I. HISTORY

Lacrosse is a fast game adopted from the North American Indians. It is popular in Australia, Canada, England, and the United States. In 1868, the game was brought to the United States. The first Intercollegiate Lacrosse Association was formed in 1892.

A game consists of four 15 minute quarters. A face-off in the center of the field starts play each quarter, and after a goal is scored. In a face-off, the referee places the ball between the sticks of two midfielders. The players try to gain possession of the ball at the referee’s signal.

A team consists of a goalkeeper, 3 defensemen, 3 midfielders, and 3 attackmen. Each player uses his/her stick to throw, catch, or carry the ball. Sticks have two parts- a handle and a head. The ball is slightly smaller than a baseball. When thrown, it can travel up to 100 miles per hour.

II. SKILLS

A. Throwing the ball
   1. Bring the “head” of the stick back
   2. Keep eyes on target
   3. Keep hands and wrists relaxed when gripping the handle
   4. Wrists should “break” on follow-through (like throwing a baseball)
   5. Head of stick should point to target at the end of throw

B. Catching the Ball
   1. Watch ball into the pocket of stick
   2. “Give” a little as the ball reaches stick (Keep arms and wrists relaxed)
   3. Top hand should be allowed to slide on handle

C. Scooping
   1. Bend knees and back
   2. Keep butt end of stick to the side of body
   3. Place back of stick on the ball and pull the ball back into the stick handle

III. BASIC RULES

A. Play the ball – not the opponent. No stick or body contact allowed
B. Players must keep both hands on their sticks. The ball can only be played with the stick
C. Game begins with a face-off
D. The ball must be passed over the centerline
E. Two passes must be made before each shot at the goal (After the centerline pass)
F. Play should be continuous (no stalling)
G. Once the ball has been covered it cannot be taken away. The player is allowed to scoop the ball without interference.

IV. BASIC GAME OBJECTIVE

Players score points by throwing the ball into the goal. The game stresses passing and catching skills, teamwork and continuous action.