

LACROSSE REVIEW SHEET

1. Lacrosse was invented by the Native Americans in the 1400's
2. The official name for the Lacrosse stick is the "Crosse"
3. There are two different parts to a Lacrosse stick
 - a. The shaft
 - b. The head (which contains the pocket to catch the ball in)
4. Different types of equipment worn during a Lacrosse game include:
 - a. A helmet (with mouthguard)
 - b. Arm pads and shoulder pads
 - c. Gloves
 - d. Cleats (shoes)
 - e. Chest protectors (for goalies)
5. Stickhandling – you should always use 2 hands on the stick
 - a. The bottom hand covers the end of the stick and helps prevent bottom of stick from being checked.
 - b. The Top hand – controls the movement of the stick
 - c. Choking your hands up the stick gives you better control, but makes it easier for the other team to check the bottom of your stick.
 - d. Checking – an attempt to knock the ball out of your opponents stick.
6. Catching:
 - a. Hold the stick up & out to your side a little
 - b. Catch & "give" with the ball. (Force absorption)
7. Throwing:
 - a. Pass slightly in front of the person you're throwing to
 - b. Step with the opposite foot as your top hand on the stick
 - c. When throwing, slide the top hand down and push forward while your bottom hand pulls toward you
8. Scooping:
 - a. Lower your Center of Gravity by bending your knees – this increases your balance.
 - b. Pretend you are shoveling snow.
9. Cradling:
 - a. This is where you move the stick in a rocking motion so that centrifugal force helps keep the ball in the pocket. A good cradling motion will prevent a player from losing the ball.