

Lacrosse Handout

1. Lacrosse originated from Native Americans in North America.
2. Lacrosse was later developed into two separate games for men and women. Women's game is played with little body and stick contact, using only protective eye wear. Men's lacrosse has developed into a high intensity contact sport where there is greater body and stick contact. Helmets, gloves, chest and shoulder pads are needed.
3. Although lacrosse has a reputation for being a dangerous game to play, injury statistics prove that it is not. *Lacrosse is one of the fastest growing team sports in the United States* and there are over 500 men's and women's college teams. In the last ten years youth participation has grown immensely, with now around 200,000 high school students playing the game.
4. The object of the game is to maintain possession of the ball and shoot the ball into the opponents net using only the Crosse (no hands).
5. It is **illegal** to use your hands to pick up the ball, only goalies can pick the ball up using their hands.
6. It is **illegal** to use your feet to advance the ball or to pick it up.
7. When the ball is in the Crosse, one should **cradle** the ball to protect it or **carry** it when sprinting in open space.
8. In lacrosse stick checking is legal. In P.E. we use women's lacrosse rules. Quick checks made down and away from the body.
9. **Holding** is a check that is made that holds a stick down in a locked position.
10. **Slashing** is a check that is made recklessly with great force.
11. A free position is awarded to the individual fouled. From the free position you may either pass or shoot. The person who made the foul must stand behind the person passing or shooting.
12. In lacrosse there is out of bounds. If the ball is out of bounds it goes to the opposing team who is awarded possession where the ball went out. If the ball goes out of bounds on a shot whichever team runs and is closest to the ball at the time of the whistle will be awarded possession.
13. A **Crease Violation** is when a part of the body or Crosse goes into the goalie crease.

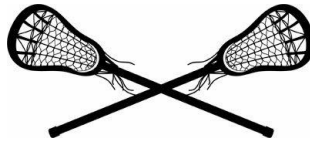
Positions

Attack- Scorer, on offensive end.

Midfield- Plays offense and defense. Responsible for transitioning the ball up the field and applying pressure on the offense coming back down the field.

Defense- Communicating, applying pressure and intercepting passes. Stays on the defensive end.

Goalie- Saving the ball and clearing the ball out to teammates in order to begin the transition up the field.



Offense and Defense

Teamwork and communication is critical on both offense and defense.

Offense:

- A. Move without the ball to create opportunities by **dodging**, making **cuts** and setting **picks**.
- B. Utilize the age old strategy of “give and go” (pass and cut to the goal, looking for the pass).
- C. Be patient, wait for the open pass or shot.
- D. When shooting, aim for the corners of the net either high or low.

Defense:

- A. The defense attempts to stop the offense from scoring by deflecting or intercepting passes, and by forcing to the weak side so a bad shot is made.
- B. Physical contact is not permitted, so the defender must do their best to make themselves big by using their body and stick to block shots and passes.
- C. Defenders play “Man-to-man” defense (similar to basketball)
- D. A defender should stand on the balls of his/her feet, knees bent, low center of gravity, stick should be out away from body ready to mirror the opponents stick.
- E. A defender cannot step in the crease while the goalie is in there.

Lacrosse is a Health-Enhancing Activity: Components of Health Related Fitness

Cardiovascular endurance /Aerobic Fitness: The ability for the heart and lungs to circulate oxygen rich blood to the exercising tissue; the ability to play for long periods of time without getting tired. Lacrosse is high intensity, running around increases heart rate. Playing lacrosse can improve cardiovascular endurance.

Muscular endurance: Muscle or muscle groups ability to exert force repeatedly over a period of time with minimal fatigue. Muscles need to work continuously to move your body up and down the field, bending down when scooping, and full body movement when cradling, passing, and shooting. Lacrosse will build muscular endurance.

Muscular strength: A muscle or muscle groups ability to exert full effort of force against a resistance. Muscular strength is needed to create power when moving quickly and when performing skills such as shooting the ball.

Flexibility: The ability to move a joint through its complete range of motion, meaning how well the body can bend and twist. Flexibility is important to minimize chances for injury particularly when cutting and dodging against the defense. It is also important when bending down to scoop the ball.

Body Composition: The amount of lean body mass (such as bone, muscle, organs and body fluids) compared to the amount of body fat, usually expressed as a percentage. Aerobic activities such as lacrosse burn calories, muscular strength and endurance- muscles cells burn (metabolize) more calories at rest than fat cells, and flexibility helps a body better tolerate aerobic fitness and muscular strength and endurance activities.