



Erziehungsdepartement des Kantons Basel-Stadt

Bildung

► Pädagogisches Zentrum PZ.BS

bernadette.trommer@bs.ch
0041 61 2671778

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

Lacrosse Practice

Moderator: Min. 2 players of the Lacrosse Club Basel

Workshop in English

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 Lacrosse Club Basel.

Practice plan:

10 min introduction (History of Lacrosse, basic terminology and ground rules=

30 min specific exercises like catching, passing, shooting

20 min Minigames depending on size of the group (either mini game, shootout or similar)

Materials and Resources

The pupils should wear sportswear and shoes.

Lacrosse sticks, balls, goals and gear will be provided by us.

Preparation required in advance

None, but it is helpful if one of the Youtube clips has been watched prior to the workshop.

Location

Preferably on the artificial turf field at:

Sportzentrum Rankhof, Grenzacherstrasse 405, 4058 Basel

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

Duration

60 Minutes (but longer is possible)

Number of Participants

Max. 25 per workshop

Possible Dates (weekdays, times):

Flexible, please get in contact via e-mail address below

Costs

100 CHF / Workshop

E-Mail contact

basellacrosse@gmail.com

Further information

Short video about Lacrosse (10mins, basics and history, and you even see the Swiss National Team on minute 5): <https://www.youtube.com/watch?v=qXhkg0wEKDY>

www.lacrossebasel.ch