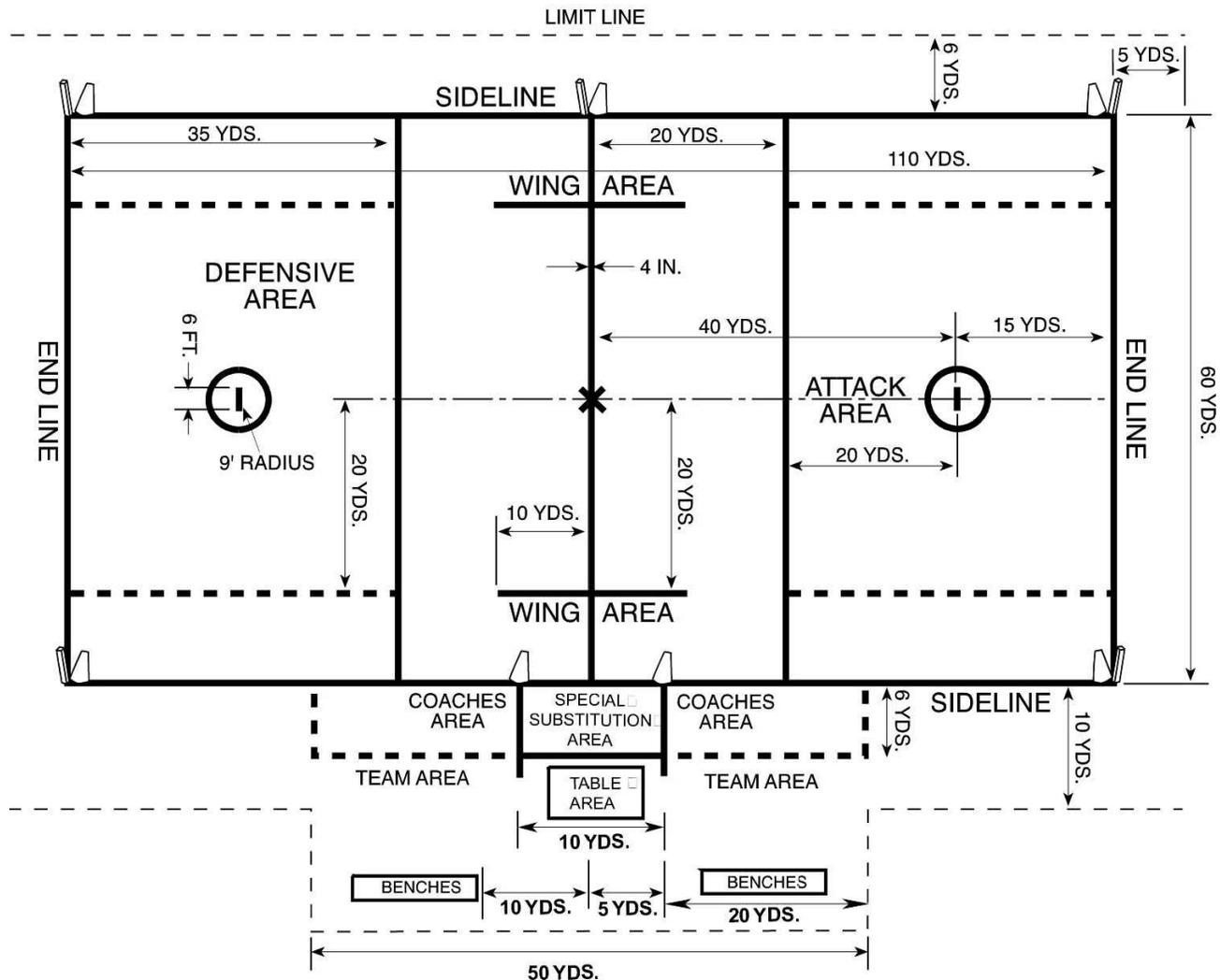


Do your players and their parents know that the game of field lacrosse is the original version of the sport, played around the world and more popular globally than the indoor, or “box” version played in Canada and parts of the United States? While the equipment used by players is similar to box lacrosse and the object is still to score goals, that’s where the two sports start to diverge. Perhaps this hand-out will help educate those new to the sport, or those who still have trouble understanding the game.

1. THE FIELD - The layout of the field of play is as such:



2. THE GAME

General

- There are ten players on the field instead of six in box lacrosse (or “boxla”), similar to soccer.
- There is a goalkeeper, three defencemen (or “big-sticks”), three midfielders (or “middies”), and three attacks. The defence must always have four players on their side of center, usually the goalie and three defencemen and the attack must always have three players on the opposite side of center.
- As in boxla, the intent is to score a goal into a net (larger than boxla at 6’ wide x 6’ tall x 7’ deep [1.83m x 1.83m x 2.13m]), line changes occurs “on the fly” and a number of the infractions (called “fouls”) are similar to the “penalties” in boxla.

Time of the Game

- Instead of three periods, there are four quarters, running time, with the time depending on the league and age group.
- The last three minutes of the second half (or fourth quarter) is normally stop time unless the score spread is greater than 5 goals.
- During running time, the play will only stop for time-outs, whether called by either team, or by an official for an injured player, etc.
- Since there is no scoreboard, the timekeeper must:
 - Come onto the field and say “clock’s on” with 30 seconds remaining in any quarter.
 - Loudly count down from 10 seconds down to 1, then call out “time” once the quarter/half is done.
 - The referee will blow his/her whistle to signal the end of each period.
- Unlike boxla, there is no shot clock (i.e. the team having 30 seconds after it gains control of the ball to get a shot on goal; with failure to do so resulting in a turnover of possession)

Required Equipment

- Helmet with a face shield (both CSA approved) having a chinstrap secured on both sides, mouth guard, protective gloves (hockey gloves are okay), appropriate footwear, athletic support (recommended that males must wear a “Jock” with plastic cup and females must wear a “Jill”), arm guards (recommended), kidney/rib/back slash guards (recommended).
- Play will be stopped if a player is in the scrimmage area and has lost any of the above equipment.
- Any equipment the referee feels is dangerous can be removed from the game (e.g. jewelry).
- The goalkeeper shall not be able to wear any more extra equipment than shin guards, a throat guard, and a chest protector.

Stick Dimensions

- Sticks must be between **40 and 42 inches** in length, and between **4 and 10 inches** in width at the widest point of the head of the stick.
- The guard stop must be a minimum of **10 inches** from the end of the head of the stick.
- Each team is allowed 4 “big sticks” on the field at any one time – these sticks must be between **52 and 72 inches** in length, and must also be between **4 and 10 inches** in width at the widest point of the head of the stick.
- The goalkeeper’s stick may be of any length, however the inside width of the head of their stick must be **15 inches** or less.
- If a goal has been scored, and before the next dead ball, the stick is declared illegal for any reason, the goal shall be disallowed.

Pre-Game

- The coach may designate one captain and two alternates (assistants), and must designate an “In-home” to serve bench penalties and fouls for players who have either been ejected or could not be identified – this rule is designed to keep the play flowing, and a “Designated Defender” to serve penalties to the goaltender.
- Two minutes prior to game time, each team’s starting line-ups come out to center, with their left shoulder facing the goal that they are defending.
- The Head Referee introduces himself/herself and all of his/her partners for the game, and he/she also discusses how the game will be called, along with any potentially dangerous field conditions.

Face-Offs

- Can only be taken right-handed.
- On a center face-off, there must be a goaltender and three defencemen in each restraining area, as well as three attacks in each restraining area, unless the team is short-handed.
- Unlike boxla, a face-off cannot be conducted with only one player facing off if the other team is not there for the face-off – this must be called as illegal procedure.
- In a short-handed situation, one player can move up and play on the wing, provided he/she does not go offside – they must stay on his/her side of center.
- If a player’s foul time is expiring before the face-off is started, he/she must wait for possession to be called before they can enter the field, unless the bench-side wing area is open.
- When the play is blown in on a face-off, only the wingers are allowed to move towards center and make an effort to play the ball - the players in the end zones must wait for the possession signal before they can move in and try to play the ball.
 - The players on the wing lines may set themselves anywhere along their respective lines, but they must not cross the line until the whistle has blown to start play.
- When taking a face-off, a player cannot:
 - check the other taking the draw while he/she is down facing off – this is considered an illegal body check.
 - check the other taking the draw from the rear, kick through one’s own stick, or kick through the opponent’s stick.
 - withhold the ball on a face-off – one can “clamp” on the ball, but after this, there must be a legitimate effort to move the ball.
 - As a result, withholding the ball in field lacrosse is not called as tightly as a trap ball in boxla.
- Unlike boxla, the heads do not have to clear before the players facing off can stop drawing the ball.
- In field lacrosse, if a player has the mesh of his/her stick pushed in on a face-off, he/she is not required to adjust his/her stick back to normal as he/she is in boxla.
- Players outside of the restraining area must remain there until possession or “free ball” has been called by the nearest official – done by shouting “possession” loud enough for all the players to hear, and winding his/her arm in a clockwise motion.
 - Free ball is when the ball has come outside of the neutral zone of the field, into either the defensive or attacking area.

Ball Out of Bounds

- If the ball goes out of bounds off of a pass, the ball is awarded to the team who did not touch it last.
- If the ball goes out of bounds off of a shot on goal, the ball is awarded to the player closest to the ball **where** it went out, **when** it went out.
 - In the event that no one is chasing the ball, and the ball has crossed the end line on a shot with no one behind the net, the goaltender will be deemed closest to the ball, and possession will restart with the defending team, 20 yards laterally from their goal.
- A shot is considered a shot until the ball comes to a complete stop, or a player has added impetus to the ball.
 - If a player tries to pick up the ball, the ball is still moving in the same direction, and the ball still goes out of bounds, it is still considered a shot.
- If the player causes the ball to go out of bounds, possession will be awarded to the other team.

Penalties – are referred to as fouls in field lacrosse.

- Technical fouls are fouls of a less serious nature.
 - Causes a turnover to the non-offending team if the ball was loose, or the team committing the technical foul was in possession (similar to minor interference in boxla).
 - Is penalized by a 30-second, time-served penalty when the non-offending team is in possession of the ball.
 - Examples of technical fouls include pushing, holding, interference, warding off, crease violation, offside and illegal procedure.
- Personal fouls are fouls of a more serious nature.
 - Can be either 1, 2 or 3 minutes in duration, depending on the severity of the foul – player is not ejected when receiving any of these.
 - Examples of personal fouls include slashing, cross-checking, unnecessary roughness, illegal bodycheck and unsportsmanlike conduct.
- The penalty will not start until the penalized player has sat down in the penalty area, and the play has started.
- The ten second rule is not in effect in field lacrosse when the attacking team is short handed.

Technical Fouls

- On the scoring of a goal, technical fouls which made the team being scored on short-handed are washed out.
- Crease violation.
- Illegal offensive screen – called instead of an illegal pick.
- Illegal procedure – called anywhere in the rules where legal procedures are not being followed properly, and are not covered adequately elsewhere in the rule book (e.g. delay of game).
 - You cannot participate in the play without a stick.
 - You cannot participate in the play while out of bounds.
 - There cannot be more than 10 players on the field for any one team at once.
- Illegally re-entering the crease.
 - You cannot run back into the crease with the ball.

- You are, however, allowed to pass the ball back to your goalkeeper as many times as you wish.
- Illegally touching the ball – cannot touch the ball with the hands.
- Interference – cannot touch an opposing player who is more than nine feet away from the ball.
 - You can run alongside an opposing player when defending, or apply equal pressure, provided the pressure given is not excessive.
 - There is no zone in front of each net where contact can be made off of the ball.
- Pushing – called instead of checking from behind.
 - Any player cannot push their opponent with their stick on a loose ball.
 - If a check or push from the rear is dangerous or excessive, it can be called as an illegal body check.
- Warding off – called instead of a free hand.

Crease Play

- A technical foul is called when someone steps in the opposition's crease when their team has possession of the ball in the attack half of the field.
 - This applies to anyone on the attacking team who makes contact inside their opponent's crease.
- There is **no imaginary cylinder** – if the ball goes into the goal before any part of the player, in the act of shooting, touches the ground or goalkeeper, the goal shall count.
- Only the goaltender is protected by the crease – all other players in possession of the ball within their own crease can be checked, provided no other part of the player checking is within the crease.
- An attacking player can play a loose ball in the crease, provided contact is not made with the goaltender, and no other part of the attacking player's body is in the crease at the time.
- An attacking player is able to catch a pass within the crease, provided no other part of the player's body is touching either the crease or goal – he/she is still allowed to fake a shot in the crease.

Goalkeeper and Goalkeeper Privileges

- Has **four** seconds to move the ball out of the crease.
- In field lacrosse, possession, and therefore the 4-second count, begins when the goaltender has clamped on the ball in the crease. In boxla, possession, and therefore the 5-second count, begins when the goaltender has possession and control of the ball.
- Has the protection of the crease until an outlet pass has been completed.
 - This means that if contact is made **outside** the crease, and the goalkeeper still has the ball in his/her stick while completing the pass from **inside** the crease, a 30-second technical foul can be called for interference.
- Any player may pass the ball back to their goalkeeper, in the crease, as many times as they would like.
 - Similar to boxla, a player in possession of the ball may not walk back into the crease with the ball.
- Anytime play restarts, the goalkeeper can never restart with the ball in his/her own crease – they must start 20 yards laterally from the goal.

- Must have his/her own penalties served by the designated defender.
- Can run up the field with the ball and over center, provided another player is coming back behind center to cover for the player shortage (“middie back”) - there must be four players in the defending half at all times (see Offside).
- Unlike boxla, the play is not stopped automatically if he/she receives a shot flush in the facemask – play will obviously be stopped if injury results as a result of the shot.
- Unlike boxla, the goalkeeper cannot be pulled out another attacking player.

Offside

- The defence must have four players on their side of center, usually the goalie and three defencemen.
- The attack must have three players on the opposite side of center.

Personal Fouls

- Five **personal fouls** constitute a game expulsion.
- Personal fouls are **not** released on a goal, and are always served in their entirety.
- A 3-minute personal foul does not also carry a game expulsion, unless other penalties have been assessed to the offending player.
- Slashing – called for any high sticking, spearing or butt-ending (spike check) infractions.
- There is no personal foul in field lacrosse for a follow-through slash.
 - All of these infractions fall under slashing in field lacrosse.
- “Spike checks” (performing a stick check by grabbing the head of the stick and coming down with the shaft of the stick) are permitted, but can be called as a foul if they are excessive.
- Illegal body check – called instead of elbowing.
 - You can run at and check a player on a loose ball, provided the check is below the shoulders, above the waist, and from the front. The check also must be within 9 feet of the ball.
 - You cannot body check a player who is on the ground (i.e. in a “vulnerable position”).
 - Late checks are to be called tightly, particularly after the scoring of a goal.
- Unnecessary roughness – called instead of roughing.
 - You cannot hit a player after he/she no longer has possession of the ball, and the ball is more than 9 feet away when contact is made.
- Cross checking.
 - Players cannot check an opponent with their hands apart, regardless if a cross-checking motion has been made or not – their hands must be together when a check is being made.
- Tripping.
- Unsportsmanlike conduct.

Calling of Fouls

- Instead of raising the non-whistle hand in the air to signal the calling of a penalty, field lacrosse referees throw a flag for a foul and say, “flag down” – this is considered a “slow whistle”.

- If the infraction happened in the non-offending team's defensive end, the referee raises the flag and carries it until either the play stops, or the play is over center.
 - This stops delays in retrieving the flag after play has stopped.
- A slow whistle play is not completed until:
 - A shot on goal has been taken
 - The ball has touched the ground (with the exception of a bounce pass)
 - The team without the flag down commits a foul
 - The ball goes twice behind the net
 - The ball has come out of the attack area
 - The scoring opportunity is lost
 - Any other instance where the play would be stopped
- Unlike boxla, when a second foul occurs, the play is not blown dead immediately.
 - An unlimited number of fouls can be called on a flag down/slow whistle, and play is only stopped when one of the above criteria is met.

Restarting After a Foul / Simultaneous Fouls

- In field lacrosse, coincidental penalties are called simultaneous fouls.
 - These are fouls occurring to each team, between the time the play is stopped, and the time the play is restarted.
- Similar to new boxla rules, on simultaneous fouls, the team with less foul time will start with the ball.
- There is no requirement to start the play in the neutral zone after a foul has been called – the play will restart as close to the location where the infraction took place as possible, subject to being at least 20 yards away from the goal.
- Unlike boxla, if, on a play, both teams committed a technical foul, the technical fouls would cancel, and the team in possession of the ball when the play was stopped will retain possession.
- In both of the above instances, if, on a play, both teams have the same total penalty time, and the ball was loose when the play was stopped, there will be a face-off as close to the spot where the play was stopped as possible, subject to being at least 20 yards away from the goal.
- If the defending team was fouled in their own end of the field, and the play ends while the ball is still in the defending end, the team that was fouled will restart with possession at center – this is referred to as a “free clear”.
- When the play restarts, the referee blowing the play back in will let the goaltender know where the ball is coming in – this is done relative to where the goalkeeper is standing (i.e. top middle, behind right, etc.).
- If there is an **extra man** situation at the end of any quarter, and there is a team clearly in possession of the ball when the quarter ends, that team will retain possession of the ball at the same relative location on the opposite side of the field (since the teams will be changing ends).
- Similar to boxla, if a foul is called **after the scoring of a goal**, there will be no face-off at center – the team that was fouled will begin with the ball, subject to the usual rules of restarting play.
- Unlike boxla, if a foul is called **after the completion of a quarter**, there will be no face-off at center – the team that was fouled will begin with the ball, subject to the usual rules of restarting play.

Calling of a Shot

- Instead of calling “shot” when the shot on goal has already happened, and signaling with the whistle hand, in field lacrosse the referee calls “shot” the instant the ball leaves the player’s stick. This way, the players know if they should chase the ball towards the line it is going out of bounds to get possession of the ball on the next restart.
- No signal is made to signify that a shot on goal has occurred.
- If the referee feels it was a pass and not a shot, nothing is said – the team which will start with the ball will be the team who did not touch the ball last, exactly as is done in boxla.

Time-Outs

- Can be called by the coach, the captain, or the ball carrier in the **attack half of the field** or on any **dead ball** (see the Dead Ball section for the definition).
 - While the play is live, either team cannot call a time-out if they are in possession in their own half of the field, or if the ball is loose.
- Two time-outs, 90 seconds in duration, can be called per **half** per team.

Dead Ball

- Unlike boxla, where a dead ball is a goal, penalty or time-out, a dead ball in field lacrosse is any time the play is stopped.
- A time-out can be called any time the play is stopped, and any time the play is running, provided the team calling the time-out is over center and in possession of the ball, and the time-out is called by either the player in possession of the ball, a captain or the Head Coach.

Shot Clock / Stalling

- There is no shot clock in field lacrosse.
- A “stall” may be called at any point in the game to the team which is full strength to ensure the ball is being carried forward towards the goal.
 - **Either team** can be guilty of stalling at **any time**, provided they are **full strength** – it does not matter if the team is winning or losing.
 - A team that is short handed cannot be guilty of stalling.
 - The stall warning must be agreed upon by **all** officials.
- This mechanic is similar to what the offending team should do on a flag down situation or “slow whistle” (i.e. the ball cannot come out of the attack area once it is taken in).
- All stalling does is limit the field they can move the ball in – once inside this area, they cannot be penalized for stalling.
- Unlike the National Lacrosse League, over and back is not called once the attacking team gets the ball over center, and the ball goes back over the center line.

Player Ejections

- When a player is ejected from a field lacrosse game, it is called a game expulsion.
 - With the exception of receiving five personal fouls in a game, the team penalized will be short-handed for 3 minutes, and the time will be served by the In-home.
 - If there are players from both teams receiving expulsion fouls, a substitute is not required to serve the non-releasable 3-minute foul time.

- A player can be given a game expulsion for:
 - Receiving five **personal fouls** in a game.
 - Deliberately striking or attempting to strike an opponent, coach or team official.
 - Any team personnel pushing past an official to join in a fight.
 - Third man in an altercation.
 - Continued use of foul or abusive language, or refusal to accept the officials' ruling.

Illegal Equipment

- The referee has the authority to remove any equipment from the game if they feel it is dangerous and could potentially cause injury.
- In field lacrosse, illegal equipment must be called by the requesting team's captain or coach, whereas in boxla, illegal equipment must be called by the requesting team's captain.
- In field lacrosse, if the stick is found to be legal, there is no penalty for the first request a coach makes for an illegal stick. In boxla, if the stick is found to be legal, the team requesting the measurement in box will be assessed a minor penalty for delay of game.
- When a request is made for a stick measurement in field lacrosse, the team requesting the measurement does not have to specify what they would like measured – the stick is measured for **everything**.
- When a request is made for a stick measurement in boxla, the team requesting the measurement must be **specific** as to what they would like measured.
- In both box and field lacrosse, the stick must be on the playing floor/field at the time the stick measurement was requested.
- In field lacrosse, if the crosse has minor issues with it (e.g. pocket too deep, strings hanging longer than two inches, multi-colored mesh) there is a **warning** given to the player with the illegal equipment to make any necessary adjustments.
 - If the player returns with that stick without having made the appropriate adjustments, they will be given a 30-second technical foul, and the stick will be removed for the duration of the game.
- Also, if the foul is to do with trick stringing or construction of the crosse, the player with illegal equipment is given a 3-minute personal foul, and the illegal equipment is removed for the duration of the game. **The player has no opportunity to adjust their stick in this instance.**
- In boxla:
 - if the stick is illegal in the dimension requested by one of the requesting team's captains, the offending player will serve a 2-minute minor for playing with an illegal stick, and the stick will be removed for the duration of the game;
 - if the stick being measured belongs to the scorer of the last goal, and the stick is found to be illegal, the goal will **stand**, and the player will serve a 2-minute minor for an illegal stick.
- In field lacrosse, if the stick being measured belongs to the scorer of the last goal, and the stick is found to be illegal, the goal shall be **disallowed**, and the player will serve a 3-minute penalty.
- In both box and field lacrosse, a request for a stick measurement cannot be made after a sudden-death goal has been scored, as the game has been completed.

Outdoor Conditions

- The game **must** be suspended or stopped in the event of an electrical storm.
 - The rule to use for this is a 30-second “flash to bang” count. If there is less than 30 seconds between the lightning and the thunder, play will be stopped immediately.
 - 30 minutes after the last lightning strike, the game can then be restarted.
- If the ball becomes stuck in mud, allow four seconds for the players to retrieve the ball, and then have a face-off close to that area if it has not been freed yet.

Overtime

- Similar to boxla, overtime will only happen in medal round or championship games – all other games will remain a tie.
- In the event the game is tied at the end of regulation, there will be a 5-minute break, where the teams will change ends.
- Instead of playing a full 10-minute overtime period, as is done in boxla, there will be two full periods of 4 minutes played. Both periods will start with a face-off, and the teams will change ends between periods.
- If the game is still tied after the two 4-minute periods, there will be a 1-minute break, followed by a coin toss to determine which end the coin-toss winner would like to attack.
- The teams will then play 4-minute, sudden-victory periods until a goal is scored, thus determining the winner.

3. GLOSSARY

- 2-on-1 The offensive situation where an attacker has beaten his/her check to create a man advantage going into the offensive zone (similar to 3-on-2, 4-on-3).
- Attack The attacking player who plays the offensive side of centre field.
- Backhand The act of shooting or passing from behind one’s back.
- Big Stick Another name for the defence player who carries a stick between 52-72” (132-183cm) and plays the defensive side of centre field.
- Breakaway One-on-one (shooter on goalie) scoring opportunity.
- Checking The defending player contacting the attacking player or the player’s stick.
- Clamping Placing the head of the stick over the top of the attacking player’s stick.
- Controlling The defending player keeping an attacking player in check in order to keep offensive threats to a minimum.
- Cradling The rocking motion of the stick used to gain a feel for the ball and to keep control.
- Crease The 9’ radius area around the goal that cannot be entered by the opposition.
- Crosse Another name for the lacrosse stick.
- Defence The part of lacrosse that is played when the opponent has the ball and is associated with protecting the goal area.
- Dodge A 1-on-1 move where a deliberate step is taken in one direction followed by an explosive step in the opposite direction.
- Draw Pulling and turning the stick during a face-off.
- Face-off One method of starting or re-starting play.
- Fake Performing a movement (pass or shot) without completion to fool the opponent.

- Give & Go Passing then quickly going for a return pass.
- Left-handed The player's dominant hand is the left hand and is located at the throat of the stick.
- Loose Ball The status of the ball when it is not in control of either team.
- Middie Another name for the mid-fielder, who can play anywhere on the field.
- Out of Bounds The area of the field designated as a non-playing area.
- Outlet Pass The first pass from the goaltender or defender that begins the transition from defence to offence.
- Overhand A shooting or passing motion created by moving the stick down from above and just off the shoulder.
- Overload The offensive strategy of moving one or two extra players into one area of the field.
- Personal Foul 1-3 minute suspensions from play for more major infractions such as high sticking, slashing, cross-checking, tripping and unnecessary roughness.
- Pick Blocking the path of a defender so he/she cannot follow his/her check.
- Pick & Roll The setting of a pick and then turning to receive a pass.
- Power Play The situation when one team has a player advantage as a result of a foul.
- Quick Stick Catching and then passing or shooting in one motion.
- Ready Position A method of holding the stick with two hands so that the head of the stick is near the shoulder and ready to receive a pass or check.
- Right-handed The player's dominant hand is the right hand and is located at the throat of the stick.
- Scoop A method of picking up the ball by accelerating the head of the stick under the ball.
- Short-handed The situation when one team has fewer players allowed on the field than the opponent as a result of a foul.
- Side Arm Shooting or passing the ball by swinging the stick through the horizontal plane at the waist.
- Sliding The act of leaving one's check to help a teammate.
- Stick Side The defensive position taken to defend the attacking player's stick.
- Sub Shot The shot that is taken with the stick moving in a plane below the waist.
- Switch Exchanging checks with a teammate.
- Technical Foul 30 second suspensions from play for more minor infractions such as holding, interference, pushing, illegal pick, stalling and off-side.
- Trap & Scoop Placing the head of the stick over the ball to stop its movement and then scooping the ball into the stick.
- Triple Threat The stick is held with two hands so that the body is between the stick and the opponent and in such a manner that the player can pass, shoot or go around their opponent.
- V-Cut The one to three step-move of an attacking player to engage the defender and then with a quick reverse step, move to get open to receive the ball.
- Weak Side The side of the field with the least number of players.
- X-Position The position taken by an attack behind the opponent's goal as part of the team's offence.

4. **TIPS FOR PARENTS.** Refer to Coaching Bulletin #3 – Parental Support - the Key to Peak Performance.

5. LACROSSE SKILL TIPS FOR PLAYERS

• LOOSE BALLS/SCOOPING

- Try to keep two hands on your stick when fighting for a loose ball.
- Never wait for a loose ball to roll to you; always attack it and win the fight for it.
- If you lose the fight for a loose ball, continue to badger your opponent to prevent a quick pass or rush.
- Scooping a loose ball is easier if you keep the butt of your stick handle low to the ground.
- Keep your body low to the ground and in between the ball and your opponent. Keep your hand nearest the butt end of your stick down, explode through the ball, and immediately cradle and tuck your stick. Look to pass right away or run away from pressure.

• CRADLING

- Become ambidextrous (cradle left-handed and right-handed). Spend half of each practice with the stick in your weak hand.
- When being checked, turn your non-stick side toward the checker and take the impact in your upper arm, not your back. If you beat your opponent with a one-on-one move, quickly tuck your stick in front of your body to avoid a stick check.
- Cradling, the side-to-side, up-and-down, back-and-forth rocking motion of the stick can be achieved several ways. Following are three common cradle tactics:

Small Cradle

- Use a small side-to-side or up-and-down motion.
- Use a continuous swinging action with your top-hand wrist while you hold the stick in cocked position.
- Rotate top-hand wrist side to side so the stick rocks side to side.
- Rotate top-hand wrist up and down to cause stick to swing up and down.
- Keep hands placement the same for shooting and passing.
- Butt of stick should turn in bottom-hand grip.

Medium Cradle

- Use the medium cradle (up-and-down motion) when you're running down the field in heavy traffic. The swinging motion creates centrifugal force to help keep ball in the stick.
- Use your top-hand wrist to create the cradle.
- While holding shaft (mainly with the fingers), straighten the fingers and let stick roll downwards to fingertips.
- Curl fingers and wrist upwards as you bring the stick up. Top-hand wrist and forearm moving simultaneously upwards and downwards create the cradle motion.
- Keep hand placement wider than passing and shooting.
- Place top hand on the shaft near throat of the stick and bottom hand gripping the stick butt.
- Stick turns in bottom-hand grip.

Large Cradle

- Use the large cradle, a back-and-forth-rocking action of the stick, mainly when taking a check.

- Hold stick vertically to the ground.
 - Create a swinging motion with your wrist, forearm and upper arm of the top hand moving back and forth.
 - Grip the stick at the throat with your top hand. The motion of your wrist and forearm creates force, keeping ball in the stick.
 - Keep loose bottom-hand grip, allowing the stick to rotate within it.
 - On contact from the crosscheck, make sure top-hand wrist is rotating forward.
- PASSING
 - Pass from the shoulder, facing your target.
 - When making the overhead passing motion, shift weight from the back foot, rotate hips and shoulders, and drive arms to generate force.
 - Always follow-through in the direction of your target.
 - Avoid telegraphing your passes. Don't look directly at your passing target. Practice making the no-look pass, but only try it in a game if you're confident of the accuracy.
 - When throwing to a teammate who's on a breakaway, it's better to make the pass too long than too short.
 - When preparing to receive a pass, hold your stick in front (not to the side) about a foot over your shoulder.
- CATCHING
 - Place your bottom hand on the butt of the stick.
 - Hold the stick lightly so it rotates in your hand easily.
 - Place your top hand slightly below the mid-point of the shaft about 8 inches from your bottom hand. Use your top hand for power and to guide the stick.
 - Keep a loose grip when you catch. If you tighten up, you end up fighting the ball.
 - Always give the passer a good target by lining up the pocket.
 - Catch the ball in the same position you throw from, and catch the ball in the same spot in the pocket that you throw from.
 - Be ready to pass the ball BEFORE you catch it - have your stick up and ready.
 - Keep your eyes on the ball as it approaches you.
- SHOOTING
 - Place your body at a 45-degree angle to the net.
 - Take a wide stance, with your knees bent. Your front foot should be at a 45-degree angle to the net, and your back foot should be parallel to the net.
 - Begin the shot with most of your weight on your back foot, but transfer your weight forward to put more power into the shot as you release it.
 - Hold the stick loosely with your fingers.
 - Keep the goalie guessing by holding the stick the same level for all shots.
 - Cock the stick by flexing your wrists backwards - point the butt of the stick at your target.
 - Pull the stick from behind your shoulder by extending your top-hand arm forward and snapping both wrists forward.
 - Your top-hand arm should be fully extended on the follow-through. The head of the stick should point at the target on the follow-through.
 - Mix up your shot placement; leave the goalie guessing about the location before you shoot.

- Use your stick AND your eyes to fake the goalie; the goalie may be watching your eyes as much as your stick.
- Master shot placement before focusing on shot speed; your first priority is accuracy.
- Determine your ideal shooting range in practice, and don't shoot from outside your range in a game.
- Follow through toward the net and keep your shoulders and hips square to the net.
- Shooting From Close Range
 - The shooting strategy changes as you get close to the net.
 - Keep the stick close to your body. Defenders will be checking tightly near the net.
 - Grip the stick to allow for quick moves and greater range of movement.
 - Accuracy is more important than power for close-range shots. Don't take a long stride to get the shot off.
 - Always be aware of how the goalie is defending you. Try to get a feeling for where he/she is even when you've got your back to him. Where he/she is in the net will determine your type of shot.
 - Practice a variety of moves, shots and locations. Make sure you can perform these shots under pressure. Know your best moves and execute them quickly in game situations.
 - Master shot placement before focusing on shot speed; your first priority is accuracy.
- The Quick-Release Shot
 - Be ready to shoot before the ball arrives. Know where you plan on putting the ball.
 - Have the stick in a cocked position behind your body.
 - Snap the shot hard and fast with your wrists.
 - Try for an early release once the ball is in the pocket.
- The Fake Shot
 - In a one-on-one situation, the ball carrier can use the shot fake to help get around a defender.
 - Make sure you are in a one-on-one situation, not being double-teamed.
 - Be in an area where you might actually take a shot. If you are too far from the net, or at a poor angle, the defender will not go for the fake.
 - The shot fake can be used with overhand, side arm or underhand shot techniques.
 - Act like you are attempting your usual shot, but at the very end of the follow-through, turn your top hand inward, cradling the ball.
 - Execute this move at the same speed you would if you were taking a normal shot. The better you are at making the defender think you're taking a shot, the better your chances of getting him/her to freeze.
 - Be crisp in pulling the ball back.
 - Make your move around him/her at full speed. If he/she has bought the fake, he/she will be flat-footed with his/her stick committed in a vulnerable position.
- PICKS
 - A pick is a simple and quick way to try to free up one of your fellow offensive players (whether on the ball or off the ball) from his/her defensive counterpart.
 - Most offences don't use the pick because players would rather come off a pick than set one. Sometimes the offensive player coming off the pick is a decoy. You must be in a stationary position.

- Set the pick a couple feet away from the defender to allow your offensive player to run his/her man into the pick. You cannot initiate contact with or retaliate for any contact from defender. Body position varies depending on where you want the offensive player to come off the pick.
- Most players don't realize that the people often setting up the pick are the ones who most likely will be open. If done correctly, the defender who was picked should be farther away from the goal than the picker. Therefore, if the picker immediately rolls after his/her offensive man goes through, he/she should be open every time.
- **FACE-OFFS**
 - Remember what your opponent does on face-offs so you can outguess him/her next time.
- **DEFENSE**
 - Stay patient on defense.
 - Being in a good position is your priority. Don't over-commit to a check, or you'll give your opponent a chance to beat you with a move.
- **GOALTENDING**
 - Concentrate on the ball in the shooter's stick.
 - Stand with feet shoulder-width apart, knees slightly bent, back straight, shoulders and chest square to the ball. Keep your weight on the balls of your feet and hold the stick in the upright, ready position.
 - Talk to your defense to let them know where the ball is on the field.
 - Stay positive - even after a goal is scored.
 - Use the stick to stop all shots.
 - To cut down on rebounds, cushion the ball by moving your stick backwards as the ball contacts the netting.
 - Keep your body square to the ball carrier's stick.

6. CHECKLIST FOR PARENTS AND PLAYERS

- ✓ Always play by the rules.
- ✓ Don't lose your temper.
- ✓ Cheer good plays made by either team.
- ✓ Don't talk trash or tease or goad the opponent.
- ✓ Win or lose, be sure to shake hands with the opponent and officials after a game.
- ✓ Don't yell at teammates for making a mistake. Never criticize teammates or coaches on the bench or in the dressing room.
- ✓ Admit your mistakes instead of making excuses or blaming others.
- ✓ Try your hardest on every play, even if your team is losing by a large margin of goals.
- ✓ Point out incorrect calls when they go in your favour.
- ✓ Don't argue with calls that go against your team.
- ✓ Don't show off.

- ✓ Make every attempt to attend practices. Make arrangements for rides if your parent is unable to drive you. If unable to attend practices or games, advise the coach as soon as possible no later than 2 hours prior to the event.
- ✓ Check your equipment and sticks before leaving for games or practices to ensure all are in good working order and accounted for in your bag, including jerseys and team shorts for games. The coaches do not carry spare equipment or shorts.

7. OTHER INFORMATION

For more information on field lacrosse, check out the following web pages:

South Fraser Field Lacrosse: <http://www.southfraserlacrosse.com>

British Columbia Lacrosse Association: <http://www.bclacrosse.com>

Canadian Lacrosse Association: <http://www.lacrosse.ca>