

Mr. Linda's Physical Education Class



Sport History



Lacrosse is played in the United States, Australia, and England, and it is the national sport of Canada. In the United States, lacrosse is most popular in the Middle Atlantic States. American Natives originated the game as early as the 16th century. The Native Americans played each game with over one hundred players and often with as many as a thousand players. Lacrosse is a wide-open game that offers aerobic activity for players. The game can be easily modified to suit all skill and age levels.



Modified Rules For Physical Education

Rules for Gameplay

- *Players may not kick the ball.*
- *A player is allowed a maximum of three steps after receiving the ball.*
- *Players may only hold the ball for a maximum of 10 seconds before they must either pass or shooting the ball.*
- *Each goal is worth one point.*
- *A game begins with a face off: two centers line up in the middle of the field, a ball is placed between their two crosses pressed together.*
- *One player maximum per team may go for a ground ball.*



REMINDER

Rules for Gameplay

- *The defenders must remain on the defensive side of the field.*
- *Offensive players must remain on the offensive side of the field.*
- *Play your position.*
- *After a goal is scored, the ball is put in play at midfield like the game begins.*
- *The team will be split between offensive players and defensive players.*
- *There is no goalie, shots must be taken from outside of the arch around the goal.*

Personal Fouls

- *The penalty for a personal foul is a 1 to 3-minute suspension from play and possession to the team that was fouled. Players with 5 personal fouls are ejected from the game.*
- *Personal Fouls include; slashing, tripping, cross checking, unnecessary roughness, illegal crosse, and illegal body checking.*



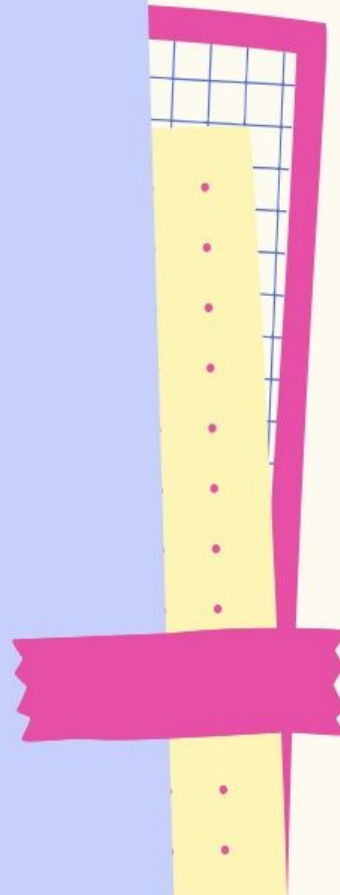
Safety

- Both hands must remain on the Crosse
- A player **CANNOT** intentionally throw the ball at another player in a malicious manner.
- Players **CANNOT** block the opponent, no contact is allowed.

- No player can enter the goal area.
- Only a defensive player may enter to retrieve a missed shot.
- Players **CANNOT** dive for loose balls rolling on the ground.

- Players **CANNOT** go within five feet of another player.
- Do not bang or hit the Crosse on the ground or anywhere else.

Positions



Attack (forward) -

Responsibility is to score goals, restricted to the offensive end.

Midfield - Responsibility is to cover the entire field playing both offense and defense.

Vocabulary



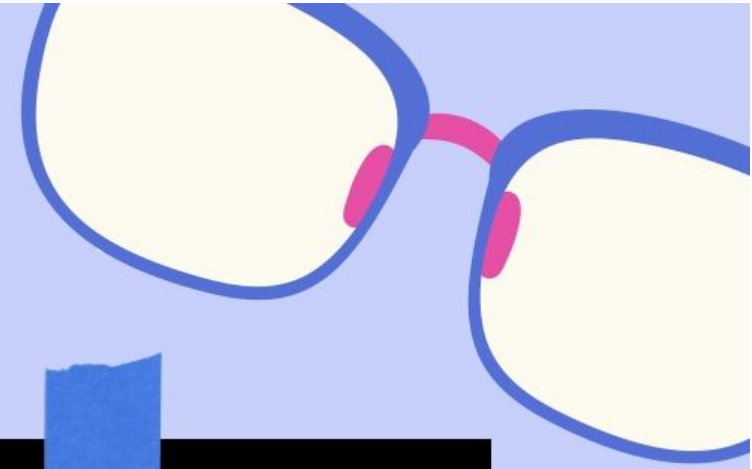
***Cradling:** Is the method by which a player holds the ball in the stick's pocket.*

***Checking:** Is the technique in which a series of short, sharp, controlled strikes to an opponent's stick is used to force a player carrying the ball to drop it*

Lacrosse Skills

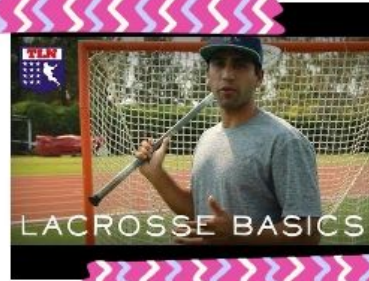
Gripping the Crosse:

- *Position the dominant hand at least halfway down the handle of the crosse, palm up.*
- *The other hand grips the stick at the end with the palm down.*
- *The stick should be held close to the body with relaxed hands and wrist.*



Lacrosse Skills

Throwing:



Bring the head of the crosse backwards while keeping the eyes focused on the target.

Step with the opposite foot in the direction of the throw.

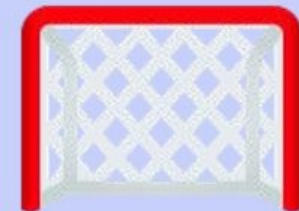
Keep the elbows high and throw overhand to improve accuracy.

The hands should be kept shoulder width apart (don't push the ball).

Break the wrists on follow-through with the head of the stick pointing to the target at the end of the throw.

Lacrosse Skills

Catching:



Reach to meet the ball and “give” with the arms when the ball makes contact with the stick.

Move the feet and align the body with the path of the oncoming ball.

When catching, allow the dominant hand to slide on the handle for better stick control.

Lacrosse Skills

Scooping:



When fielding ground balls, bend the knees and the back.

Keep the butt end of the stick away from the midline of the body.

Scoop the ball up with a slight shovel motion.

As soon as the ball enters the crosse, the player needs to break to the right or left to elude the defender.

The Rules Of Lacrosse

