

**Names:** \_\_\_\_\_

**Block:** \_\_\_\_\_

Directions: Find a partner, at least one of you will need a phone that can record video. You and your partner will both preform the skill of scooping a lacrosse ball 6 times, 3 times standing still and 3 times moving towards the ball. When it is your turn to preform the skill your partner will use the phone to record you during each trial, the trade roles. Be sure to read through the list of skills to help you remember good technique. You should have 6 quick videos of you scooping and 6 of your partner scooping. You and your partner will watch each trial and draw an 'X' in the box corresponding to the key skill element you performed. Then total your score for each trial.

Partner 1: \_\_\_\_\_

<b>Skill: Scooping</b>	<b>Unmoving 1</b>	<b>Moving 1</b>	<b>Moving 2</b>	<b>Moving 3</b>
<b>Stick Parallel to the Ground</b>				
<b>Lower Arms</b> <i>(Scrape the Knuckles)</i>				
<b>Bend at Knees/ Butt Down</b>				
<b>Follow Thru &amp; Protect</b>				
<b>Total</b>				

Partner 2: \_\_\_\_\_

<b>Skill: Scooping</b>	<b>Unmoving 1</b>	<b>Moving 1</b>	<b>Moving 2</b>	<b>Moving 3</b>
<b>Stick Parallel to the Ground</b>				
<b>Lower Arms</b> <i>(Scrape the Knuckles)</i>				
<b>Bend at Knees/ Butt Down</b>				
<b>Follow Thru &amp; Protect</b>				
<b>Total</b>				

