A picture study designed to aid the teaching of Lacrosse skills to beginners.

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http://hdl.handle.net/2144/8538

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Service Paper

A PICTURE STUDY DESIGNED TO AID THE TEACHING OF
LACROSSE SKILLS TO BEGINNERS

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In Partial Fulfillment of Requirements for the
Degree of Master of Education

1955
First Reader:  James A. Wylie
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CHAPTER I
THE INTRODUCTION

1. Statement of the Problem

The problem is to show and explain to students and educators the beginner's skills in the game of lacrosse through the use of Kodachrome slides and an accompanying tape recording.

2. Purpose of the Project

The main purpose of the Kodachrome slides is to aid teachers and coaches in the teaching of the beginner's skills in lacrosse. These can be used for beginners regardless of age level and they should also be useful in explaining the game of lacrosse to School Administrators and other persons interested in lacrosse.

These slides do not present the teaching of game situations as it may vary with individual coaches; but are a record of skills which are standard in practice.

3. Description of the Situation

Lacrosse is played by girls and women in approximately 100 schools and colleges throughout the country. Most of these institutions are in the Eastern Region from Massachusetts south to Maryland and Virginia. These schools and colleges are allied members of the United States Women's Lacrosse Association - an association founded in 1932 and whose object is to spread, further, and advance the best interests of lacrosse for women and girls in this country.

-1-
The game is governed by the rules sanctioned by the National Section of Girl's and Women's Sports.
CHAPTER II
PROCEDURE OF THE STUDY

1. Preparation of the Kodachrome Slides

Care was taken to use as demonstrators of skills, only persons who were highly skilled in the game of lacrosse. The pictures, with the exception of the first and last thirteen, were taken for the purpose of this study; and while most of them had to be action shots, a few are posed.

The slides with one demonstrator present Miss Margot Cunningham, a member of the United States Team. Miss Barbara Hall is also a subject in the slides requiring two players, and she is a member of the United States Reserve Team.

About 350 Kodachrome slides were taken in order to produce the proper action sequence, however only 71 were needed to give a good presentation of the skills of the game. The slides were taken in the spring of 1954, the fall of 1954, and the spring of 1955. Success in taking pictures depended upon fine weather, for to catch the action of the skills the pictures had to be taken at 1/500 of a second.

Appreciation is given to Miss Margaret Boyd, for fifteen years the captain of the English Lacrosse Team; Miss Jocelyn Innes, a member of the Scottish Team and also a member of the 1954 Great Britain and Ireland Lacrosse Touring Team; and to Miss Gretchen Schuyler, past member of the United States Lacrosse Team, for their assistance in screening the slides to decide which were best suited for the purpose of illustrating and
explaining the basic skills in the game of lacrosse.

The first thirteen slides used were taken in game situations by Mr. J. Earle Cunningham. The subjects in these pictures were the members of the 1954 Great Britain and Ireland Touring Team and the players on the United States Team. These thirteen slides are used to illustrate the various skills used during actual play.

2. Preparation of Accompanying Descriptions

A description was written for each of the slides and is designed for the use of teachers, prospective teachers, and students of lacrosse. These may be used by any teachers who prefer to make their own comment and use the descriptions for reference.

3. Preparation of the Tape Recording

A tape recording of the descriptive comments was made with the help of the Oamden, Maine, Young Men's Christian Association. This tape recording may be used by teachers, prospective teachers, and students of lacrosse who do not wish to read the descriptions or use their own commentary. The recording therefore provides a standardized approach to describe the basic skills.

The showing of the slides and the descriptive comments take about 35 minutes.
### CHAPTER III
**KODACRHOME SLIDES AND ACCOMPANYING DESCRIPTIONS**

<table>
<thead>
<tr>
<th>Slide Title</th>
<th>Description</th>
<th>Comment</th>
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<tr>
<td>A.</td>
<td>These first slides that you will be looking at will demonstrate many of the skills or techniques of lacrosse during game situations.</td>
<td></td>
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<td>B.</td>
<td>These girls are highly skilled players and many are members of various International Teams. The girls in royal blue uniforms are members of the 1954 Touring Team from Great Britain and Ireland, and the players in white are representing the United States. The girls in the other colored tunics are playing for their Association Teams - for instance - Orange is Boston, gray is for Philadelphia, and light blue is a team from Westchester County, New York.</td>
<td></td>
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<tr>
<td>C.</td>
<td>These same slides will be shown to you at the end and you should be able to pick out the various skills demonstrated.</td>
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1. **Diagram of Field**
   - Here is the line up of two lacrosse teams and the field markings.

2. **The Grip**
   - Placing the left hand on the stick.

3. **"**
   - Pick the stick up in the left
hand and place the right hand on the stick with the V of thumb and forefinger between the stick and the nose. If you are right handed the right hand is always on top and the grip is reversed if you are left handed.

4. Position of Rest The stick is generally carried in this position while running without the ball. Note the wood of the stick is down indicating correct grip.

5. Cradling Cradling is necessary to keep the ball in the stick - it is well to practise in this position as the bottom hand cannot drop lower than the waist. This is a posed picture so the ball is not in the correct position in the stick.

6. Cradle to the Right There is a body twist and the hand is wrapped around the body as though in a sling.

7. Cradle Back to the center position.

8. Cradle This is the position of the lower arm and stick in the cradle to the left. The stick is vertical in the cradle.

9. Cradle An excellent picture showing the twist to the left while cradling on the left - the feet continue straight ahead and the player is looking at where she is going.

10. Cradle This shows the cradle on the left in action - note the excellent position of the ball in the stick - it is up in the cross and moves freely from side to side during the cradling motion.
11. Cradle  On the left again but in a higher position. Cradling starts immediately after the ball goes in the stick and must be able to be done on any level.

12. Cradle  Excellent picture showing the alignment of stick and body during cradling. Again note the position of the ball in the stick.

13. Pick-up  The beginning of the pick-up of a stationary ball. See how the player picking up the ball is already bending to get her stick and hands close to the ground. She is also beginning to get a body twist to the left as the ball will be picked up on that side.

14. Pick-up  The ball is picked up as it is opposite the right foot - ball, stick, and foot should be close together on the actual pick-up.

15. Pick-up  The pick-up has been made - the left or bottom hand follows through close to the ground (even scraping) and the cradling starts immediately as this picture shows.

16. Pick-up  And the cradling continues as the body comes up into an erect position again.

17. Pick-up  This shows how low the left hand must go to complete the pick-up of a stationary ball.

18. Pick-up  This is the tight triangle of ball and stick and foot just before the actual pick-up begins.
19. Pick-up
On a pick-up of a ball rolling toward the player the stick is held in a more vertical position and as the ball enters the stick there is a definite give with the stick and the cradling motion starts immediately as the head of the crosse starts up.

20. Pick-up
shows the crosse pulled back slightly on the give.

21. Pick-up
Pick-up of a ball rolling on a diagonal is more advanced—but the ball is picked up in the corner of the crosse and the cradling starts immediately.

22. Pick-up
And again the diagonal pick-up—but on the other side.

23. Turn
Turn to the right—be sure to pull hard to the left when the left foot is forward.

24. Turn
Pivot to the right and pull the stick across and close to the body while keeping the stick in a vertical position.

25. Turn
Push off with the left foot and continue running ahead while you prepare to get rid of the ball.

26. Turn
Turn to the left—The right foot is forward when you turn.

27 Turn
Pivot to the left and continue forward.

28. Throw
The overarm throw can be compared with a baseball throw—The top arm follows through in the direction toward which the throw is going and the left hand pulls up into the arm pit for leverage.
29. Throw
Another view of the overarm throw showing the pull of the left hand to the arm pit.

30. Throw
This throw is going more to the right as the follow through shows.

31. Grip
Actually the grip of the top hand must change slightly for the overarm throw.

32. Grip
This is the correct position for the cradle again and after the throw is completed the top hand must be returned to this position - ready for the catch.

33. Throw
The start of an underarm throw.

34. Throw
The stick is now almost vertical to the ground.

35. Throw
The completion of the underarm throw - the stick follows through in the direction of the pass.

36. Throw
Note the position of the stick in this picture - the ball will travel higher and farther in this pass.

37. Throw
This is the follow through of the last pass.

38. Catch
The catch is made by aligning the stick and the ball and then cradling immediately after the ball enters the stick.

39. Catch
Here is the ball entering the stick. This is where the cradle begins.

40. Catch
This is the moment before the ball enters the stick. The player has already started to relax her arms and "give" slightly with the ball.
41. Catch
When catching on the left, the head of the stick is opened toward the ball (same as cradling motion) and then the cradling is started toward the right.

42. Catch
If the ball was in the stick farther it would look just like the pictures that you saw of cradling.

43. Catch
 Catching higher on the left. Excellent position of the ball in the stick. Note that the top hand is still on the collar of the stick and did not slip to make this catch.

44. Catch
 Catching a ball in front is the same as all catching - see the alignment of stick and ball - also the concentration of the player. Be sure to watch the ball until it is in the stick.

45 Catch
Reaching for the ball ahead - Again, see how the players has kept her top hand in place.

46. Catch
Jumping for a high catch - eyes on the ball - top hand still in place - and stick and ball in alignment.

47. Catch
The ball is entering the stick and although the player is completely extended she has not had to slip her top hand.

48. Catch
And she caught it - the cradling now starts immediately and continues until she gets rid of the ball.

49. Catch
A high catch on the left - the player is extended but still uses excellent technique.

50. Catch
This was a pass - high on the right - coming over the left shoulder.
51. Catch
Another high catch on the left.

52. Body checking
See how the defense (back to us) is between the goal and the person with the ball. This picture was taken directly in front of the goal.

53. Body checking
Again shows the defense impeding the progress of the attacking player by positioning herself between the goal and the attack and moving back with her.

54. Body checking
Shows the defense moving back.

55. Dodging
The attack player is trying to dodge past the defense - Note the pull to the right. The defense must move quickly to keep her from getting by.

56. Dodging
The attack player is dodging to the left in this picture and the defense is also moving with her to keep between the attack and the goal.

57. Dodging
Another view of the dodge to the left. Note the good ball position in the stick.

58. Crosse checking
This picture shows crosse checking done while body checking.

59. The Draw
This is how a game of lacrosse is started. The ball is placed between the backs of the two center's crosses.

60. The Draw
Either foot may be forward as long as one is toeing the line.

61. The Draw
A close-up of the ball and the sticks - ready for the draw.

62. The Draw
On a whistle the crosses are
63. Shooting
Overhand shot at goal. The placement of the ball is made by the follow through of the crosse.

64. Shooting
An overhand shot after running past the mouth of the goal.

65. Shooting
Overhand shot from behind the mouth of the goal. It is possible to score from a position behind goal because of the length of the stick.

66. Shooting
Underhand shot going away from goal.

67. Shooting
An underhand shot going across the front of the goal.

68. Goalkeeping
The proper equipment for a goalkeeper to wear.

69. Goalkeeping
A fully equipped goalkeeper standing in the proper position in the goal.

70. Goalkeeping
The goalkeeper must always be in line with the ball and try to catch the ball as far in front of her as possible.

71. Goalkeeping
Good stickwork is essential for good goalkeeping as the goalkeeper must be able to catch as many balls as possible rather than to use her body to deflect the ball. This is necessary so that the goalkeeper can clear the ball up to her attack.

A. Throw
Here are the first pictures that you looked at. This shows the beginning of an overarm pass. See the position of the ball in her stick.

B. Shooting
This is an overarm shot by a left handed player.
C. Shooting  
The player in orange that is almost hidden is starting an underarm shot for goal.

D. Shooting  
This also is the start of an underarm shot.

E. Shooting  
Still another shot at goal.

F. Dodging  
The player in blue is attempting a dodge to the right but is being fouled by the girl in white.

G. Goalkeeping  
This goalkeeper is in excellent position to defend against the coming shot.

H. Goalkeeping  
An alert goalkeeper is watching the ball at all times.

I. Shooting and Goalkeeping  
An overarm shot by a left handed player and good positioning by the goalkeeper to defend against the shot.

J. Goalkeeping  
This goalkeeper has her stick up and ready to catch the ball when it is shot. Concentration is necessary at all times.

K. Catching  
Two players reaching for the ball. The girl that is one step ahead has the advantage and will most likely get the ball.

L. Catching  
Excellent stretch - she will be able to catch the ball without slipping her top hand and so will be ready to pass or shoot immediately.

M. Catching  
This is the ultimate in catching and definitely not for beginners. Only years of practice made it possible for her to catch this. When a player has progressed to this stage it is possible to intercept passes and also catch poor passes made by team members.
CHAPTER IV

SUMMARY

The purpose of this study was to aid the teaching of beginner's lacrosse skills through the use of Kodachrome slides and accompanying descriptions on paper and on a tape recording.

The slides cover just the beginner's skills, and are for the use of teachers, prospective teachers, and students of lacrosse. They may also be used to promote the game of lacrosse for women; as it is a highly skilled and beneficial sport to be included in any program.

A recommendation for further study is the production of a 16 mm movie of these various skills. As lacrosse is a fast moving game it is quite probable that a movie on the techniques of lacrosse would be a great aid in the promotion and improvement of lacrosse for girls and women in this country.