

Lacrosse Study Guide

History

Lacrosse, the oldest game played in North America, was called bagataway by the Indians of Canada who originated it long before the arrival of the white man. Bagataway did not limit the size of the field or of the teams, which sometimes numbered as many as 1500 men. In later years, when French Canadians adapted this primitive sport, they referred to it as lacrosse because the netted stick resembled a bishop's crosier.

In 1867 the Canadian William George Beers was instrumental in framing the first rules of modern lacrosse. In the United States, Lacrosse is governed by the U.S. Lacrosse Association. This association includes men's and women's teams from the youth through the collegiate, club and professional levels, both indoors and outdoors, field lacrosse. Many modern purists agree the lacrosse is "the oldest, and fastest sport on two feet."

Terms

Assist – pass made to a teammate who scores.

Attack – the three offensive players that operate around the goal area.

Athletic Position – feet slightly staggered, weight on the balls of your feet, knees bent.

Back Door – a cut behind the man guarding you.

Ball Side – person closest to the ball.

Box – the area the stick should be held when receiving a pass. The head of the stick should be parallel to the ear.

Cradling – the rhythmical, coordinated motion of the arms and wrist that keeps the ball secure in the stick and ready to be passed or shot.

Crease – circle with a 9 foot radius around each goal. No offensive players are allowed in the crease.

Cutting – a movement by an offensive player without the ball toward the opposition goal or teammate in anticipation of a pass.

Defense – team not in possession of the ball.

Defenseman – the three defense players that defend the opposing attack.

Dodges – ball carrying maneuvers used for eluding defenders.

Fast Break – moving the ball quickly down the field to score before the defense can set up.

Give and Go – an offensive maneuver involving one player making a pass to a teammate and then moving to the goal for a return pass.

Goal Cage – the 6 by 6 square with a triangular net that you put the ball in to score.

Goalie – the player whose main responsibility is to stop shots on goal while directing the defense to act as a cohesive unit.

Ground Balls – Scoop- the act of picking up a ground ball by sliding the stick head under the ball.

Mid-Fielders – the three players in the center of the field, they play both offensive and defense.

Offense – team in possession of the ball.

Rake – pulling the ball back with the bottom of the head of the stick so that it rolls up into your pocket.

Players on the field at one time in a regulation game.

Men's = 10

Women's = 12

Parts of a Lacrosse Stick

Head – the plastic part of the stick connected to the handle.

Handle or Shaft – an aluminum or wooden pole connected to the head of the stick. The part of the stick that players grasp when executing all maneuvers with their sticks.

Pocket - the strung part of the head of the stick, which holds the ball.

The Butt End – the lower end of the handle of the stick.

The Throat – the part of the stick where the head meets the handle.

Rules and Regulations

1. No stick checks and/or body checks!!!
2. No goalie.
3. You are not permitted to shoot the ball while a defender is moving through the crease.
4. No defender is allowed to leave the person they are guarding to protect the goal.
5. The ball cannot be run over the mid-field line. (Only in P.E.)
6. There must be one catch on the offensive end before you are permitted to shoot at goal.
7. You may not take more than 3 steps before shooting on goal.

Strategies

1. Stay spread out.
2. Communicate with teammates.
3. Get in front of the defense, move to meet the ball. (WORK TO GET BALL SIDE)
4. Cut away from the person guarding you.
5. Pass if you don't have a good shot.
6. When on offense, if you don't have the ball, keep moving.
7. When on defense, stay between the person you're guarding and the goal. Also stay between them and the ball. (STAY BALL SIDE)
8. Two times to cut backdoor: when the defender is in the passing lane. When the defender turns his head to see the ball.