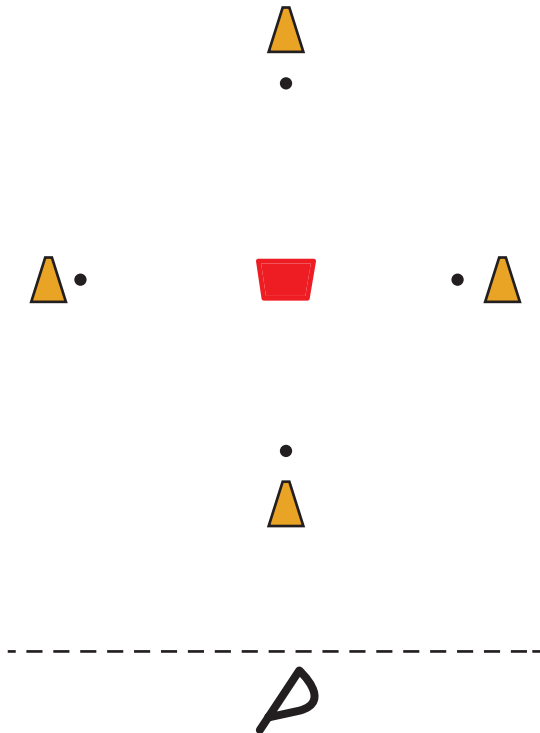


1 ACTIVITY CARD



THE SCOOP CHALLENGE

OVERVIEW

Scoop the ball into the bucket as quickly as possible

- Place 4 balls, 2 stick lengths away from the bucket.
- The start/finish line is another 2 stick lengths away.
- From the start/finish line scoop the 4 balls into the bucket, only finishing when you cross the start/finish line.

EQUIPMENT

- 4 balls
- 6 marker cones
- 1 lacrosse stick each
- 1 bucket
- Stop watch

PROGRESSION

- Change the shape of the courses
- Try using non-dominant hand

KEY POINTS

- Hands wide apart on the stick
- Hands low to the ground
- Bend knees to scoop
- Push trough the ball
- Bring the head of the stick up