

Lacrosse Fundamentals



1. Passing

- Hand positioning: one hand at the end and one at the middle of the stick.
- « 3 P » (Point-Push-Pull): Point with the butt end, pull with the bottom hand and push with the upper hand.
- Overhand: The pass movement must be straight! That is to say that the stick does not come out of its axis between the moment when the pass is armed when the pass is made.
 - > It's much easier for your teammate to catch the ball.
 - > When the movement is straight, the ball gets out in the direction where we point. The pass can be too high or too low due to the release point but it goes in the right direction and allows the player to catch it. If our motion is oblique, the amplitude in which the ball can release moves away from the target.
 - > Keep your stick slightly tilted up so that the ball does not fall behind you.
- Straight passes: not an arc!
- Aim for the "box": the box is an imaginary square next to the head of your teammate where you aim to facilitate your teammate's catch.
- Stick outside: always! Otherwise either the defense can reach your stick or the pass will be too much inside and there is a risk of deflection or interception.
- Adapt to the distance: if the person is away either put more power in the pass or approach your teammate to reduce the distance. If your teammate is close, flip the ball.
- Pass in motion: always move and have your feet moving when you make a pass.

2. Catching

- Always catch with your hand near the plastic: this allows to be more precise in the coordination and to have a better control of your stick.
- Requirement: be able to catch anywhere in a stick distance.
- Stick up: present your stick and do not keep it at your hips. This provides a target for the pass and it is less distance to travel with the stick before catching the ball.
- Cushion: Keep hands and upper body loose, relaxed in order to cushion the ball .
--> Never force the catch but rather let the ball enter the pocket.
--> Picture: The ball is an egg that the we do not want to break.
- Catch in Ninja Position / Triple Threat Position: In an athletic position, stick up with a hand in the middle ready to shoot, dodge or feed. (Ex: Situation of Man Up)
- Communication: Call for the ball! Use first names, "I'm your help", "One more" ...

3. Stick handling (cradle – switching hands – stick protection)

- Concept: always protect your stick with your body! That's why the stick is always the opposite of the defense and moves depending on where the defense stands.
- Hands positioning: a hand at the end of the stick that can guide it and the other close to the plastic that will cradle.
- Cradle movement: the stick is placed slightly at the end of the fingers. The movement is similar to lifting an alter with a slight wrist stroke at the end that will close the hand before it rolls in the opposite direction. The movement must be fluid and constant to rock the ball.
- One handed cradle: same concept, however, the movement is horizontal and the stick is always vertical.
- Cradle in triple threat position: side-to-side motion cradling the ball either with a lower hand wrist movement or with the top hand.
- Switching hands: always keep the ball facing you and the stick vertically (so no lateral movements, the stick must remain between the shoulders of the player and not to exceed this area). The lower hand comes to slide to raise the stick, once it touches the hand above, withdraw the upper hand and place it at the end of the stick.
- Stick protection: Keep your stick between the shoulders and don't cradle at your hips.

4. Groundballs

- 2 hands on the ground: one hand close to the plastic, the other at the end of the stick. Go to touch both hands on the ground so that the stick is parallel to the ground.
 - > The stick is not a shovel, so bring your hand down close to the ground.
 - > No one-handed groundball !
- One foot beside the ball: This keeps your body close to the ball and protects it. Bend your knees and lower your buttocks instead of bending your back. On a contested GB, protect the ball with his body to give himself the time of "scooping".
- Requirement: "scoop" the ball and get groundball on the 1st try.
- Don't rake the ball!
 - > Sprint through the groundball and protect your stick!
- Communication: Man / Ball / Release / Goose
- Play the ball! The important thing is ball possession, contact is just a tool to allow possession! Any foul on a groundball will cost you a ball possession and allow the opposing team to attack and potentially score.

5. Shooting

Shooting is done in 3 steps (1. Loaded position, 2. Release, 3. Follow trough) but the execution time must be reduced to the maximum so as not to allow the goalkeeper time to prepare himself.

1. Loaded Position:

- Footwork: start perpendicular to the goal then open your hips by placing your foot in the direction of the goal.?
- Eyes: watch the goal at all times.
- Arms: upper hand will be placed behind and above the ear while the lower hand will be placed behind the back foot. We almost kiss our elbow with our chin on our shoulder. The stick is thus far from the body which will give us amplitude in our movement.
- Weight and energy transfer: we go from the weight rested on the back leg to the front leg. The power comes from this energy transfer and not the arms.
- > Image: as a baseball pitcher.

2. Release (Push-Pull motion):

- Shoot by pulling with the bottom hand and pushing with the top hand towards the goal.
- Always OVERHAND! The stick goes over the shoulder.
- Shoulders and hips: The shoulder and hip facing the goal will pull the rest of the body towards the goal which will transfer the weight and energy to put the power in the shot.

3. Follow Trough:

The movement of the shot takes us away. In the final position, we are going to have the 2 feet directed towards the goalkeeper, the back shoulder in front of the feet and finally the stick on the outside of the front foot.

6. 1v1 dodging

- Face to face with the defender: shoulders and hips parallel to those of the defense.
- -> This implies that when the defender gives us an angle and forces us on one side, we must get back face to face.
- Engage with speed: Attack the defender's front foot to open the hips of the defense and thus destabilize him.
- Explode: there must be a change of speed!
-> A single step in advance frees your hands for a shoot or a pass. Try to get inside to have a better angle of fire.
- Raise your head and see where the slides come from to react accordingly.
- Types of dodges:
 - Split dodge
 - Roll dodge
 - Face dodge and toe drag
 - Inside roll
 - Question mark dodge
 - ...
- Before dodge, analyze the defense and see where the potential help would come from. If there is a big void behind your defender, there is space for dodge and there will be no slide or late slide.

7. 1v1 defense

- Always defend between the person and the goal.
- Always ask 3 questions (1. Where is the ball? 2. Who do I defend? 3. Who am I helping?)
- Imagine a line that cuts the field in two vertically.

Top side: The goal is to always push the attacker out and never let the attacker get into the middle of the field. The underlying reason is the angle of shot, the more we are facing the goal at the most angle we have and vice versa.

Below GLE: under the GLE, the goal is to prevent the attacker to pass the GLE and arrive top side. In defending, it is therefore necessary to "close the door" once to arrive at the GLE and contain the attacker behind the goal.

-> Never be beaten topside

-> Eliminate rolls inside

-> Close the door

-> The goal is to force low angle shots!

- Approach an attacker in an athletic position with an approach angle. That is to say, you eliminate the inner side by forcing him to go to the desired side according to its position on the field. When the attacker enters your direction, step back with him to absorb his dodge. Once it moves in one direction, make contact to the hips to guide it outward.
- Defend the hips with a hand in the back to push the person out!
 - > The striker wants North-South dodge, you want it to go West-East.
 - > Do not push at the level of the shoulder. If the attacker lowers his shoulder or you slip, you will draw a flag.
- 3 important characteristics of a defender:
 - Footwork: to be able to always stay in front of the attacker and match feet.
 - Strength: Being able to absorb a dodge and guide the attacker outward.

- Range (for longpoles): to be able to keep his stick in the hands of the attacker to annoy the attacker and break his rhythm.

- Defense SSDM:

- Initiate contact with the hips once the attacker engaged in one direction

- limit yourself to guiding the attacker with hands to hips rather than pushing steadily.

- Forget stick checks.

- Defense LP:

- Approach with stick in front of you. It is one hand at the hip and the other in front.

- Keep this distance and handle the bottom hand of the attacker.

- Poke and lift only!

! \ Against an attacker who protects his stick well, the stick checks are not effective and loses the position of the defense.

! \ Never open the door! Meaning never going for a "over the head check".

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8. Communication

- Speak loudly so that everyone hears.
- Speak in technical terms or chat with the person (ex: (Name) I'm your help on the left)
- Re-adapt your communication every time the ball moves (Ball – Left – Right – Hot – 2 – Paint)
- /!\ Extend the ear and listen to his other crew!
- Guide your teammates by talking to them
- Ask questions to know who is your help, who is hot, who is defending the ball,...

9. Off Ball

- The teammates to the left and right of the ball must always offer help to the ball carrier. Either offer a pass option or offer them space!
- When someone dodge towards you, go inside to leave space.
- Look for both vertical and horizontal spontaneous "cuts" to the ball
- Look to cut behind the head of the defender to occupy the defense
- Principle of "crease": play "far and away" of the ball to leave space or leave some "cut" to the ball
- Create space for your teammates
- Communicate and call "One more" when you're open
- Always think 2 passes in advance