**Lacrosse Test**

1. According to the video, passing in Lacrosse is similar to what two sports?
2. What does the acronym B. E. E. F. stand for?

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|  | 1. What is the coordinated motion of the arms and wrists that keeps the ball secure in the pocket and ready to be passed or shot when running? |

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| **A.** | Cradling |

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| **B.** | Handling |

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| **C.** | Holding |

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| **D.** | Netting |

1. What are 2 skill cues needed to properly catch a ball in Lacrosse?
2. Explain what you do in order to know where to place your top hand on the Lacrosse stick.
3. When passing in lacrosse, what is the last thing that comes through when completing a pass?
4. Also in passing, what dictates where the pass is going to go?
   1. Front foot
   2. Back foot
   3. Front shoulder
   4. Shoulder
5. What is the most important thing when catching a pass in lacrosse?
6. When catching a pass, where does the receiver’s target go from?
   1. Shoulder to ear
   2. Ear to shoulder
   3. Ear to elbow
   4. Shoulder to wrist
7. In shooting a lacrosse ball, how do you know that your elbows are fully extended? (Hint: 3 word phrase)