

Lacrosse Study Guide

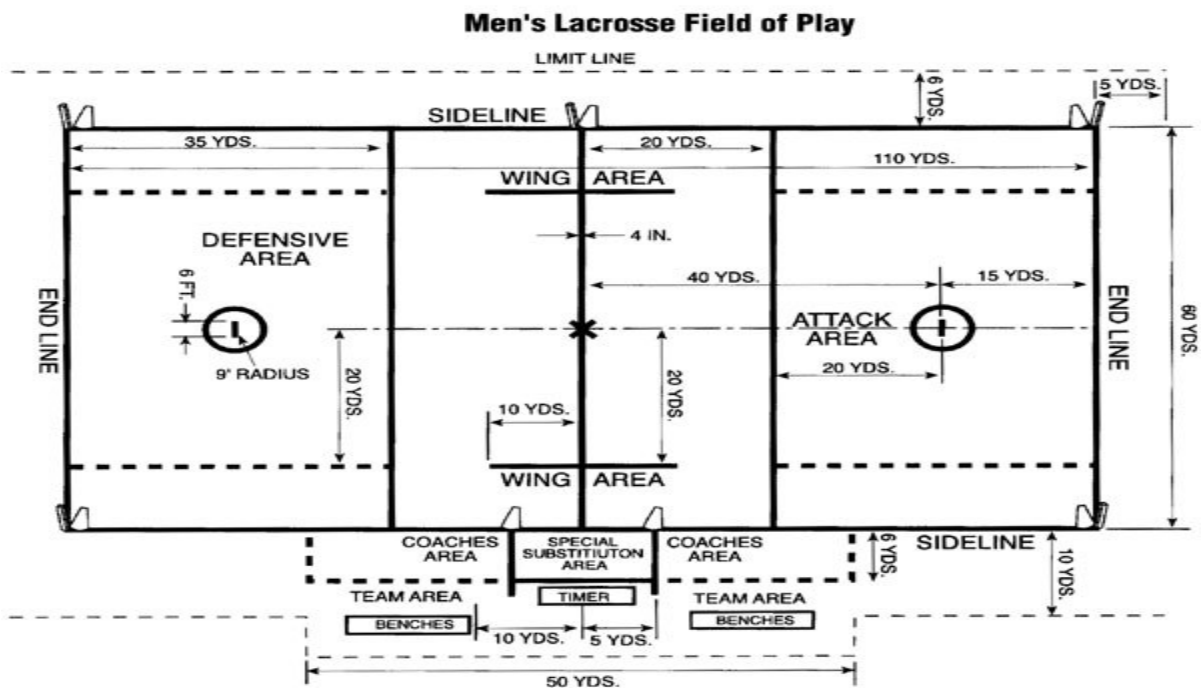
Overview

LaCrosse is a game developed from an American Indian game played by the various tribes in North America. The original game as played by the Indians had no fixed or definite rules. It was midway between a sport and a deadly combat, and often the players suffered death, loss of limb or other serious injury. It was designed as a game of pure amusement. The purpose of the game was for each team to obtain possession of the ball and, holding it in a pocket carved out of a stick, carry it across a specified goal line. The game now has rules so that it is civilized and safe.

LaCrosse is played by two teams of ten players each; each team attacking the opponents' goal and defending it's own. The object of both sides is to put the ball into the goal of the opponent's and to prevent it from going into their own. All the running, dodging, passing, and checking tend to that end. The ball may not be touched by the hands, except by the goalkeeper when attempting to prevent the scoring of a goal. The ball is kept in play by being carried, thrown, batted with the stick, or kicked in any direction within the confines of the playing field. Play starts with a face-off or draw-game in four fifteen-minute quarters. If tied after two overtimes, game remains a tie.

The Field

The game is played on a field 110 yards long and 60 yards wide. There are some lines which are very important: the out-of-bounds lines, the centerline, and the offside lines. The goal is twenty yards from the end line and is in the center of a nine (9) foot radius circle. No one but the goalie may enter this circle (known as the crease). Certain players may not go beyond the mid-field line, they are attack men and defensemen.



Equipment

1. Crosse: midfielder sticks, attack sticks, defense sticks, and goal sticks.
2. Players need: shoulder pads, shin guards, hockey gloves, helmet with cage, elbow pads, cup and kneepads.
3. Goalie needs: helmet with cage, chest protector, shin guards, cup, arm pads, and hockey gloves. Some goalies also wear hockey pants.

Safety

1. Never swing crosse at any player.
2. Both hands on crosse at all times.
3. No body checking at anytime.
4. Clothing worn should be appropriate to weather and field conditions.
5. All broken crosses should be removed.
6. Only field hockey balls should be used in physical education classes.
7. Only stick checks will be allowed and only on the head of the crosse.
8. All players must wear goggles at all times.

Skills

A. HOLDING THE STICK

1. Position of hands:
 - a. shoulder width distance apart on stick;
 - b. lower hand firmly grasps sticks at end;
 - c. upper hand to the middle of stick with a loose wrist;
 - d. keep two hands on stick.

B. THROWING THE BALL

1. Position of body: turn to side (same position used in baseball).
2. Position of stick:
 - a. 45° angle from horizontal;
 - b. upper hand level with ear;
 - c. lower hand 6" – 10" from body;
 - d. face of stick directly to front.
3. Throwing motion:
 - a. upper hand drops back slightly and then follows through with same motion used in throwing a baseball;
 - b. upper hand is not stiff at wrist but snaps when ball is thrown;
 - c. ball leaves stick when head of stick is slightly to front of body;
 - d. lower hand pulls down on end of handle, making circular motion towards body;
 - e. as ball is thrown, body weight shifts from rear to front.
4. General tips:
 - a. Do not push or hook ball out of stick; use wrist action of both hands.
 - b. Do not slide down upper hand on stick.

C. CATCHING BALL

1. Position of body: directly facing the ball.
2. Position of stick:
 - a. head of stick is extended to front of body;
 - b. pocket is completely opened up to ball;

3. When ball hits pocket, head of stick is drawn back with a cushioning action similar to the glove action used in catching a baseball.
 4. Both wrists twist slightly and pocket turns in toward body to keep ball from falling out.
- D. CRADLING BALL
1. Wrist action and arm action:
 - a. upper hand controls stick and does maximum work in keeping ball in pocket;
 - b. stick is grasped loosely by lower hand, allowing to be rotated on palm or heel by upper hand;
 - c. upper hand swings away from body and turns the stick towards the inside with wrist action, then returns to original position.
 2. General tips:
 - a. stick position is at a 30° to 45° angle from horizontal position;
 - b. experienced player does not look at the ball when cradling, he just has feel of it in pocket;
 - c. cradling technique is similar to that used in trying to keep a ping-pong ball on paddle as it is moved back and forth;
 - d. to prove that it is the upper hand which primarily controls the ball, cradle with only upper hand on stick.
- E. SCOOPING BALL
1. Position of body:
 - a. upper body bent at waist and leaning to front;
 - b. knees bent;
 - c. same foot forward as upper hand.
 2. Position of stick:
 - a. 30° to 45° angle from horizontal
 - b. head of stick is squared away to ball
 - c. end of handle is to side of body
 - d. head of stick hits ground approximately one to two inches behind the ball, taking a little dirt with scoop.
 3. Scooping motion:
 - a. ball is scooped up with shovel-like motion;
 - b. ball should remain in pocket and not be flipped high in air;
 - c. once ball is in stick, player assumes normal running position.
- F. SHOOTING BALL
1. Outside shot (12 yards or more)
 - a. shoot ball with overhand motion and good follow through;
 - b. make sure the goalie is screened – bounce ball.
 2. Close-in shot (12 yards or less)

Objectives

The student will be able to demonstrate:

1. Passing the ball accurately to a fellow teammate.
2. Cradling the length of half the field with control and correct form.
3. Scooping with correct form for half the lacrosse field.
4. Catching the lacrosse ball in the correct form five (5) times.
5. The correct knowledge, skills, techniques, terms, rules, and strategy of lacrosse on a written test.

6. The ability to line up on the field in the correct positions of mid-fielder, attack, defense, and goalie.
7. An appreciation of lacrosse and form desirable social traits necessary to participate in team play.

Use and Care of Equipment

1. All equipment will be stored in proper containers and storage space.
2. No misuse of equipment at any time:
 - a. slamming sticks on ground;
 - b. throwing sticks;
 - c. abuse of goals and balls;
 - d. do not let student throw rocks with crosse;
 - e. both hands on crosse at all times.
 - f.

Basic Rules

1. No attacking player may enter the goal crease.
2. Only the goalkeeper may touch the ball with his hand.
3. If the ball goes out-of-bounds, it is given at that spot to the side opposite of the player who touched it last.
4. On a try for a goal, if the ball goes out-of-bounds, it goes to the player who is nearest the ball when it went out-of-bounds.
5. No unnecessary roughness nor unsportsman-like conduct is allowed. This includes fighting, hitting the body with the stick, tripping, body-checking from the rear, or any other illegal check.
6. No player may interfere with the progress of an opponent unless the opponent has possession of the ball, or unless both players are within five (5) yards of a loose ball.
7. When a player commits a foul, he is out of the game and in penalty box for a period of 1 to 3 minutes. If a team is penalized, the other team is awarded the ball.
8. The object of the game is to score goals by throwing the ball into the goal of the opposite team.