



HOLDING THE LACSAL STICK.

You want to have soft hands when playing Lacsal. Meaning you are forced to give with the ball when it arrives to the player's stick.

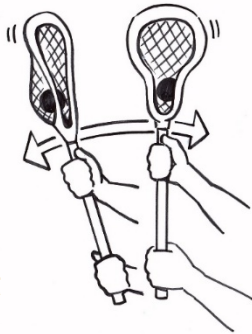


Dominant hand on top, other hand about 2" from bottom.

I can do:

HOLDING THE LACSAL STICK.

Cradling is an important skill. You roll your top hand while at the same time keeping the stick close to your body. Go side to side, practicing and getting so that the ball does not fall out of the pocket.



I can do:

PICKING UP GROUND BALLS.

Bending at the knees is key when picking up ground balls. It is best to get the player's hands low, almost to the ground, and let the ball naturally go into the head.

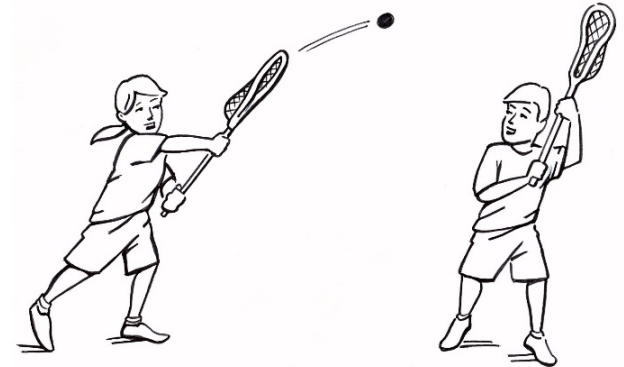
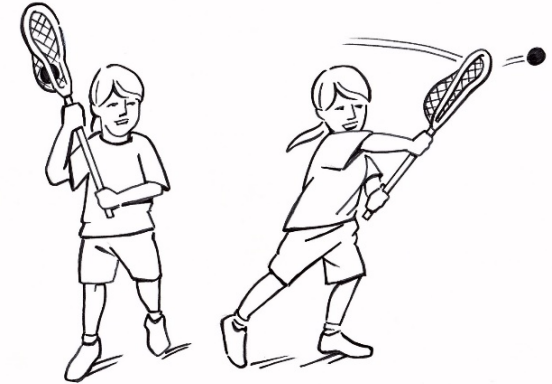
I can do:

THROWING THE BALL.

The ball is soft and does not bounce. It is best to have a partner when playing catch and practicing stick work.

The player should get his or her hands above the shoulder, push with the top hand, and pull with the bottom to make an accurate over hand pass.

I can do:



PLAYING CATCH
Practice all the above and not put it together to practice throwing and catching. Keep your eye on the ball all the way into the Lacsal Stick.

I can do:

SHOOTING THE BALL.

Accuracy is most important when shooting in Lacsal. Shooting the ball hard will not guarantee goals. The weight and density of the ball make it difficult to shoot hard and maintain accuracy.



I can do:

DEFENDING THE BALL.

When defending the player, the same rules apply to Lacsal as basketball - no reaching or blocking. Moving one's feet is the most important part of defending. A player cannot extend his or her arms and cross check the offensive player. The defender can block an offensive player's shot with his or her body or feet.

I can do:



Needs practice on:



LEARN TO PLAY LACROSSE



NAME:

AGE:

DATE:

HOW TO LEARN TO PLAY LACSAL

- THIS IS A STEP BY STEP GUIDE TO LEARN
- THE BASICS OF LACSAL:
 - HOLDING THE LACSAL STICK.
 - CRADLING THE BALL IN THE STICK.
 - PICKING UP GROUND BALLS.
 - THROWING THE BALL.
 - CATCHING THE BALL.
 - THROWING AND CATCHING THE BALL.
 - SHOOTING THE BALL.
 - DEFENDING THE BALL.