

LACROSSE STUDY GUIDE

SKILLS

1. THROWING

- Bring head of stick back
- Push with top hand (dominant hand)
- Pull with bottom hand (non-dominant hand)
- Push more with top hand and release ball earlier to throw a high ball
- Pull more with bottom hand and release ball later to throw a grounder
- Step with opposite foot

2. CATCHING

- Watch ball into stick pocket (probably the most important aspect of catching)
- “Give” a little as the ball reaches the stick
- Keep both hands on the stick
- Pocket of stick should face direction from which ball is traveling
- Non-dominant side catching – cross stick over to non-dominant side of body (don’t switch hand placement)

3. SCOOPING

- Bend knees
- Keep butt end of stick to the side of body
- Have stick on ground before reaching the ball
- Can scoop by rolling the ball back with the bottom of the head of the stick and then into the pocket if the ball is stationary
- Can also scoop stationary ball off ground by lowering the bottom hand so that knuckles drag on the ground
- Can scoop ball on the move by placing head of stick on ground and “shoveling” the ball in

RULES

1. No contact (no stick checking to stop progress of another player’s throw)
2. No playing ball on ground like hockey
3. No body contact
4. Two hands on the stick at all times
5. Play must be continuous (can’t hold ball for more than 3 seconds)
6. Can’t take more than 3 steps with the ball in your possession
7. No “double-teaming” (only one player on an opposing player at a time)
8. No players are allowed in the crease area of the goal at any time during play
9. No “shovel” or “flick” passing
10. No “turtleing” the ball