

Lacrosse Study Guide

History-Native American's first started playing lacrosse. They used wooden sticks and threw rocks back and forth with each other. Today, we have plastic/aluminum sticks and we play using a lacrosse ball (in PE we play with a tennis ball).

Nature of the game-Lacrosse is a game played by both men and women. The women's game is played with 12 players on a field and a men's game is played with 10 players on a field.

Parts of a Lacrosse Stick

1. Head - the plastic part of the stick connected to the handle.
2. Pocket - the strung part of the head of the stick, which holds the ball.
3. Neck- the lower part of the head where the handle is.
4. Sidewalls- the two side sections of the head that connect the scoop and throat.
5. Handle or Shaft - an aluminum pole connected to the head of the stick. The part of the stick that players grasp when executing all maneuvers with their sticks.
6. The Butt End - the lower end of the handle of the stick.

Skills:

1. Cradling-the rocking motion of moving the stick back and forth creating inertia to keep the ball in place. Keep 2 hands on the stick at all times.
2. Throwing-do not take the stick past parallel (because the ball will fall out). Step with opposite foot toward target; pull end of stick back as top hand slides down towards bottom of stick. The head of stick points to target on follow through.
3. Catching-keep your eye on the ball; give a little when the ball hits the net of your lacrosse stick and start cradling.
4. Scooping-used to gain possession of ground balls. Keep 2 hands on the stick, bend your knees and use a shoveling motion. Keep your body moving forward as you scoop.
5. Shooting-similar to passing; used to score a point. In a real lacrosse game you must shoot outside the crease (area in front of the goal).
6. Defense-needed to prevent the opponent from scoring; stick length away from opponent; shadow the opponent's stick.
7. Face Off/Draw-the game is started this way. To do this, put the ball on the ground and both players put their sticks on the ground so the face of the stick is facing the ball. On the whistle, the first person to cover the ball gets control of the ball.

Positions:

1. Goalie-person who stands in front of the goal and tries to prevent the other team from scoring.
2. Defense-players who try to prevent the other team from scoring a goal.
3. Mid-fielders-players who try to get the ball from the defense to the offensive players. Usually assist in scoring and also help play defense.
4. Attackers-offensive players that try to score. These players have the best shooting skills.

PE Class Lacrosse Game Violations:

1. Stick checking-hitting another players lacrosse stick with your stick
2. Cross checking-hitting another player with your lacrosse stick
3. Any body contact
4. One hand on the lacrosse stick
5. Holding the ball for more than 5 seconds
6. Using your hand to pick up the ball and place it in the lacrosse stick
7. Scooping or hitting the ball into the goal—must be thrown into the goal to count.

Health benefits to playing lacrosse- improving cardiovascular endurance and aerobic capacity (improving lung and heart capacity), improving self-esteem, lowers body fat and improves muscle tone.