



**Newburn Enterprise Centre
Newburn, Newcastle upon Tyne
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LACROSSE

This fast-paced game can be adapted for students of any age and develops many of the core skills associated with Skills, Agility and Quickness training in a fun and exciting way.

Lacrosse is a fast and exciting game which tests hand-eye coordination, agility, strength and power. It is a team sport so teaches players essential team work and strategy skills. The Crosse stick has a net or basket on one end which is where you play the ball from – skills include catching, passing, scooping and shooting. Other aspects of the game include checking (tackling) which involves a lot of control and accuracy to tap/hit your opponents' stick. Cradling (keeping the ball in your net) and dodging also feature as well as the fun tricks you can do with your stick.



**Mondays in Gym 1 from 3:20-4:20. Classes run for six weeks
from 4th January!**

*** Classes cost £1 per session – please bring your fee each
week and hand to the coach. ***

(Slips available from Extended Services office - K10)

Please note that students must make their own way home after sessions or arrange transport. GSHS cannot accept responsibility for arrangements.