

Lacrosse Fundamentals

Wheaton Lacrosse

- **Throwing:**
 - Hand halfway down stick.
 - BEEF (straight line).
 - Triple threat position.
 - Slightly lead the receiver.

- **Catching:**
 - Stick forward.
 - Hand chokes stick head.
 - Give passer a target with stick.
 - Run to the ball!
 - Give with ball and catch ball even with or behind head's plane.
 - "Here's your help!"
 - Catching left & right.
 - Catching on backside.

- **Scooping ground balls:**
 - Two hands (back hand low).
 - Hand chokes stick head.
 - Body low – bend knees!
 - Foot next to ball.
 - *Scoop through* (ready to kick ball).
 - No raking, no standing still, pounce on the ball!
 - Look up, protect ball with body, bringing stick head towards helmet.
 - Use teammates ("Man, Ball, Release!").
 - Box opponent out from ball.
 - Poke or lift back hand of opponent trying to scoop ball.

- **Cradling:**
 - Two hand – keep stick head near helmet (ready to throw)
 - Arm cradle, not wrists.
 - One hand - protect stick with free arm.
 - No warding off

- **Stick & body positioning on defense:**
 - Keep between opponent and goal.
 - Play defense with feet. RUN! Don't cross feet!
 - First defensive move is to run back NOT to lunge forward.
 - Keep stick in front.
 - Poke check opponent.
 - Don't chase offensive player, get in defensive position "in the hole".
 - No holding. No cross-checking. No pushing with free hand. No push from behind.
 - Apply pressure with butt end of stick and with forearm to opponent's hip.
 - Goalie directs players to "check" or "clear".
 - If defenders must slide, leave man furthest from the ball open.

- **Hitting:**
 - Hitting with stick and body.
 - May hit opponent within 5 yards of ball.
 - Hit below the neck, above the knees, in front.
 - Lacrosse America does not want any take-out checks - Can't line someone up and get a running start at them and just plow them over. No blindside crushing hits.

- **Dodging:**
 - Face – sell the shot. Bring stick all the way across body
 - Roll - Don't switch hands halfway through roll dodge.
 - Bull – speed and power
 - Split – fake one way, go another.
 - Protect stick with body.
 - Don't let stick drag behind.

- **Shooting:**
 - Look at openings, not goalie.
 - Shoot from high to low.
 - Bounce shot.
 - Step into shot.

Coaching Tips

- Focus on fundamentals
- Create mini competitions throughout practice.
- Keep it varied. Keep lines short. Keep everyone moving.

Playing the game

- Basic offense positioning – motion offense.
 - Motion: unit with ball runs away from the ball in triangle to create dodging space. Unit without the ball runs to the ball in triangle to receive pass.
 - Middies and Attack create offensive triangles
 - 1-3-2 with one attack behind the goal
 - Double triangle.
 - When one person moves, everyone moves.
 - Don't throw the ball until defense commits.
 - V-cut to get open

- Riding and clearing
 - Listen to your goalie.
 - Spread to sides on a clear.
 - Run to the ball
 - Look upfield!
 - Apply pressure on a ride. Don't give it to them. Pressure! Run!