



► **Pädagogisches Zentrum PZ.BS**

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Workshop in English for pupils in 5th and 6th form at Primarschule Basel

Lacrosse Practice

Moderator: Player Gregory Elbel and another player (might vary)

Workshop in English

Activities, Methods

Getting in touch with a new exciting sport which is still quite unknown in Switzerland, but quite popular in the US. The kids will be taught the basics of Lacrosse by players from the Basel Spartans.

Practice plan:

10 min introduction

10 min warm-up

50 min specific training like catching, passing, shooting

50 min lacrosse game

Materials and Resources

The pupils bring along sports wear and good shoes.

Lacrosse-sticks and gear will be brought by us.

Preparation required in advance

None

Location

Sportzentrum Rankhof

Grenzacherstrasse 405

4058 Basel

Or location provided by the teacher. Lacrosse can be played outside (on a grass field) or in a gym.



Duration

120 minutes

Number of Participants

Max. 25

Possible Dates (weekdays, times):

Flexible, please get in contact with Gregory Elbel

Costs

100 CHF

Contact

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Further informations

Short video about lacrosse: <http://www.youtube.com/watch?v=YXO1IPc3p38>

Further information: www.lacrossebasel.ch