

INTERCROSSE

WHAT IS INTERCROSSE?

Inspired by lacrosse and played for many centuries by the Amerindians, intercrosse was born in Quebec in the early 1980s. This **non-contact** sport is now played in about 20 countries. It is like **hockey** when it comes to stick handling and the attack on the net is similar to **basketball** due to its speed and the type of movements made. Intercrosse also develops hand and eye coordination like **racquet sports**. Depending on the calibre and parity of the teams, you could see up to 70 goals in a 12-minute, 4-period game!

▶ Video created by **Intercrosse Verband Deutschland** on their YouTube: <https://youtu.be/lcQtqVYs8ol>

EQUIPMENT

-  2 to 4 goals
-  1 intercrosse stick per player
-  Bowling pins (targets)
-  1 pair of goggles per player
-  Numbered jerseys (or t-shirts in the same colours)
-  Cones
-  Balls (tennis, foam tennis and/or intercrosse balls)
-  2 to 4 plastic baskets (milk crates)

HOW TO MAKE THIS ACTIVITY A SUCCESS



Hold the stick with **2 hands** (one at the lower end and the other mobile on the handle depending on your move).



Control the **power of the shot** (use mini-goals and place targets to increase precision).



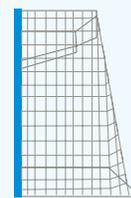
Allow no more than **5 seconds** for the possession of the ball (ensuring high intensity).



Please do not allow any contact (**no contact** between players or between sticks).



Apply a **"man-to-man"** defense (1 defensive player guards 1 offensive player).



Use empty **goals without goalies** for the 1st session to give everyone a chance to practice handling the ball.

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:



Elementary school level



High school level



Outdoors



No equipment



Distancing



Solo

WARM-UP

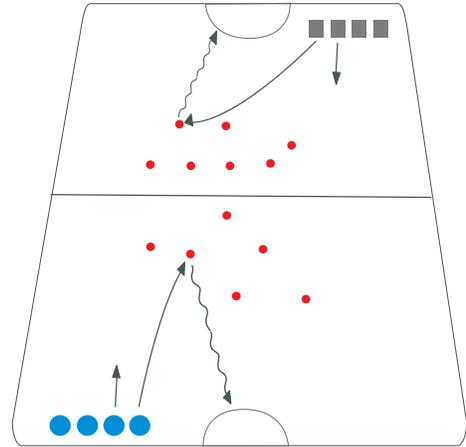
PICK-UP DRILL



EQUIPMENT: 1 and 1 per player, some and 1 per team

OBJECTIVES: Holding the stick properly and covering and retrieving the ball (scooping or rolling and scooping).

Divide the group into **2 or 4 teams** and position them throughout the court. Place the balls on the ground. At the signal, players must pick up as many balls as possible with their sticks (**1 ball at a time**) and put them in their team basket within a specific time limit. They must use only their sticks to retrieve the balls: **scooping** directly under the ball or **rolling + scooping** it (rolling the back of the stick head on the ball towards yourself and scooping it up).



VARIATIONS:

- Use your **feet**, but do not use your hands.
- To put the ball in the basket, **pass** it to a teammate who must do it.



To steal the played ball from an opponent, **cover** it and, in this way, gain immunity for five seconds to pick it up.

WARM-UP

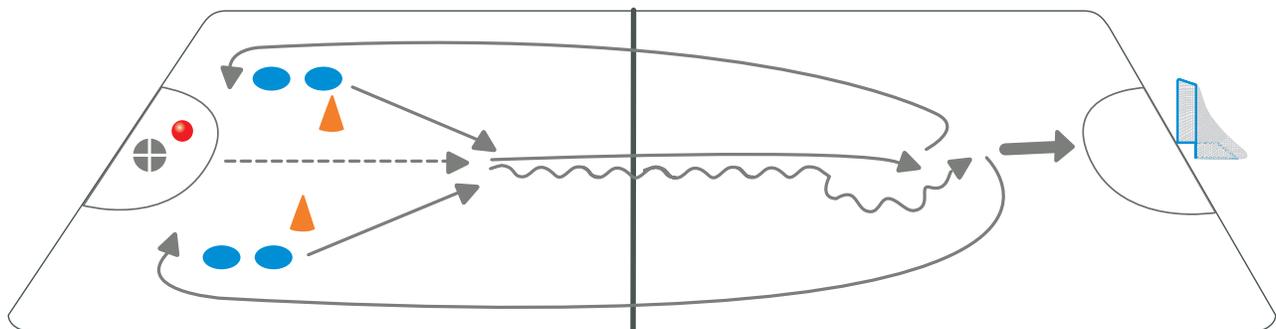
ONE-ON-ONE DRILL



EQUIPMENT: 1 and 1 per player, 2 , some and 1

OBJECTIVES: Shooting at the goal (attack) and applying the "man-to-man" defense (defence).

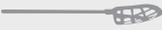
Divide the group into **2 lines** and ask **2 players to play at the same time**. The instructor rolls a ball to the first 2 players in the lines. The 1st player to retrieve the ball becomes the **attacker** and tries to shoot at the goal to score **1 point**. The other player becomes the **defender** and tries to stop him/her (no contact is allowed). If the attacker loses the ball, the first player to get it becomes the attacker (position swaps are allowed).



TECHNICAL ACTIVITY

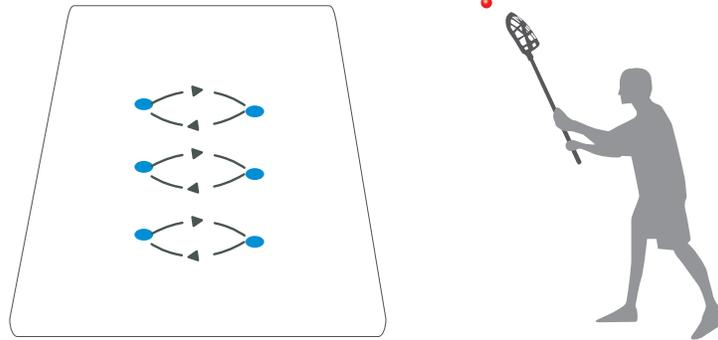
PASSING DRILL



EQUIPMENT: 1  and 1  per player and 1  per pair

OBJECTIVE: Passing the ball to a stationary partner.

In **pairs**, stand side by side, **5 steps from the wall**, to pass the ball to each other. With your stick, throw the ball against the wall about 1 m from the ground, let it bounce on the ground and catch it (wall, ground, catch = **no bounce**). Do this drill **10 times**. Then, try to catch the ball before it bounces on the ground (wall, catch) another 10 times. Do **face-to-face** passes. Complete 10 ground **roll passes**, 10 passes **with 1 bounce** (catapults) and 10 passes **with no bounce** (overhead).

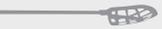


The wall gives your partner time to get into position and catch the ball with the head of your stick. Be sure to keep a safe distance from your partner.

TECHNICAL ACTIVITY

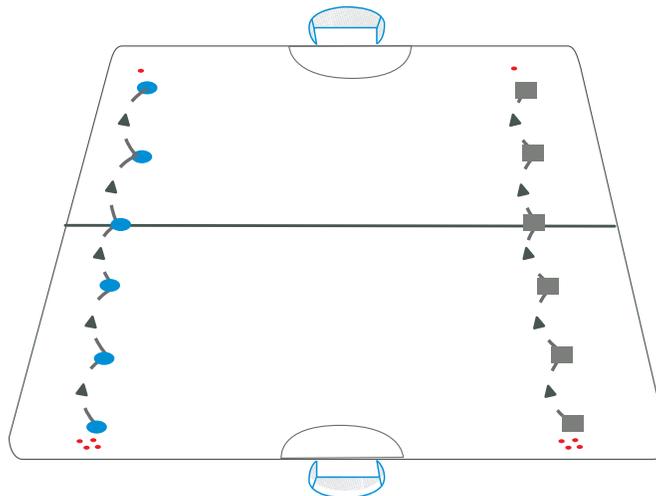
LINE DRILL



EQUIPMENT: 1  and 1  per player and 1  per team

OBJECTIVE: Passing and catching the ball quickly in a game situation

Form teams of **4 to 5 players** lined up within range of their sticks. At the signal, the first player puts the ball in the basket of the next player who does the same. The last player runs back to take the place of the first, and so on. The first team to return to their original spot and sit-down wins!



VARIATIONS:

- Increase the **distance** between players to add more movement.
- Make **roll** and short passes (with one bounce and no bounce at all).

MODIFIED GAME VERSION

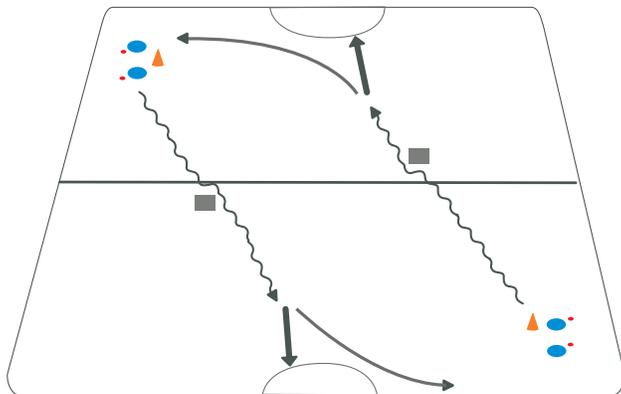
MINI-INTERCROSSE



EQUIPMENT: 1 and 1 per player, 2 and some

OBJECTIVES: Crossing the court to shoot at the goal (attack) and recovering the free ball (defense).

Divide the group into **4 teams**: attackers at the corners and defenders on the sidelines. Play **1-on-1** (1 attacker against 1 defender), then **2-on-1** (2 attackers against 1 defender). When attacking, cross the court without losing the ball to shoot at the goal. If the **defender recovers the ball** or if **1 shot at the goal is taken** (successful or not), the game stops and the next set of players move forward. A successful goal is worth **1 point**.



VARIATIONS:

- Require a **minimum number of passes** before shooting at the goal.
- Add 1 defender (**2 on 2**).



On defense, **do not put pressure** on the ball handler. Try to recover the ball (cover the ball) only if it falls to the ground.

MODIFIED GAME VERSION

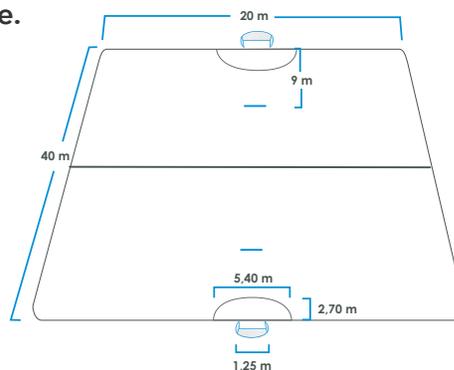
4 ON 4



EQUIPMENT: 1 , 1 and 1 per player, 1 and 1 per court

OBJECTIVE: Scoring as many goals as possible in the allotted time.

Make 2 to 3-minute games with 4 players on each side on a half-court with only 1 goal (without a goalkeeper). One team must win "ROCK-PAPER-SCISSORS" to start with the ball in the backcourt, while the defensive players spread out on the half-court. Make **1 pass** to start the attack. If a defensive player **recovers the ball** (covering the ball or going out of bounds), **this defender** must go back to the goal line to start the attack. A successful shot on goal is worth **1 point**. Require a **minimum number of passes** before shooting.



For more information on **field lacrosse** and **intercrosse leagues** in your area, visit the RSEQ website.

RSEQ.CA