

LACROSSE



LACROSSE IS ONE OF THE OLDEST KNOWN
TEAM SPORTS IN NORTH AMERICA & STANDS
FOR "HOOKED STICK"

BIRTH OF LACROSSE

LACROSSE IS KNOWN TO HAVE STARTED AS EARLY AS 1100 A.D. AND WAS PLAYED THROUGHOUT CANADA, BUT MOSTLY POPULAR IN THE AMERICAS WITH NATIVE AMERICAN TRIBES. GAMES WERE PLAYED AS MAJOR EVENTS AND COULD BE AS MANY AS 100 - 1,000 MEN FROM OPPOSING VILLAGES. GOALS COULD RANGE FROM 500 YARD TO 6 MILES APART. PLAYING TIME WAS USUALLY SUN UP TO SUN DOWN, NO BOUNDARY LINES WERE TYPICALLY USED AND THE BALL COULD NOT BE TOUCHED WITH HANDS.

GAMES WOULD TYPICALLY REACH 20 POINTS BEFORE ENDING.



MODERN LACROSSE

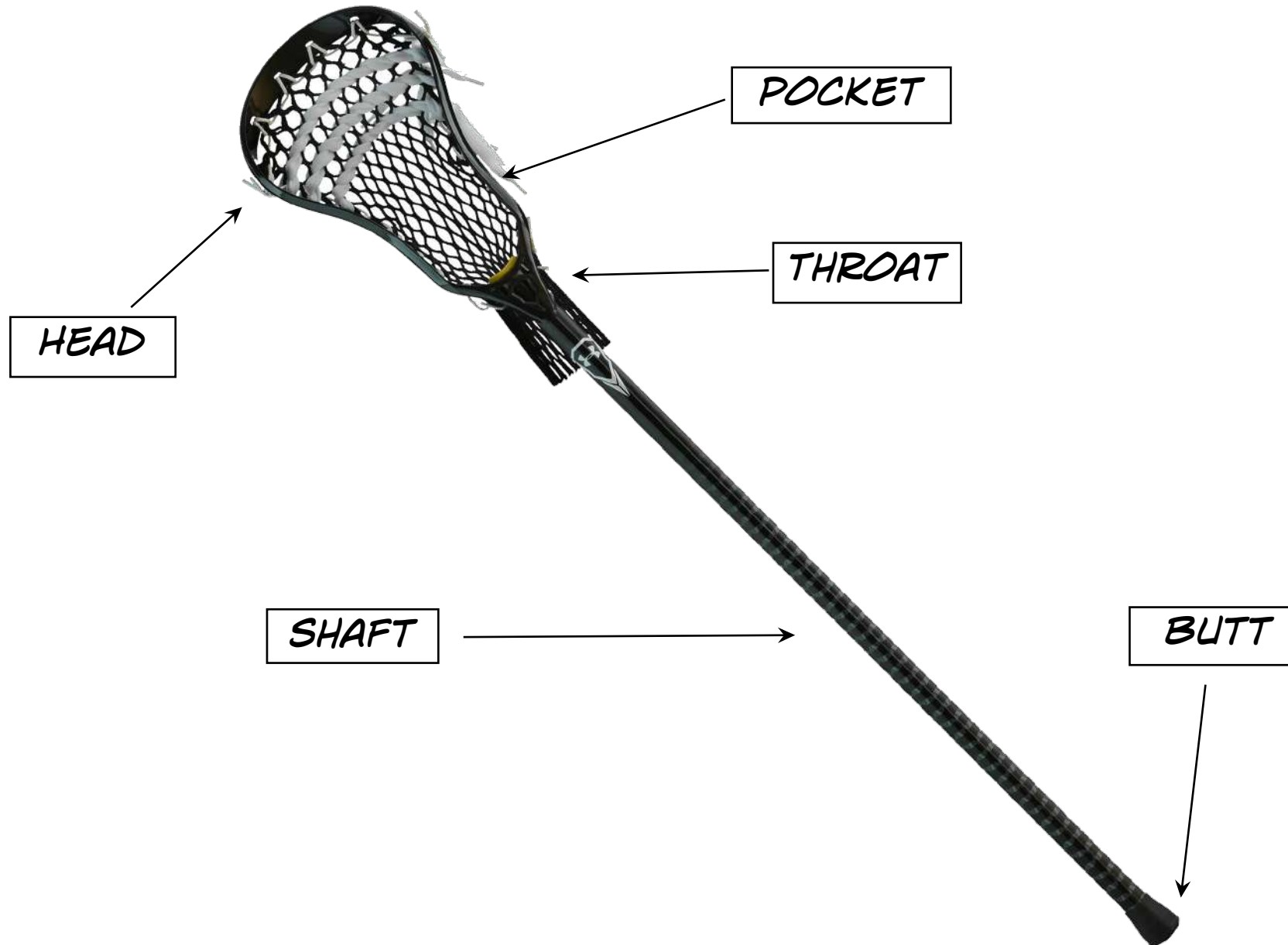
3 MAJOR TYPES OF LACROSSE: MEN'S, WOMEN'S, & BOX LACROSSE

TEN PLAYERS ARE ON EACH TEAM: 3 ATTACKMEN, 3 MIDFIELDERS, 3 DEFENSEMEN, & 1 GOALIE

EACH PLAYER CARRIES A LACROSSE STICK. A SHORT STICK IS USED BY ATTACKMEN AND MIDFIELDERS WHILE A LONG STICK IS USED BY DEFENSEMEN. GOALIE STICK IS LARGER AT THE HEAD THAN THE OTHER STICKS.



LACROSSE EQUIPMENT



LACROSSE SKILLS

BASIC LACROSSE SKILLS:

1. CATCHING
2. THROWING
3. CRADLING
4. SCOOPING
5. PASSING
6. SHOOTING
7. DODGING
8. SWITCHING HANDS

