  ***LACROSSE*** STUDY GUIDE 

**I. History**

*Answer the questions by highlighting the appropriate answer in the text or provide the answer as directed*

* Where did Lacrosse originate? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What three sports are most like Lacrosse?
* What were the two reasons for lacrosse play?
* What position plays both offense and defense?
* What skill requires the use of centrifugal force?
* Identify the type of contact/competition in the following lacrosse games:

Men’s lacrosse:

Women’s lacrosse:

Soft lacrosse (PE):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What position is responsible for scoring goals?
* What position has to do the most running?
* How many of each position would a PE team have for 5 players?

Attackers: \_\_\_\_\_\_\_\_\_

Midfielders: \_\_\_\_\_\_\_

Defenders: \_\_\_\_\_\_\_\_

* When catching, the basket opening should be facing the….

Lacrosse is the oldest sport in North America adopted from Native Americans. The players use a stick (crosse) with a net (pocket) on the end to catch, carry and throw a ball into the opposing team’s goal. The game was adapted from “baggataway”, played by Native Americans in what is now Canada and New York. Originally, Lacrosse was played by hundreds of players in games that lasted over several days using goals that were up to 15 miles apart. The tribal lacrosse game was not only played for recreation but was also a method for training warriors. There were even times when games were played between two tribes to settle their differences and disputes.

The inventor of basketball, Dr. James Naismith once said that lacrosse being a unique combination of speed, skill, agility, grace, endurance, finesse and historical significance, that it just may be the best of all possible field games. Four major skill areas include catching, passing , picking up ground balls, and cradling. The sport is a combination of basketball, soccer and hockey. Lacrosse is a fast-transition game often referred to “as the fastest game on two feet.”

**II. The Game and Equipment**

**The Game**

The object of the game is to advance towards the opponents goal by passing and catching the ball and to score points by shooting the ball into the goal. Each goal is one point.

**Contact or Non-Contact**?

Men’s and womens’s lacrosse were played under the same rules with no protective equipment until the mid 1930’s. Men’s lacrosse has evolved to allow stick and body contact although violence is not condoned or allowed. Women’s lacrosse is a game of finesse and skill limiting stick contact, prohibiting body contact and requires no protective equipment. Soft lacrosse played in recreation and physical education prohibits body and stick contact.

A face-off (men’s rule) or draw (women’s rule) in the center of the field starts play each quarter,and after a goal is scored. In PE lacrosse, we “ro, sham, bo” to start game; and after a goal, the defending team begins play with the ball on the center line with a throw .

In a face-off, the referee places the ball between the sticks of two midfielders. The players try to gain possession of the ball at the referee’s signal.

**The Team**

In real competitive lacrosse, a team consists of a goalkeeper, 3 defensemen, 3 midfielders, and 3 attackmen (ten players). Each player uses his/her stick to throw, catch, or carry the ball (A player may run with the ball).

1. ***Attacker*s:** Responsible for scoring goals and usually restricts his/her play to the

offensive end.

2. ***Midfielder*s**: Responsible for covering the entire field playing both offense and

defense.

3*.* ***Defender****s*: Responsible for defending the goal and usually restricts his/her play to

the defensive end.

4. **Goalie**: responsible for protecting the goal and stopping the opposing team from

scoring. The goalie may touch the ball with his/her hands. No players, other than

* Picking the ball up off the ground is called\_\_\_\_\_\_\_\_\_\_\_\_\_.
* How much follow through should one have when throwing?
* What is the penalty for stick contact?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PE Game Positions:

**PE Games:**     defender,        Midfielder,             Attacker/Forward

6 player game:                       2                     2                          2

5 player game:                       2                     1                          2

4 player game:                       1                     3                          0

3 player game:                       0                     3                         0

**Equipment**

****

The lacrosse ball is slightly smaller than a baseball (hardball). When thrown, it can travel up to 100 miles per hour.

* The PE lacrosse ball is soft.

Sticks (or crosse) have:

* Handle: neck on top. Butt on bottom.
* Head: attaches to the handle.
* Basket: netting that catches the ball.
* Pocket: lower part of basket. Holds ball during cradling.

Cradle

* Stick vertical
* Elbows out (hug a tree)
* Move stick ear to nose (creating centrifugal force)
* Wrist action

Throw

* Arm back
* Elbow up
* Step in opposition
* Snap wrist w/little follow through
* Eyes on target
* Head of stick should point toward target

Scoop

* Chest low/bend knees
* Stick parallel to ground
* Head behind ball
* Push stick under and through ball

**Skills & Techniques**

Catch

* Show target
* Basket head up, unless ball is below waist
* Give with ball
* Eyes on ball
* Cradle

**Basic PE Rules**

* Play the ball – not the opponent. **No stick or body contact allowed.**
* No trapping the ball into the basket. Players may scoop. Or, first player to touch ball with basket gains possession but they may not run with ball—only pivot and must throw.
* Ball must be passed over the center line.
* Players may only keep possession of the ball for five seconds (they may run or hold ball).
* Offense must make three passes before a shot can be taken.
* Must keep both hands on the stick.
* No player (offensive or defense) may enter the goalie crease/circle.
* No kicking or touching ball with hands.

**Penalties** 3 push ups for stick contact and playing one-handed. Excessive penalties = laps around track.

Be Safe, Responsible and Respectful.

