Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN LAX1

LACROSSE

Effective: Fall 2015

I. CATALOG DESCRIPTION:
KIN LAX1 — LACROSSE — 1.00 - 2.00 units

Introduction to the team invasion game of Lacrosse. Fundamental skills of cradling, passing and catching, dealing with ground balls, shooting and dodging are incorporated. Strategies and tactics, for example; zonal defending, exploiting counter-attacking situations, and the settled offense will be integrated. Applied exercise physiology and psychology concepts are explained in context with the activity.

1.00 - 2.00 Units Lab

Grading Methods:
Letter or P/NP

Discipline:

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

A. Summarize the physiological attributes required to achieve optimal Lacrosse performance.
B. Distinguish the various Lacrosse techniques, such as; Passing, catching, cradling, dodging and defending skills.
C. Summarize the psychological attributes required to achieve optimal Lacrosse performance.
D. Explain how an individual's field position influences the energy systems utilized during their performance of Lacrosse.
E. Analyze Lacrosse match analysis data and utilize this information to enhance performance
F. Summarize individual positional responsibilities when attacking and defending (principles of play)

V. CONTENT:
A. Examine the physiological processes of an effective warm-up and cool down, for example;
1. Increased economy of movement because of lowered viscous resistance within warmed muscles
2. Improved oxygen utilization by warmed muscles because hemoglobin releases oxygen more readily at higher muscle temperatures
3. Facilitated nerve transmission and muscle metabolism at higher temperatures; a specific warm up can facilitate motor unit recruitment required in subsequent all out activity
4. Increased blood flow through active tissues as local vascular beds dilate, increasing metabolism and muscle temperatures
5. Enables the heart rate get to a workable rate for beginning exercise
6. Mentally focused on the training or competition
B. Technical execution of Lacrosse skills
1. Scooping
2. Passing
3. Catching
4. Cradling
5. Shooting
6. Checking
7. Dodging
C. Psychological attributes for optimal performance in Lacrosse
1. Improving confidence
2. Dealing with pre-competitive anxiety
3. Optimizing flow state conditions
4. Motivation
5. Attitude control and positive thinking
6. Visualization and imagery
D. Energy sytems used in Lacrosse by field position
1. Anaerobic Power
2. Aerobic capacity
3. Aerobic endurance
4. Anaerobic speed endurance

E. Lacrosse performance analysis methods
    1. Number of possessions
    2. Percentage of possessions that lead to goals
    3. Shots backed up by offensive team
    4. Pass completion percentage
    5. Interceptions and turnovers
F. Application of Lacrosse tactics and strategies
    1. Width and depth in attack
    2. When to penetrate
    3. When to delay in defense
    4. Denial of time, space, and pressing situations
    5. Compaction in defense

VI. METHODS OF INSTRUCTION:

A. **Lecture** -
B. **Student Presentations** -
C. **Observation and Demonstration** -
D. **Classroom Activity** -

VII. TYPICAL ASSIGNMENTS:

A. Demonstrate knowledge of which energy systems are utilized when students' are participating in Lacrosse.
B. Design an 8 week training program to enhance an athlete's strength and aerobic capacity and illustrate how it prepares the athlete for Lacrosse competition.
C. The students will undertake a Lacrosse performance analysis. They will advise their peers on what they are doing well, and what they need to improve, (based on the match analysis data).
D. From match analysis data of Lacrosse performance the students will be asked to write a training program that will lead to performance improvement.
E. Students will be asked to design activities and drills that will improve their technical and tactical skills in the following areas; passing & catching, cradling, dealing with ground balls, shooting and dodging, and offensive and defensive principles of play.
F. Explain the physiological energy systems utilized during a Lacrosse game.
G. Describe the psychological skills required to achieve optimal performance in Lacrosse.

VIII. EVALUATION:

A. **Methods**
    1. Research Projects
    2. Oral Presentation
    3. Group Projects
    4. Class Performance
B. **Frequency**
    1. Students will be evaluated on a weekly basis on class performance
    2. Monthly research projects
    3. Final oral presentation.

IX. TYPICAL TEXTS:

1. *Coaching Youth Lacrosse.*, Human Kinetics, 2014.
2. *Lacrosse: Technique and Tradition.*, The Johns Hopkins University Press, 2013.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

A. Student's should wear the appropriate workout apparel and footwear, water bottle, and towel for daily class participation
B. Student's will be required to have computer access with internet connection to access supplemental material and have access to Blackboard for instructor posts.