**Lacrosse Notes**

Lacrosse is the oldest sport in North America. It is similar to Ice Hockey & Soccer

**Objective:** score a point by shooting the ball into the goal

1. **Three types of Lacrosse**
   * 1. Men’s
     2. Women’s
     3. Box - indoors
2. **Requirements**
   * 1. Fitness
     2. Eye – Hand coordination
     3. Stick handling skills
        1. Throwing – to pass ball or shoot on goal
        2. Catching – to stop the ball in the basket of the stick
        3. Scooping – picking up a ball on the ground
        4. Cradling – moving the arms and wrist to keep the ball in the stick pocket
3. **Fouls & Violations**
   * 1. Foul – illegal physical contact
     2. Penalty box – when removed from game because of a foul
     3. Violation – breaking a rule of play
4. **Terms**
   * 1. Offense – the team with possession of the ball
     2. Defense – the team which does not have possession of ball
     3. Zone – covering an area of the field
     4. Match-Up – guarding an individual
5. **Players**
   * 1. Defense – stay in defensive half of field. Try to prevent goal being scored.
     2. Midfielders – play whole field, help Defenders and Attackers.
     3. Attack – stay in offensive half of field. Try and score goal.
6. **Differences in Men’s and Women’s Game**

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| Men’s | Women’s |
| Deep pocket on stick | Shallow pocket on stick |
| Full contact sport | Limited contact |
| 10 players on field  3 defenders  3 middies  3 attackers  1 goalie | 12 players on field  3 defenders  5 middies  3 attackers  1 goalie |
| Can kick the ball | Cannot kick the ball |
| Can cover the ball and rake | Cannot cover the ball – must scoop |
| Game begins with a “Face Off” | Game begins with a “Draw” |

**Field**

