

The Commandments of Lacrosse



50 Rules to follow to
make yourself a
better teammate
and player of the
game!

David Gardner

The 50 Commandments of Lacrosse

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All Commandments were first given to me somehow, by someone I do not remember. I have researched for an original author, but without luck. You can find these on multiple Lacrosse related websites throughout the internet and I do not claim to have originally come up with them. I have always provided this to my players at the end of the season as a means to help them develop their skills as a better teammate and lacrosse player, but felt they were lacking in direction and suggestions. Around 2010, I turned these rules into an audio series that you can grab at the website BasicLacrosse.com and find out about other cool lacrosse things, as well as be the first to know when updates or new editions of this book come out.

I have added on to each commandment with extra tips, strategies and suggestions in various cases to help understand the concepts better.

Published 2012: Independently through CreateSpace.com by Barefoot Enterprises, LLC in association with BasicLacrosse.com and LacrosseCommandments.com

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Written and Video Reviews are greatly appreciated!

BasicLacrosse.com



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Basic Lacrosse Disclaimer

Lacrosse can be a brutal sport and it is crucial that the necessary precautions are set in place to provide a safe environment to play in, including being properly equipped.

Your stick should be checked before practice for stringing issues and cracks...not during line drills.

Your equipment should also be checked for loose straps and buckles, especially on the helmet or goggles. If you have a crack or tear in something, chances are it is time for a new one and you should show your coach or an official to get their advice.

Remember, safety comes first and we do not want an injury to plague the rest of the season or even your life.



The 50 Commandments of Lacrosse

Introduction

The Creator's game has continued to evolve since first being introduced by the Native American Indian tribes hundreds of years ago. There have been numerous names for the game such as Stick Ball, Baggataway, or Tewaarathon, which means "Little Brother of War" and is also the name of the award given to the modern player of the year in NCAA.

The modern name arose when French colonists referred to the sticks as "La Crosse" in reference to the staff carried by the Jesuit Bishops back in the 1600's.

The game has always been played for the "Creator" as well as honoring those who had done great things for the tribe, for adding powers to the traditional healing medicines used, for settling disputes, spiritual development and to build stamina in young men. Games would consist of anywhere from 100-1000 men and could last over the course of several days and could cover many miles.

Many of the missionaries had seen these battles and had originally misunderstood what their true meaning was, due to the violence that was sometimes present.

Over time, the progression of varying stick sizes and shapes has stayed closest to the Iroquois versions, while the shorter or double stick versions of the Great Lakes and Southeastern tribes, respectfully, are not used in the modern game, which started to develop in the early 1800's for men and late 1800's for women.

Today, the women's game is actually closest to the original practices, with little to no equipment, while men's lacrosse players are heavily equipped.

Lacrosse was formerly an Olympic sport in the early 1900's and has continued to grow in regards to the World Games with teams from many countries participating in the sport that developed in North America by the Native American Indian tribes.

You may now watch countries such as Japan, Canada, Wales, Ireland, Germany,



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Australia, South Korea, Poland, the United States and Bermuda to name a few in addition to the Iroquois National team, who of course represent the Creator and his spirit on and off the field.

Lacrosse is considered one of the fastest growing sports in the United States, if not the world, as seen in some of the countries now represented at the world games. Clubs and teams are forming all over the world and if it is not in your town yet, it could be in the very near future.

The Creator's game has been featured in movies like "American Pie" and on TV shows in small bits and clips, though there was never much reference to the creation of the game itself or to its spiritual nature. This has all changed with the release of "Crooked Arrows" in 2012 which is the first major motion picture featuring and focused around not only the game itself, but the customs and cultures of the Native American people who brought us this game.

As time progresses, rules will continue to be modified to allow Lacrosse to be a sport that is suitable to play at all ages. Many of the rules apply to maintain the safety and health of those participating as it still may be a violent game with physical contact, slashes and foul play when not addressed appropriately as mentioned in the Disclaimer.

Whether indoor (box) or outdoor (field) lacrosse, there always seems to be a game or tournament happening and thus the game continues to grow. Go grab a stick to participate yourself, or go watch those who are playing and remember, you/they are playing for the Creator.

Enjoy Lacrosse for everything that is was and currently is...And be sure to follow the rules set forth within your league.



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For Boys and Girls Lacrosse



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Commandment #1

“Thou shalt never hit the goalie in the chest when shooting.”

Off stick, or weak side, hip is the hardest shot for a goalie to save so you need to learn to pick spots by shooting on the corners and mid-level where the Goalies hips would be.

Practice by hitting the same spot on a wall over and over again, or hang a target in your goal and aim for it with every shot to improve your accuracy.



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Commandment #2

“Bounce shots are best.”

They are hard to read and rarely bounce true unless on turf and are therefore hard to judge by a goalie. Hit a spot right inside the crease line to make it harder for the goalie to adjust correctly

Combine this with trying to hit the same spot after the bounce. If you bounce too close to the Goalie you risk hitting their legs or being saved with their stick. Bounce outside the crease and you allow them extra time to respond to the shot.



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Commandment #3

“Listen and talk to your stick as you cradle, this will insure good stick protection.”

When cradling, you should be bringing your stick back and forth between the area in front of your face and on the side of your helmet when your stick is in the vertical position.

Do not leave your stick hanging to be checked and become part of a yard sale.



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Commandment #4

“A goal proves that you can beat the goalie; an assist proves that you are smart.”

The bigger and faster team does not always win, but the team that plays smarter is often successful.

Understand that Lacrosse is as much a mental game as it is a physical one and make the smart choice when you have the chance to help your team score.



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Commandment #5

“Always look to make the extra pass.”

There is always someone else open that might have a better angle or opening on the field.

Do not force the ball, but instead pull it out and settle it down to see where you can make another pass. Be patient!



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Commandment #6

“Thou shalt not pass the ball close enough to the goalie or the cage such that the goalie is able to intercept your pass.”

This is an unnecessary forcing of the ball. Be patient and work it around until the opening presents itself. Your coach would much rather have you hold onto the ball for a longer possession, than turn it over to the Goalie for a fast break.



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Commandment #7

“Thou must have the ability to catch and throw with both hands.”

You will be a more dynamic player and greater threat if you can go both directions and keep the defensemen on their heels at all times.

If you are a defensemen you will be able to throw checks and clear against the best attack players with ease when you can use both hands.



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Commandment #8

“Thou must move whenever you do not have the ball; Keep your defenseman confused, thinking and occupied. Remember the words of wisdom from the cavemen: He who stands still, is lunch!”

If you stand still, you also make it easier for your defenseman to slide and double the ball without having to worry about you.



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Commandment #9

“Never “telegraph” a pass”

Keep the opponent guessing where you are going with the ball and use your peripheral vision to help you move the ball where you are “not looking”.



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Commandment #10

“Thou must practice “on the wall” in order to be good”

This is a basic skill that you can always improve with, try a new technique or way to play wall ball that you have never done before.

There are many ways you can do this to improve your skill level with both hands...Even the best players spend time “on the wall!”

*See page 58 for related wall ball drills.



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Commandment #11

“Thou shalt always move to a passed ball; never stand still to wait for a pass to come to you.”

Don't wait for the ball to come to you, instead be aggressive and attack the ball so that no one else takes it from you.

Often you are able to catch it instead of letting it become a wild bounce pass that goes out of bounds and become an unnecessary turnover.



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Commandment #12

“The best players pick up the ground balls”

Get both hands low and parallel to the ground, NO ONE HANDED GB's.

Run through the ball like a bull charging a red flag.

Aim to be the ball hawk of your team everyday.



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Commandment #13

“Vee in and Vee out in order to get open for a pass.”

Create a disturbance and commotion in the group so your defender does not know whether you are going towards the cage or away from it to create open space between you and them.

Those on offense who keep moving will get open with a little patience. If it does not work the first time, try it again until it does.



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Commandment #14

“Never get caught off-sides.”

This is playing smart and prevents turnovers. The opposite midfielder on the far side is often responsible for this, especially when a defender is bringing the ball up field.

“Middie Back, Middie Back” should be called when the defender is going over the midfield line into the attack end.

On a ground ball situation, do not cross the line to grab the ball should it come towards you there.



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Commandment #15

“Check on the head of your opponents stick.”

Poke and slap checks work the best here, while you should stay away from the body as much as possible.

Patience and timing in your checks can work much better than being a hack and prevents injuries and unnecessary penalties which also harm your team.



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Commandment #16

“Thou shalt always congratulate your teammates; you are, and can do nothing without them.”

This is a TEAM sport and they may create opportunities that allow you to score later in the game or in future games.

Teamwork makes the dream work!



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Commandment #17

“Thou shalt always keep your head up; don't look at the ball inside your stick.”

If you are looking at the ball, you do not know what is going on around you or where the opponent is. Become comfortable and get use to the feeling of the ball in your stick.

Carry your stick around the house and cradle with both hands to become familiar with the weight of the stick and ball together.



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Commandment #18

“Always stay in front of your fellow midfielders on a fast break. They will not be able to pass to you if you are behind them.”

Hustle up field on offense as well as hustle back to get in the hole on defense if your opponent is staying ahead of the ball as well.



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Commandment #19

“If the goalie comes out of the cage, turn him to his weak hand by shutting off his/her strong hand side.”



Often goalies do not get as much practice using both hands because of reaction time limitations in the cage, so they favor one direction more than other.

If you are a goalie, make sure you improve your weak hand to be able to clear the ball better.



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Commandment #20

“Never, never, never hang your stick.”

It is not a piece of luggage you are carrying around waiting to be checked away, unless you want a yard sale to take place and the ball to go in the opposite direction.

A defenseman with patience and timing will strip the ball from this player with ease.



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Commandment #21

“Always be alert of your mark and the ball's position when you are on defense.”

Do not get caught ball watching, but you must know where the ball is at all times so you can maintain proper positioning on the field.

Your coach may say “keep your head on a swivel” which means to be moving your head around in all directions to know what is happening all over the field.



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Commandment #22

“Thou shalt play the ‘Ball-You-Man’ triangle.”

Just like in other sports, you want to create the better angles to be able to cut off the ball and defend the person at the same time.

Lining up wrong can result in getting beat, so be sure to always find a good position to help out.



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Commandment #23

“Thou shalt always be ready to slide to a teammate to help him on defense.”

Make sure you are calling out that you have their back and are “hot” or “I’m 1” so they know where their weak side help is coming from.

A good defense will rotate when you slide so all players get picked up again and prevent the team from attacking the goal further.



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Commandment #24

“You have a stick, use it: check.”

If the ball is flying through the air, or you are up at the midfield waiting for a ground ball to come, you need to check their stick to prevent your opponent from getting the ball.

In girls lacrosse you must be careful here as you can get called with an “empty” if you hit their stick without the ball present. Boxing out your mark will allow you to grab the front spot closer to the ball in this scenario.



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Commandment #25

“Use your stick not as a caveman's club or ax, but as a surgeon's scalpel.”

Basic Checks work many times more than the fancy checks which instead usually end up drawing a flag with penalty time. You want to make it as simple as possible so the ball comes out and you can pick it up.

Do not get caught up in the idea that you landed a home run check only to stare at the ball being picked up again by the person you stripped originally.



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Commandment #26

“Don't lunge at the offensive player, be balanced, wait for his move.”

Have an open stance with legs about shoulder width apart, knees bent slightly, hips facing the opponent and stick pointing towards them as well or angled slightly upwards to block a pass or feeding attempt.

Your feet should be moving so you can adjust and go either way with the player. Be sure to focus on their hips and numbers. If you follow their arms or stick, you will be swinging and running all over the place getting beat.



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Commandment #27

“Thou shalt not allow the offensive player to crowd or push you. If they are too close, push them out”

You have a right to the space as well, so keep them moving out of the way of your “House”. They are an unwelcomed guest that you want to keep from getting any further.



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Commandment #28

“Thou shall be intimidating on defense”

Bark, talk loudly and talk often to show the offense you mean business.

Come out when they catch the ball, break down and say “me, me, me” or Ball, I got Ball etc. with a nice poke check to show them you are going to battle them until you get the ball back and head the other way.



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Commandment #29

“If your mark beats you and there has been a slide, go to the hole and pick up a player”

Never stand still and always try to find the open man.

Your teammates picked up where you got beat, now back them up as well. You will pay them back later by backing them up when the ball comes from the other side.



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Commandment #30

“Always talk and communicate.
The best players are talkers”

Those who are vocal often control the game and can be intimidating to those who are quiet and do not talk as much.

Your talking on defense can also throw off the concentration of those on offense who are trying to run a play.

On offense be vocal so you know who is going where, when you are setting up a play.



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Commandment #31

“Choke up on your stick if you have difficulty handling it”

Find a position that is comfortable for catching and one for throwing (they should not necessarily be the same), but be sure to protect your “butt end” so as to not be hanging your stick, especially for long sticks running down the field clearing the ball.

Wrapping a narrow piece of athletic tape around these spots where your bottom hand should stop or rest, will help you easily find your balance spots when you are on the run and can not look to see where your hands are.



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Commandment #32

“After picking up a ground ball, put it to your face, and run to an open area”

Protection is a key factor in maintaining control of the ball. You must value it and not hang your stick afterwards to let it get stripped away, then start talking and listening to your stick until you are out of traffic and have found someone to move the ball to.

You should be looking for an open person as soon as you pick the ball up to move it away from you and the congested area.



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Commandment #33

“Defensemen, stay tight on the fast break”

If you spread out, this makes the rotations harder and the scoring opportunities easier as there is more space between defensemen, goalie and the goal.

Talk is a must here and you must always get back in the hole and continue until the midfielders come and you are all even.



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Commandment #34

“Every time the ball moves, you must move”

Do not stand still or you will get beat on defense, or you will never get the ball on offense.

You should always be re-positioning yourself to accept a pass or to make a pick for someone else to accept a pass. If you are on offense, it will keep you ready and knowing what is happening.



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Commandment #35

“Stay intense by anticipating what the team will do next”

Always be ready for their next move...Feel a defender who may be sliding early, so that you may pop open on the defensive end, or put more pressure on someone cutting to minimize their chance of receiving the ball.



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Commandment #36

“If you double team, do so with authority; ask yourself, do I want to be a hammer or a nail?”

When you double, you leave your man open behind you in a likely position that they may get the ball and get a shot off.

Make sure you are talking through this so someone knows they must back you up and others know you are coming to double the ball and can figure out which way to force the opponent so they will “turn into” the double team.



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Commandment #37

“Great defensemen, like great offensive players, see the entire field: keep your head up when you're clearing the ball. Impress fans with your smarts”

There is nothing more exciting than seeing a defensemen bringing the ball up field and putting a shot in the net. They must be aware of where everyone is so that can make the split second decision to pass the ball off and get back over the midfield line, or if they should continue towards the goal and take a shot. A nice long pass from the end line often starts off a fast break that leads to a crowd raising goal.



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Commandment #38

“Keep players out of the funnel”

This is the area in front of the cage! You want them to run around as much as possible, but not coming closer into your zone. Force them out and around and be sure to stick close to cutters so that you may prevent them from receiving a feed from behind.

The “Check” call is crucial from goalies/teammates here as the defender may not always see where the ball is if he is following the cutter.



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Commandment #39

“Thou shalt be economic with your checks”

Don't waste a lot of time and energy on fancy checks. Throw them when you know you have a high percentage chance of landing them and causing a turnover.

The poke check is the most important to use and requires little energy. You can be a jack hammer with this and still not put yourself out of balance or give up position.



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Commandment #40

“Great defensemen do not take the ball away, they prevent their opponent from scoring.”

Being in the correct position often causes an attack player to move the ball along and not force the issue of trying to score. Nothing fancy is needed, just be in the right space at the right time.



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Commandment #41

“Love the game and play and practice with passion. Ask your coach for magazines, books, and tips. Be a student of the game”

The more you learn, the better you will become.

Watch games on TV or of a higher level and focus on your position to see what the best person at that level does. Get ideas from other positions as well and become an all around player who “Respects the Game”



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Commandment #42

“A great man once said, "Nothing great was ever achieved without enthusiasm." In other words, give everything your all.”

Leave it all on the field.

Do not come back later wishing you did something different...’no regrets’ should be all that is on your mind as you did everything you could each day out.



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Commandment #43

“The saying "Practice makes perfect" is incorrect. "Perfect practice makes perfect!”

Repetition is key in any facet of life to make something easier or happen with relative ease. The pros make it look so easy, because they have become experts at failure and know how to do it the right way.

Learn from your mistakes until it becomes normal. Training your muscles to do certain movements in practice carries over into the games to look fluid as though you were a natural.



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Commandment #44

“When in a game, thou shalt never dispute a call or argue with an official for any reason!”

The only person to talk to an official is the coach, or captain. The officials are human and can not see everything that occurs on the field. Many times it is a judgment call on their part (whether correct or not) and they should not be ridiculed by a player ever.

Lacrosse is played as a game in current times and should not have life bearing consequences where a ref's call will determine your fate forever. Get over it and accept it for what it was, learn from it and move on to make a better play later.



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Commandment #45

“Thou shalt always know the score of the game”

“You got to be in it to win it” and should always know what is going on. It is only a few hours of your life, so pay close attention to what is happening in the game.

Regardless of score, you should always give it your all throughout the game. No letdowns. A complete game is needed for success. A short letdown can be costly.



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Commandment #46

“Thou shalt encourage and uplift your teammates who are not playing well”

Everyone has an off day, or someone might be at a level below your skill level.

If you want them to be successful in helping your team achieve the goals set forth in the beginning of the season, you need to help them out when they may be making a mistake or playing below the expectations of the program.



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Commandment #47

“When coached or told to do something in a practice, ask yourself why? You may then come to a better understanding of the game”

Not the “palms up” sort of why, but the serious kind where you think about what the coach is telling you.

In most cases your coach has played at many levels and had great coaches himself and might actually know a thing or two about the game that can help you improve yours.



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Commandment #48

“Always have your equipment ready prior to a game”

Don't be the person who shows up without a major piece of equipment like a helmet or glove. A simple rule of thumb for the school team is that you do not leave the locker room without all your equipment on and you get on the bus this way if necessary for a game. The same for the ride home and entering the locker...make sure it is all on.

For those on summer and club teams with no locker room, make sure you have some method or type of gear* that will help you in bringing all your equipment to the next practice or game.



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Commandment #49

“Accept the responsibilities of being an athlete: work hard in school, represent your family, community, and team with pride and honor”

Remember, you are a student first and an athlete last. Playing sports is a privilege which can be taken away easily when the school, family and community commitments are not met. Be a person of good character and make wise decisions. Think first and act second in regards to how your response to a situation will affect your teammates and family.



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Commandment #50

“Practice, practice, practice, then practice some more”

You will never be perfect, but you can aim to achieve perfection by putting the time in at practice and after practice as well with wall ball, ground ball drills, shooting on a goal, playing catch, performing stick tricks and much more!

As stated earlier, “Perfect Practice makes Perfect!” and should be followed with all safety guidelines in place so that no one gets hurt. You might master a great check, but it should not be at the expense of an opponent, who could be injured in the process.



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Bonus Commandment #51

“Thou shalt refer back to this book over and over again until these commandments become instilled in your game and way of life”

Just like practice, you never learn something outright the first time. Repetition is needed. The second time you read these, you will pick up something new, or one of the commandments will have a new meaning for you.

Your interpretations at the beginning of the season will be different from the end as well.



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Survey and Staying in Touch

Please take a moment to complete our online survey to help develop future editions of the book and other products to help your Lacrosse game:

TAKE THIS SURVEY → www.tinyurl.com/lacrossesurvey

You can also stay in touch with Basic Lacrosse at the following places:

Facebook → www.Facebook.com/BasicLacrosse

Twitter → www.Twitter.com/BasicLacrosse

Blog → www.BasicLacrosse.com/blog

Email → DaveGardner@BasicLacrosse.com

Email or send us your lacrosse stories and you might find it in the next edition of our book.

Basic Lacrosse: Attn Dave Gardner
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The Lacrosse Packguy

In order to make sure you have all your gear ready to play, especially in the summer and for tournaments, the Lacrosse Packguy will make your life easier. This organizer holds all the equipment of one player (even goalies) and allows for stick freedom. You can remove your stick, but keep your equipment together to air out, or be ready to travel to the next contest.

Get the Lacrosse Packguy at BasicLacrosse.com with an option to pick it up for FREE! You can also sign up for the audio version of the 50 Commandments of Lacrosse!

See the Demo video:
<http://basiclacrosse.com/packguy.html>

Team orders are available for this and other unique lacrosse products you normally will not see in the stores!

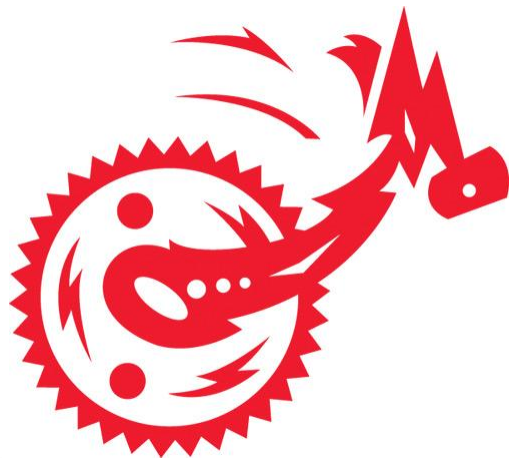
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The Hammer Nutrition

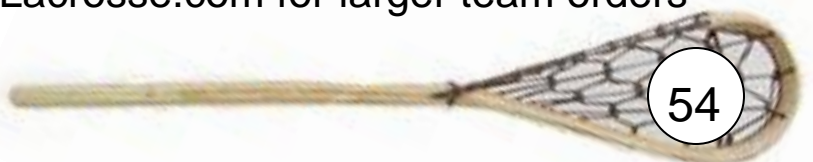
Basic Lacrosse is the official Lacrosse distributor for Hammer Nutrition products including but not limited to electrolyte replacement gels, sports drink powders and more to help you stay prepared in the game of lacrosse where you sweat out a lot of your essential electrolytes that help maintain balance in your body and need to be replaced. *Always consult with a doctor, or medical professional, for an appropriate course of nutrition.

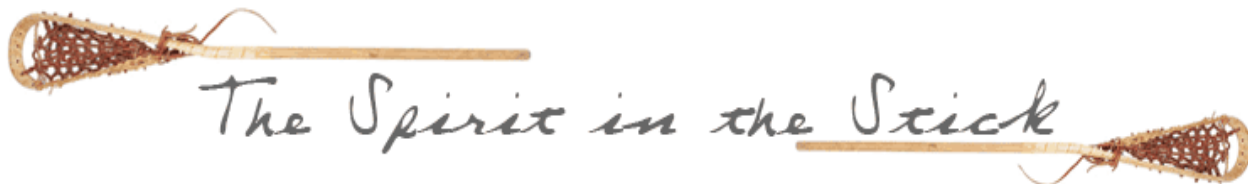


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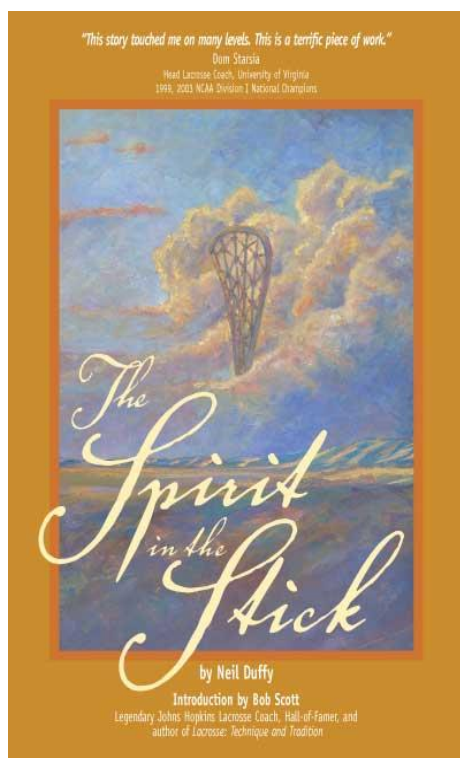




The Spirit in the Stick

Other Suggested Lacrosse Reading

The Spirit in the Stick is a novel that follows a 200 year history of a hand crafted Native American lacrosse stick that is handed down generation after generation. Within each passing of the stick to the succeeding guardian, each person gains the “Spirit” from the previous guardian. This easy to read piece of fiction brings you from the battle field to the lacrosse field and will be enjoyed by all those who have played or just love the game of lacrosse.



Not only is this a book I feel my players might enjoy, but also my teammates from teams past. The relationships formed with some of the teammates are everlasting. Instead of pledging into a fraternity, a majority of us thought that the team was our brotherhood and a fraternity in itself. We looked out and took care of each other regardless of the situation.

Tying in the idea of respect was great in that many kids today sometimes feel they can be a superstar without valuing the learning process or the work of others who went into making the game what it is today. Too many have a sense of entitlement that is beyond reason, thinking they deserve the best without having to work for it. Your stories inclusion of the struggles occurring in order for the stick to continue living are a nice reminder to the efforts that must be made to continue respecting the game.

As far as actual time goes, the efforts of your characters to hit the wall over and over again cannot be stressed. I was unfortunate to not make the varsity team my Junior year and I ended up hitting the wall every day, be it in my basement or at the school. Dedication and commitment are characteristics that seem to sometimes be missing with kids today as they try to do too many things. Sticking with the basics is always the best way to improvement and it pays off when coupled with the dedication and commitment.

Grab *The Spirit in the Stick* novel today at “<http://basiclacrosse.com/spiritinthestick.html>” and contact DaveGardner@BasicLacrosse.com for larger team orders



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About the Author

Dave Gardner currently teaches Biology, Chemistry and Environmental Science in Central New York and is trying to start a program at the Solvay School District where he teaches, which currently does not have one. He has therefore been coaching at surrounding schools.

He is a Returned Peace Corps Volunteer, having served in the Solomon Islands from 1998-2000. He holds his Masters of Arts in Teaching from SUNY Cortland and also has a developing online and local marketing business.

Dave lives in Camillus, NY with his wife, three daughters and two crazy dogs.

You can let Dave know what you think about the 50 Commandments of Lacrosse by sending him an email at DaveGardner@BasicLacrosse.com



The 50 Commandments of Lacrosse

One of the best things that ever happened to me was being cut from the Varsity lacrosse team during my Junior year at West Genesee High School in the Spring of 1992. I had played baseball and lacrosse growing up and settled on lacrosse during my sophomore year. You can see more of the story how I got here at LacrosseCommandments.com.

Not putting the correct time in, I was not up to par my Junior year and did not make the team. Coaches Messere and Deegan instead presented me with the opportunity to coach and that year I spent the season as the modified assistant lacrosse coach, which turned me onto coaching forever.

I practiced every day from that point on and as a Senior, made the varsity team, when they could have picked a younger player over me. I later continued my love for the sport at Cortland State University where I was a member of the Red Dragons lacrosse team all four years I was there.

Since graduating college and bringing lacrosse sticks with me in travels to Belize, The Solomon Islands and Kenya to continue spreading my love for the game that has provided me with many opportunities, I have also continued to coach the game. I have coached both boys modified (7th-9th grade) and girls JV lacrosse for about 10 years and recently started with my first of three daughters in the 3rd/4th grade level.

I will always strive to present the basics of lacrosse, which is why I decided to call my website "BasicLacrosse.com" and why I will run a drill sometimes longer than a player may be "use to" until I see it working right. Perfect Practice Makes Perfect, right!

My coaching philosophy will continue in this manner as I will teach the basics of lacrosse, just like those taught to me about 30 years ago when I first started playing in the summer developmental leagues in Camillus, NY.

Finally, I would like to thank Coach Chris Kenneally, who was like a second father growing up and who gave me my first stick and introduced me to the game of lacrosse when I was 6. He was also very understanding over the years as I broke parts of his fence shooting on the goal!

-Dave Gardner-



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Did you play wall ball today?

Set a specified amount of time each day to play wall ball and keep track of how many times you hit the wall each day and as you improve you will find that you are increasing your repetitions in the same amount of time.

Another way could be to do a set number of tosses and as you improve you will have to spend less time completing the task. Then you can spend the extra time doing more complex tosses or variations of tosses.

When you get comfortable, add sand or filler to your shaft to add resistance to your passes and when you use a regular stick you will be amazed at how well you can throw the ball.



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Basic Wall Ball Drills

Throw Right	→	Catch Right
Throw Left	→	Catch Left
Throw Right	→	Catch Left
Throw Left	→	Catch Right
Throw Right	→	Catch Cross Handed on left side
Throw Left	→	Catch Cross Handed on right side
Throw Cross Handed L	→	Catch Right
Throw Cross Handed R	→	Catch Left
Behind the back Right	→	Catch Right
Behind the back Left	→	Catch Left

Do these drills at various distances from a wall or partner. Starting out at shorter distances and then creating more space between you and the wall and/or partner.

You can also do these same drills with bouncing between you and the wall to create a larger variety, where you can either bounce on the ground first, then hit the wall, or hit the wall first and then allow to hit the ground.

Remember, you get out of it what you put into it!



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Doing a fundraiser? Providing Senior night gifts?

Head on over to LacrosseCommandments.com/Bulk to order a set for your teammates or even your own players and parents.

Have questions or comments, send me an email to “DaveGardner@BasicLacrosse.com” and I can give you a quote on the bulk order or values not seen on the website.

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50 Rules to follow to
make yourself a
better teammate
and player of the
game!

David Gardner