

Las Positas College
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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:

	<u>MIN</u>	<u>MAX</u>
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:

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

V. CONTENT:

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

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. Pietramala, David, and Neil Grauer. *Lacrosse: Technique and Tradition.*, The Johns Hopkins University Press, 2013.
- 2. American Sport Education Program. *Coaching Youth Lacrosse.*, Human Kinetics, 2014.

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.