



# Lacrosse: Clean Your Yard

It is time to visit Canada! Lacrosse has its origins in a tribal game played by Eastern Woodlands Native Americans and by some Plains Indian tribes in what is now Canada and the Northeast United States.

## Activity Instructions:

1. Today's lacrosse activity is called Clean Up Your Yard. The objective of this activity is to work with your partner to collect the most balls and bean bags.
2. On the start signal, the first person from each team will jog into the yard and use the lacrosse stick to scoop up one ball or bean bag and return it to their hoop using cradling skills.
3. Once the ball is inside the hoop, safely pass the lacrosse stick to your partner and they will jog to scoop up another ball and return it to the hoop.
4. This will continue until all the balls and bean bags have been collected and the yard is clean.
5. The team who collects the most items is the winner!

