



Lacrosse

Study Guide



Answer the questions 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):

I. History

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 opponent's 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 Women'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. **Attackers:** Responsible for scoring goals and usually restricts his/her play to the offensive end.

2. **Midfielders:** Responsible for covering the entire field playing both offense and defense.

3. **Defenders:** 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 the goalie, may enter the circle around the goal. In PE class, we do not play with a goalie.

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?

How many passes before a shot can be taken?

During a PE game, a player cannot _____ the ball.

Players must keep _____ hands on stick.

Can I run with the ball if I don't scoop a ground ball?

Name three ways that you can create space or "get open?"

What are the 6 points for throwing a ball?

What are the 4 points for catching a ball?

PE Game Positions:

PE Games:	defender,	Midfielder,	Attacker
6 player game:	2	2	2
5 player game:	1	3	1
4 player game:	0	4	0
3 player game:	0	3	0

Equipment:

Sticks 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



Skills & Technique:

Catching

- Show open basket toward ball / target
- Basket head up, unless ball is low.
- "Give" with soft hands.
- Eyes on ball

Scoop

- Chest low/bend knees
- Stick parallel to ground
- Push stick under and throw ball--quickly

Throwing

- Arm back
- Elbows up
- Step in opposition
- Snap wrist
- Eyes on target
- Head of stick should point toward target.

Cradle

- Stick vertical
- Elbows out (hug a tree)
- Move stick ear to nose
- Wrist action

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 centerline.
- Players may only keep possession of the ball for five seconds (they may run or hold ball).
- 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.
- 2 passes before shooting (3 different players have to control ball). Passes may hit ground.

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

Choose one offensive strategy and tell why you think it is important?

Choose one defensive strategy and tell why you think it is important?

Is aiming for the corners an effective shooting strategy? Why or why not? Be specific?

Why is it important as a defender to track your stick with the offensive players stick?

Strategies

Offensive

- Protect the ball at all times
- Move toward the net
- Create space by moving to the open space.
- Pass to open teammates - keep the ball moving quickly

Defensive

- Stay between your person and the net.
- Move your feet
- Track the offensive players movements with your stick - wherever their stick goes yours does to
- Play a one to one defense

Shooting

1. Aim for the corners of the net
2. Bounce the ball into the net by aiming a few feet in front of it
3. Use a fast arm action to create a lot of speed.

“Getting Open” (Creating space) - to avoid or get away from a defender you can...

1. Change directions -
 - a. Cut right or left,
 - b. Crossover move - fake one way and go the other
 - c. Spin move - turn 360 degrees to get around them
2. Change speed -
 - a. Go slow and then fast
 - b. Stop and then go
 - c. Go fast, slow down, then speed up again
3. Change level - getting low (squat), running (medium) or high (jump)