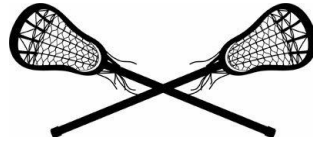


Lacrosse Quiz



Name: _____

Matching (1pt) place the letter that matches best in the space

____ Taken at the start of a women's game and after a goal

A. Mirroring

G. Illegal

____ A Defensive strategy

B. Pass or Shoot

H. Legal

____ A Shooting strategy

C. Face-off

I. Crease

____ Area that surrounds the goal

D. Stand behind

J. Draw

____ Using your feet is...

E. Aim for the corners

____ In a free position a person may either

F. Teamwork & communication

____ The person who committed the foul must

____ Critical to both offense and defense

Fill in the blank (2pts)

1. What is the origin of lacrosse (who did we get it from)? _____

2. Lacrosse has grown into two different games. What is the main difference between men's and women's lacrosse? _____

4. What is the object of the game? _____

Short Answer

5. Describe **four** things a good offense will do. (4pts)

1.

3.

2.

4.

6. **Describe** a good defensive position (what does their body look like). (4pts)

Please CHOOSE **ONE** lacrosse skill. Pretend that you are teaching one of your friends how to perform the skill. Please *list tips* that you would give them in order for them to be successful. *What is an activity you would have them do to practice?* (8pts) **Cradling, Scooping, Passing, Catching, or Shooting**

Lacrosse is a health-enhancing activity. Please **describe how** lacrosse contributes to your health using **one** of the components of health related fitness (cardiovascular endurance/aerobic fitness, muscular endurance, muscular strength, flexibility, or body composition). Explain. (4pts)