Fitness and Sports

Lacrosse Unit

**Game Overview**

Lacrosse is a fast and furious game where two teams of 10 men or 12 women vie to get a hard ball into the opposition’s goal. They use crosses-sticks with net pockets-to catch, dribble, tackle, carry, scoop, and throw the ball. The skills of passing the ball huge distances are combined with force: crosses are also used to check opposition sticks and players.

**Rules and Regulations**

* Lacrosse is played on a field that is 110 yards long and 60 yards wide. The surface must be of either grass or artificial turf.
* The lacrosse field is divided into two halves by the midfield line, which extends 60 yards directly across the middle of the field, from sideline to sideline. In the center of the midfield line is the faceoff X. The X is where face-offs take place at the beginning of each quarter (15 minutes per), as well as after a goal is scored.
* Each team has an offensive and defensive half of the field. The offensive half of the field is where a team attempts to score goals. The defensive half is where teams must protect their goal from the opposition.
* There is one goal on each half of the field. These goals are 6 feet high and wide. Both goals are surrounded by a crease, into which no player from the opposing team may enter under any circumstances.
* Offensive players are allowed to use their sticks to reach into the crease, but no parts of their body may enter. The crease is circular, with a diameter of 18 feet. Players on the defensive team may enter the crease, but only if they do not have possession of the ball at the time of entry.
* Each team has 10 players on the field at once (barring a penalty), at four different positions. The position breakdown is as follows:
	+ **One goalie**- The job of a goalie is to defend his team’s goal against shots by the other team’s offense.
* **Three defensemen**- Defensemen are charged with the task of guarding the opposing team’s attackmen around the goal area.
* **Three midfielders**- Midfielders operate mostly in between the restraining boxes. They play both offense and defense, and frequently run up and down the field.
* **Three attackmen**- Attackmen have the job of creating the majority of their team’s offense.
* Protective equipment is standardized for all positions, except goalies. In addition to their stick, field players must wear the following equipment:
* Helmet with mouth guard and chin strap
* Shoulder pads
* Arm pads
* Gloves
* Goalies have a different set of equipment, as their physical contact on the field is slightly different from the rest of the players. They are required to use the following equipment:
* Helmet with mouth guard, chin strap and throat guard covering the neck
* Chest protector
* Gloves
* Goalies are allowed to wear pants, while other players on the field are not.
* There are two different kinds of fouls in lacrosse: **Personal and technical**. Fouls and infractions are enforced by removal of the offending player from the field of play, and/or awarding possession to the opposing team.
* A **personal foul** generally involves an infraction that has a malicious intent, such as slashing or unnecessary roughness. Personal fouls are punishable by penalties of one to three minutes in length.
* **Technical fouls** usually involve a moving or time violation, like an illegal screen, offsides or interference. They result in a 30-second penalty if the fouling team does not have possession of the ball. If there was no possession or the fouling team had the ball when the foul was committed, then the ball is awarded to the team that was fouled.

**Tactics**

In Lacrosse there are offensive and defensive strategies for different situations. Some of these game situations include: **Settled** - A settled situation is when all players are ready or settled when the attacker goes on the attack. It may occur after a stoppage of play like a foul or out of bounds play.

**Unsettled** - An unsettled situation is when there is a quick change of possession giving one team an advantage like a fast break.

**Power Play or Man-up Man-down** - This is when one team has one less player due to a penalty. While the player is out, the team with the extra player or power play will press and try to score. The other team will focus on defense and try to hold until their player's penalty time is complete.

**Key Terms**

**Face-off**- Two opposing players crouch down at midfield, the ball is placed between the crosses

**Pocket**- The head of the stick in which the ball is held and carried

**Crease**- The eighteen-foot diameter circle surrounding each team’s goal

**Clamping**- On the face-off, a player pushes the back of his stick down on the ball in the attempt to gain control of it

**Clearing**- An important defensive maneuver where defending players run or pass the ball out of their goal area

**Cradling**- In order to maintain control of the ball, players turn their wrists and arms to cradle the ball in the stick pocket

**Basic Skills and Tactics**

* Dribbling
* Passing
* Shooting
* Catching
* Scooping
* Carrying
* Defensive/Offensive Tactic

**The Field**

**Class Applications**

Safety is number one, body and stick checking is prohibited

Games will be played for a 10 minute time period (2 games per class period)

Everyone should work together to make all teammates successful and the game enjoyable (This may mean implementing a female touch rule if necessary)

Goalies are not allowed to score and full field/court passes are illegal as well

The game should be played at a fast pace in order for players to reach and stay in their target heart rate zones