

Lacrosse Instruction

Skill name: Scooping (Ground Balls)

Skill description: The act of picking up the ball off the ground.

Key teaching points: “Shaft below the knee, come up cradling”

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 scooping to the players and the importance of mastering the skill. Show why it is important to use proper techniques when scooping the ball off the ground. Show how you can miss the ball if you do not bend over, etc
 - 2) Demonstrate scooping slowly and 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 the stick in your hand with the top hand a few inches from the head on the shaft and the bottom hand near or at the bottom of the stick. Place a ball on the ground several feet in front of you.
 - b) Begin to approach the ball by bending at the hips and legs to lower your body down to the ground. The stick should be slightly out in front and as close to parallel to the ground as possible.
 - c) Make sure shaft of the stick is below your knees and the head of the stick brushes the ground just in front of the ball before contact with the ball
 - d) Drive the head of the stick under and through the ball.
 - e) Come up cradling and move the stick up toward your face and up one side of your head. This will protect you stick from being checked by a defender.
 - f) Keep moving and accelerate away from the opposing player.
 - 3) Have the players practice the skill in a group.
 - a) Move among the players and provide individual assistance and error correction.
 - b) Use scooping drills to have fun while developing the skill.
 - 4) Common errors and how to correct:

Error: Spearing the ground and overrunning the ball
Correction: Player has not bent down and put stick into a more parallel line with the ground.

Error: Player scoops ball and holds stick straight out in front of them only to have ball checked away or dropped.

Correction: The player has not mastered the cradling skill and needs to learn how to pull the stick toward his/her body.