



Middle School Physical Education Lacrosse Unit Study Guide



History of Lacrosse

Lacrosse is played in the United States, Australia, and England, and it is the national sport of Canada. In the United States, lacrosse is most popular in the Middle Atlantic States. American Indians originated the game as early as the 16th century. The Indians played each game with over one hundred players and often with as many as a thousand players. Lacrosse is a wide-open game that offers aerobic activity for players. The game can be easily modified to suit all skill and age levels.

Modified Physical Education Rules

- *Players may not kick the ball.
- *Physical Education Lacrosse is played with modified plastic sticks.
- *A player is allowed three steps before passing or shooting the ball.
- *Each goal is worth one point.
- *Players may only hold the ball for a maximum of 10 seconds.
- *A game begins with a face off. The two centers from each team draw at the center of the field: a ball is placed between their two sticks pressed together back-to-back.
- *The defenders must remain on the defensive side of the field. Offensive players must remain on the offensive side of the field. Play your position.
- *After a goal is scored, the ball is put in play at midfield like the game begins.
- *There will be 10 players per team. 1 goalie, 4 defensive players, & 5 offensive players.
- *When a ball goes out of bounds, the player nearest the ball takes possession.



Personal Fouls

- *The penalty for a personal foul is a 1-to 3-minute suspension from play and possession to the team that was fouled. Players with 5 personal fouls are ejected from the game.
- *Personal Fouls include; slashing, tripping, cross checking, unnecessary roughness, illegal crosse, illegal body checking, and illegal gloves.

Technical Fouls

- *The penalty for a technical foul is a 30-second suspension if a team is in possession of the ball when the foul is committed or possession of the ball to the team that was fouled if there was no possession when the foul was committed.
- *Technical Fouls include: holding, interference, offside, pushing, screening, stalling, and warding off.

Safety Rules

- *Both hands must remain on the Crosse at all times.
- *A player CANNOT intentionally throw the ball at another player in a malicious manner.
- *Players CANNOT block the opponent, no contact is allowed.
- *No player can enter the goal area except the goalie.
- *Goalies must wear protective gear.
- *Players CANNOT dive for loose balls rolling on the ground.
- *Players CANNOT go within five feet of another player.
- *Do not bang or hit the Crosse on the ground or anywhere else.
- *A loose ball goes to the nearest player.



Physical Education Positions

- ***Attack (forward)** - Responsibility is to score goals, restricted to the offensive end.
- ***Midfield** - Responsibility is to cover the entire field playing both offense and defense. (Not in PE)
- ***Defense** - Responsibility is to defend the goal, restricted to the defensive end of the field.
- ***Goalie** - Responsibility is to protect the goal and stop the opposing team from scoring.

Lacrosse Vocabulary

- ***Cradling:** Is the method by which a player holds the ball in the stick's pocket.
- ***Checking:** Is the technique in which a series of short, sharp, controlled strikes to an opponent's stick is used to force a player carrying the ball to drop it.



Lacrosse Skills

- ***Gripping the Stick:** Position the dominant hand at least halfway down the handle of the stick, palm up. The other hand grips the stick at the end with the palm down. The stick should be held close to the body with relaxed hands and wrist.
- ***Throwing:** Bring the head of the stick backwards while keeping the eyes focused on the target. Step with the opposite foot in the direction of the throw. Keep the elbows high and throw overhand to improve accuracy. The hands should be kept shoulder width apart (don't push the ball). Break the wrists on follow-through with the head of the stick pointing to the target at the end of the throw.
- ***Catching:** Reach to meet the ball and "give" with the arms when the ball makes contact with the stick. Move the feet and align the body with the path of the oncoming ball. When catching, allow the dominant hand to slide on the handle for better stick control. Catching may occur above the shoulders, between the shoulders and knees, below the knees, head high, or with the ball on the weak hand side of the body.
- ***Scooping:** When fielding ground balls, bend the knees and the back. Keep the butt end of the stick away from the midline of the body. Scoop the ball up with a slight shovel motion. As soon as the ball enters the stick, the player needs to break to the right or left to elude the defender.
- ***Dodging:** There are four basic dodges used by an offensive player who has the ball in an attempt to evade the defender: Face dodge, Change-of-pace dodge, Toss dodge, and Force dodge.



