

Lacrosse Skill Instruction

Skill name: Changing or Exchanging Hands

Skill description: The “exchange” is the most important skill and should be taught first. It is fundamental to a players’ ability to evade defenders and learn the split and roll dodges. It is also the move by which to catch with one hand and then throw with the other.

Key teaching points: “Magic Hands”

Use the four step method to teach technical skills.

1. Introduce the skill
 2. Demonstrate and explain the skill
 3. Have the player practice the skill
 4. Correct errors and provide feedback
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- 1) Introduce the exchange to the players and the importance of mastering the skill. Show why it is important to change hands with the stick when running with the ball. Show how players can become “stuck” and easily defended when only holding the stick one way.
 - 2) Demonstrate the exchange slowly and from different perspectives; facing the players, from the side, left and right handed. Keep the demonstration and discussion simple and brief.
 - a) Place the stick in your hand with the top hand at the mark of the shaft and the bottom hand on the butt end of the stick. The stick should run across the front of your body with the stick-head to the left or right of your head and the bottom at the opposite hip.
 - b) The exchange begins by pulling and curling your top hand down toward the middle of your body and sliding the bottom hand up to meet the top hand. As the stick is pulled down, the open stick-head is rotated (curled) to face the player (the player should see the ball in front of them).
 - c) The top hand is removed from the stick and as the stick is pulled up to the opposite side of your body the removed hand is now placed on the bottom of the shaft.
 - d) The player has now exchanged hand positions on the stick and is prepared to change direction and protect his/her stick or can now pass with the other hand.
 - 3) Have the players practice the skill in a group.
 - a) Move among the players and provide individual assistance and error correction. Stand behind them and move their arms through motion.
 - b) Use drills to have fun while developing the skill.
 - i) Split dodging at cones or coaches
 - 4) Common errors and how to correct:

Error: Ball falls out during the exchange.

Correction: Player is not turning the stick in toward their body with the ball facing them. Stand behind the player and move their arms through the motion.