

Tadpole Lacrosse

A beginner's guide to youth lacrosse





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Clueless?

- Don't know anything about lacrosse? Perfect!
- This guide is for you.
- You will learn the history of the lacrosse, each position, must-have skills, each and every penalty, and what gear you need to start.
- If you have any questions please email info@ayllax.com.



History of Lacrosse

- Originally played by Native Americans, lacrosse is the oldest sport in North America.
- Is still referred to as “The Creator’s Game.” - (www.uslacrosse.org)
- Lacrosse was used in preparation for war and as a method to settle inter-tribal disputes.
- Its second name, Baggataway, translates to “Little Brother of War.” - (www.uslacrosse.org)



Image Credit: www.thelacrosse-guy-ide.com



History of Lacrosse

- “Contestants played on a field from one to 15 miles in length, and games sometimes lasted for days. Some tribes used a single pole, tree or rock for a goal, while other tribes had two goalposts through which the ball had to pass. Balls were made out of wood, deerskin, baked clay or stone.” - (www.uslacrosse.org)
- “In 1636 some type of lacrosse was played by at least 48 Native American tribes scattered throughout what is now southern Canada and all parts of the United States. In the 1800s French pioneers began playing the game avidly. in 1867 W. George Beers, a Canadian dentist, began standardizing the field dimensions, number of players on a team and basic rules.” - (www.uslacrosse.org)



[Image Credit - www.saycampuslife.com](http://www.saycampuslife.com)

History of Lacrosse

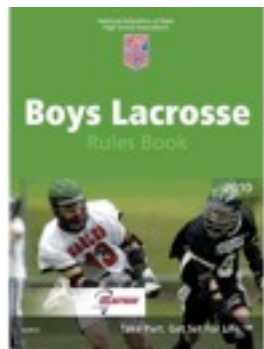


- The first college team was established in 1877 by New York University. Five years later schools in Massachusetts, New Hampshire, and New Jersey created the first high school teams. - (www.uslacrosse.org)
- It took nearly 100 years for lacrosse to migrate to Georgia. Club lacrosse teams in Georgia date back to the 1970's but the sport was not formally adopted until October 1990 by the Darlington School in Rome, GA. - (www.georgialax.com)
- The majority of competition came from schools in Tennessee since there were no in-state teams to play against until a small private school in Northern Georgia, Brandon Hall, established their first lacrosse program in 1993. - (www.georgialax.com)
- By 1996 Westminster, Woodward Academy, and Lovett sponsored boys teams that year. Three years later, in 1999, Centennial and Roswell High Schools established the first public school lacrosse programs. - (www.georgialax.com)

Breaking Down the Game



- Lacrosse is played by two teams of 10 players each.
- Three Midfielders, Three Attackmen, Three Defenseemen, and One Goalie for each team.
- The purpose of each team is to score by causing the ball to enter the goal of its opponent and to prevent the other team from securing the ball and scoring.
- A goal counts one point.
- The winning team is the team that has scored the most goals during the game.



The above section is quoted from -
(NFHS Boys Lacrosse Rulebook)

[Image Credit - apps.uslacrosse.org](http://apps.uslacrosse.org)

Breaking Down the Game



- Each Position
 - Midfielder
 - Attackman
 - Defenseman
 - Goalie

Midfielder



Image Credit - www.collegelax.us

Attackman



Image Credit - www.phillylacrosse.com

Defenseman



Image Credit - www.allaboutlax.com

Goalie



Image Credit - www.maximumasp.com

Breaking Down the Game



Midfielder

- The Midfielder
 - Known as “middies” these players can go anywhere on the field.
 - Because they play offense and defense the best middies are fast, agile, and well conditioned.
 - Midfielders typically stay above the goal where they can easily catch passes and shoot from a distance.



Image Credit - www.collegelax.us

Breaking Down the Game



Attackman

- The Attackman
 - These players are usually the best stick handlers on the team.
 - Attackman usually stay near the goal and use quickness to move around defenders and take close, lay up shots.
 - One attackman is usually the General of the offense. Calling or initiating plays from behind the lacrosse goal.



Image Credit - www.phillylacrosse.com

Breaking Down the Game



- The Defenseman

- These players protect the goal and their goalie.
- Defenseman are unique because they use 6 foot long lacrosse sticks giving them an advantage in stick checks.
- Many defenseman are large and tall but no defenseman makes it onto the field without being incredibly quick on their feet.

Defenseman



Image Credit - www.allaboutlax.com

Breaking Down the Game



- The Goalie

- The last line of defense against a goal.
- Goalies wear a throat guard, chest protector, and protective cup to guard against shots.
- The Goalie's stick is wider than every other stick on the field to provide more area to save a shot.
- Goalies must be good at communication. They are the General on defense. Telling defenseman when to slide and coordinating clears.

Goalie



Image Credit - www.maximumasp.com

Breaking Down the Game



- The Lacrosse Field
- 110x60 yards

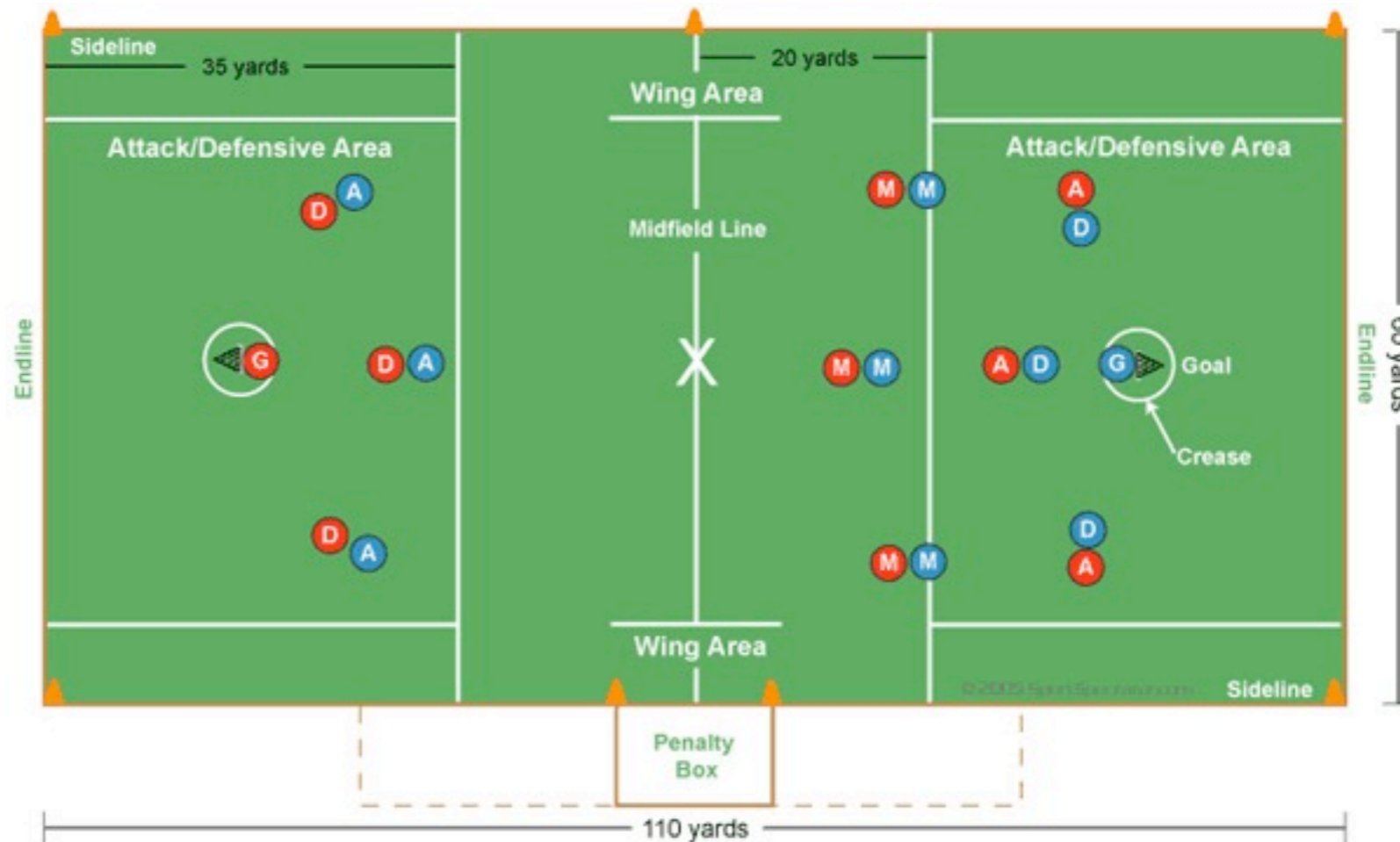


Image Credit - www.sportspectator.com

Breaking Down the Game



- Scoring a Goal

- “A goal is scored when a loose ball passes from the front, completely through the imaginary plane formed by the rear edges of the goal line, the goal posts and the crossbar of the goal, regardless of who supplies the force.” - (NFHS Boys Lacrosse Rulebook 32)
- The **entire** ball must cross the front plane of the lacrosse goal. If it crosses only part of the plane, there is no goal.
- Team with the most goals wins the game.



Image Credit - www.artistrising.com

No-Goal

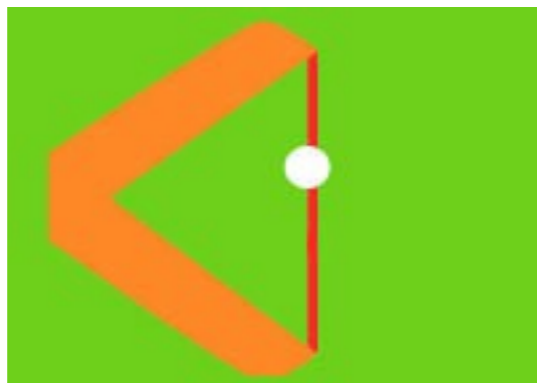


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Goal

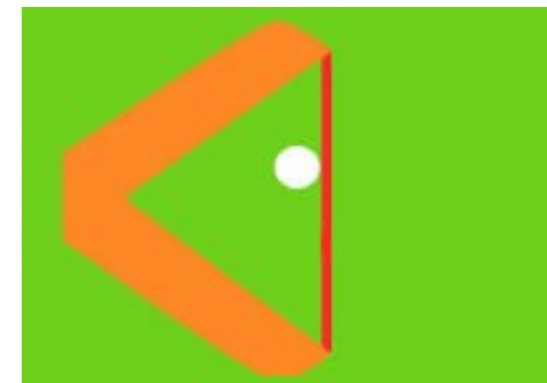


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Critical Skills



- Stick Handling

- Players must have good stick skills to progress in the sport of lacrosse.
- Cradling, Passing, Shooting, and Ground Balls are the skills needed to play.

Cradling



Image Credit - www.lacrosse.inthetube.tv

Passing



Image Credit - www.insideflorida.com

Shooting



Image Credit - www.brooklandssportsclub.co

Ground Balls



Image Credit - www.eteamz.com

Critical Skills



- Cradling

- Similar to dribbling in basketball, although it is not required to cradle while moving as dribbling is in basketball.
- The basic cradling motion is bringing the head of the lacrosse stick towards the player's chest and back out again.
 - This creates enough centrifugal force to keep the ball firmly in the pocket while moving.
 - If a player does not cradle while running or dodging the ball will likely pop out of the stick.

Cradling



Image Credit - www.lacrosse.inthetube.tv

Critical Skills



- Passing

- The motion for passing the ball in lacrosse is extremely similar to throwing a football or a baseball. The difference is the motion is extended allowing for harder and longer passes with the stick.
- The basic passing motion is:
 - Holding the stick with two hands (one at the bottom of the stick and one about a foot away).
 - Pulling the hands back so the bottom hand is stretched all the way across the chest.
 - To initiate a pass, the player moves his hands, arms, and stick forward (directly over the shoulder, not to the side) and points to where the ball should go.

Passing



Image Credit - www.insideflorida.com

Critical Skills



- Shooting

- A shot is a more extreme version of a pass in lacrosse. The idea is to propel the ball as fast and as accurately as possible towards the goal and past the goalie.
- Shooters use their hips to generate a lot of torque, which can increase the speed of the ball to 45mph and beyond 100mph!
- The best shooters in lacrosse are usually the most accurate. The ball goes where they want it to go every time. It is not enough to practice getting a fast shot. Having good, accurate shots is even more critical to success.

Shooting



Image Credit - www.brooklandssportsclub.co

Critical Skills



- Ground Balls (or GB's)
 - Usually, the team that wins a lacrosse game is the team that has the most ground ball pickups during the game.
 - To properly pick up a ground ball a player must:
 - Bend their knees.
 - Keep the stick low and parallel to the ground.
 - Run through the ball and continue running.

Ground Ball Pickup



Image Credit - www.eteamz.com

Understanding Penalties



- Like in hockey, a player who commits a foul must leave the field and the team must play man-down.
- There are two types of penalties in lacrosse:
 - Personal Fouls (1, 2, or 3 minutes)
 - Technical Fouls (30 seconds)
 - These penalties are signified by a yellow flag thrown by the official into the air.
- Unique to lacrosse is the “Loose-Ball Foul.”
 - Loose ball fouls turn the ball over to the offended team and the offending player may stay on the field.

Understanding Penalties



- Personal Fouls

- Cross-Check
- Illegal Body Check (IBC)
- Slash
- Trip
- Unnecessary Roughness
- Unsportsmanlike Conduct

- Technical Fouls

- Holding
- Push with Possession
- Conduct Foul

Cross-Check



Image Credit - www.northjersey.com

Understanding Penalties



- Loose-Ball Fouls
- These fouls only occur when the ball is not in possession. Either the ball is on the ground or the ball is in flight.
- The three most common loose-ball fouls are:
 - Holding
 - Pushing
 - Offsides
- An official who sees a loose-ball foul raises his arm in the air and yells, “Play-On!” The official will only blow the whistle if the offended team is unlikely to get the ball. If the offended team picks up the ball during a “play-on” the official will drop his hand and the “play-on” is over.

Explaining Equipment



- To safely play lacrosse a player needs the required equipment:
 - Helmet
 - Shoulder Pads (optional for goalkeeper)
 - Arm Pads (optional for goalkeeper)
 - Protective Gloves
 - Cleats
 - Mouthguard
- Goalkeepers are required to wear: Throat Guard, Chest Protector, Cup

Explaining Equipment



- Required Equipment Display



Image Credit - www.ayllax.com

Explaining Equipment



- How to purchase your first set of gear:
 - Go to a specialty store.
 - Play It Again Sports
 - LaxWorld
 - While stores like Sports Authority and Dick's Sporting Goods have lacrosse gear their staff is not always knowledgeable and may try to sell you the most expensive equipment.
 - Do not get the most expensive gear!
 - If you get the most expensive gear you may pay up to and beyond \$400 dollars. If your child does not want to play after one season that is a lot of money lost.
 - You can purchase a complete set of gear for under \$120 dollars.



Questions?

- Still have unanswered questions?
- Contact Atlanta Youth Lacrosse at the following address:
 - www.ayllax.com/contact
 - or email: info@ayllax.com
- We are happy to answer any lacrosse questions that you may have.



Author Biography

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Photo by: Deborah L. Faist

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