reaction:

**ball goes mostly up**

**ball goes mostly down**

**ball goes faster**

**ball goes slower**

- **Newton's 2<sup>nd</sup> Law** – the force of an object is dependent on the mass and the speed by which it is moving.

**Mass**=How Heavy    **Speed**=how fast or how slow    **Force**=how hard you throw

*Example:* Using a foam ball has less force when shooting than using a rubber ball because the foam ball has less mass.

*Example:* A fast shot will have more force than a slow shot if the balls weigh the same.

- **Lacrosse Skills/Terms/Strategies**

**A. Cradling:** Term used for rocking the ball in the basket so it doesn't fall out.

**B. Face off:** This is used to begin the game.

**C. Hockey, Soccer, Basketball:** Other sports that lacrosse is similar to.

**D. Shovel Pass:** A type of pass we used in physical education lacrosse that is for short distances and is more underhand.

**E. Overhand Pass:** A type of pass we used in physical education lacrosse that is for longer distances and is above the head.

**F. Scooping:** Term used for getting ball into the basket off of the ground.

**G. Raking:** Term used for pulling the back with the bottom of the basket.

**H. Crease:** The area in front of the goal that is off limits to players.