



Lacrosse

The Fastest Game on Two Feet!

LACROSSE - AMERICA'S OLDEST GAME

- In the 15th Century North American Indians played lacrosse for recreation as well as a way to settle tribal disputes and to toughen warriors for fighting.
- Games were played by as few as 100 and as many as 1,000 men and lasted two to three days, with play beginning at sun-up and ending at sun-down each day.
- Crosses were made out of wood and gut materials.
- Goals consisted of rocks or trees and were set several miles apart.
- In the early 1800's settlers in Montreal took up the game and then introduced the game to the United States.
- Lacrosse is a combination of football, baseball, basketball, and soccer

PLAYER POSITIONS

Attackers: 2 - 3 players stationed in the offensive zone. Their main responsibility is to shoot or feed the ball to a cutting player so that he/she can shoot.

Midfielders: 2 - 3 players that can run from end to end, and are primarily responsible for moving the ball up the field to the attackers and playing defense when the other team gets the ball.

Defenders: 2 - 3 players that can mark the opposition and shadow their stick to prevent a goal or cause an interception. Should also be able to rebound the ball and pass it to the midfielders so they can move the ball up the field.

Soft Lacrosse Study Guide-

Vocabulary

Ask: As in "ask for the ball": A term lacrosse referring to the action of a player extending his or her stick into the air to receive a pass in order to communicate to the passer.

Attack: The team or player that has possession of the ball, also known as offense.

dislodge the ball. Used in adult games but not in physical education classes.

Clear: A pass usually coming from the goalie to advance the ball from the defensive end of the field to the offensive end of the field.

Cradle: The motion of the stick head to keep the ball in the string pocket.

Cover: Place the stick over the ball.

Crease: The circle that surrounds the goal.

Creating space: The process by which off the ball attackers move and cut to create open pathways for scoring.

Cutting: The movement of a player to get free from an opponent and to move into enough clear space to receive a safe pass from a teammate.

Face-Off: Used to begin the game.

Feed: A pass to a teammate in scoring position.

Flip: Another name for the underhand pass/throw.

Grip: Placement of hands on the stick.

Strong hand at neck of crosse, facing up

Weak hand at bottom (butt-end) of stick, facing down

Soft lacrosse: a non-contact, co-ed, physical education class version of the game of lacrosse which draws rules from men's lacrosse, women's lacrosse, and intercrosse.

Scoop: The act of pushing the head of the stick underneath a ball on the ground in order to bring the ball into the stick. Opposite foot should be forward by the ball, knees bent.

