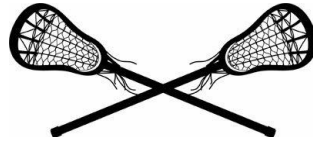


Lacrosse Quiz Grade 5



Name: _____

Matching (1pt) place the letter that matches in the space

____ Critical to both offense and defense

____ A Defensive strategy

____ A Shooting strategy

____ Area that surrounds the goal

____ Using your feet is...

____ To pick up the ball is called...

____ Cradling is used to

____ When catching you need...

A. Mirroring

B. Protect the ball

C. Scoop

D. Soft hands

E. Aim for the corners

F. Teamwork & communication

G. Illegal

H. Legal

I. Crease

Fill in the blank (2pts)

1. What is the origin of lacrosse (who did we get it from)? _____

2. Lacrosse has grown into two different games. What is the **main difference** between men's and women's lacrosse? _____

3. What is the object of the game? _____

Short Answer

4. Tell me the **four** things a good offense will do. (4pts)

1.

2.

3.

4.

5. **Describe** to me a good defensive position (what does their body look like). (4pts)

6. Please **CHOOSE ONE** lacrosse *skill*. Pretend that you are teaching one of your friends how to perform the skill. Please *list tips* that you would give them in order for them to be successful. (8pts) **Cradling, Scooping, Passing, Catching, or Shooting**

7. Lacrosse is a health-enhancing activity. Please **tell me** how lacrosse contributes to your health using **one** of the components of health related fitness (cardiovascular endurance/aerobic fitness, muscular endurance, muscular strength, flexibility, or body composition) Explain. (4pts)