

## Lacrosse Skill Instruction

**Skill name:** Catching and Throwing

**Skill description:** This is a compound skill. One leads to the other. Teach “Catching” then “Throwing” after they learn to “Cradle”.

### **Key teaching points: “Ready/Threat Position”**

Use the four step method to teach technical skills. Catching and throwing will be broken into two phases of instruction.

1. Introduce the skill
2. Demonstrate and explain the skill
3. Have the player practice the skill
4. Correct errors and provide feedback

### **Catching:**

- 1) Introduce catching to the players and the importance of mastering the skill. Show why it is important to use proper techniques when catching a ball. Show how you can miss the ball if try and “snap” at it versus “giving” with the ball and allowing it to fall into the stick.
- 2) Demonstrate catching with another coach throwing a ball to you. If another coach is not available, have a beginner throw (with hand) a ball to you or use a wall. Demonstrate from different perspectives; facing the players, from the side, left and right handed. Keep the demonstration and discussion simple and brief. Too much information is overload for a beginner.
- 3) Option #1
  - a) Place the stick in your hand with the top hand just below the mark on the shaft and the bottom hand on the butt end of the stick.
  - b) Place the stick in the position to receive an over the shoulder pass. Hold the stick upright and slightly out front of your body with the stick over the shoulder looking back to the ball thrower.
  - c) As the ball approaches the stick, give with the ball allowing the ball to fall softly into the pocket. The stick will now be further away from your body.
  - d) Make a small cradle to secure the ball while making a full hip turn and ending facing the thrower.

or

#### Option #2

- a) Place the stick in your hand with the top hand at the mark on the shaft and the bottom hand on the butt end.
- b) Place the stick in the position to receive a pass. Hold the stick upright and slightly out front of your body. Get into the “Ready or Threat Position” showing the target.

- a. As the ball approaches the stick, give with the ball allowing the ball to fall softly into the pocket. The stick will now be further back near your ear.
  - b. Make a small cradle to secure the ball.
- 4) Have the players practice the skill in a group by surrounding you in a circle. Throw “catchable” passes (as slow as possible).
  - a) Have a second coach move among the players and provide individual assistance and error correction.
- 5) Common errors and how to correct:
 

Error: Snapping at the ball and having it clink off the plastic side.

Correction: Have them catch one handed from close range allowing their wrist to bend back slightly when the ball goes into the stick. If this is a problem with an intermediate player, use the quick stick drill. There is no time to snap or cradle in this drill.

### **Throwing:**

- 1) Introduce throwing to the players and the importance of mastering the skill. Show why it is important to use proper techniques when throwing a ball. Show the importance of the release of the top hand wrist. (pushing a ball versus throwing a ball)
- 2) Demonstrate throwing with another coach or use a wall. Demonstrate from different perspectives; facing the players, from the side, left and right handed. Keep the demonstration and discussion simple and brief. Too much information is overload for a beginner.
  - a) Place a ball in your stick and position one hand at the mark on the shaft of the stick and the other on the butt end. Position the stick upright with the stick-head behind your head. The bottom hand should hold the stick out and away from your body. Your stance should be parallel to the target (stand backward).
  - b) The throwing motion begins with a full hip turn and stepping with your front foot toward the target and pulling the bottom hand down toward your opposite hip (“step-pull” cue). This is almost a unified motion.
  - c) Your trunk will turn as the motion progresses. The arms follow and the top hand “releases” the head of the stick. The release is critical. Ensure you point out that the top hand wrist must not “throttle” the stick. It must be allowed to turn over and release.
  - d) Insist on a full hip turn with every throw.
  - e) Complete the follow through with the head of the stick pointing to the left or right of the target (right handed follow through is head of the stick pointing to the throwers left of the target)
- 3) Common errors and how to correct.
 

Error: Pushing the ball out of the stick with no velocity.

Correction: Player is not releasing the head of the stick with the top hand. Have the player throw one handed by cocking the wrist and releasing. Then apply bottom hand when they get the feeling of the release. Use baseball pitching motion as an analogy.