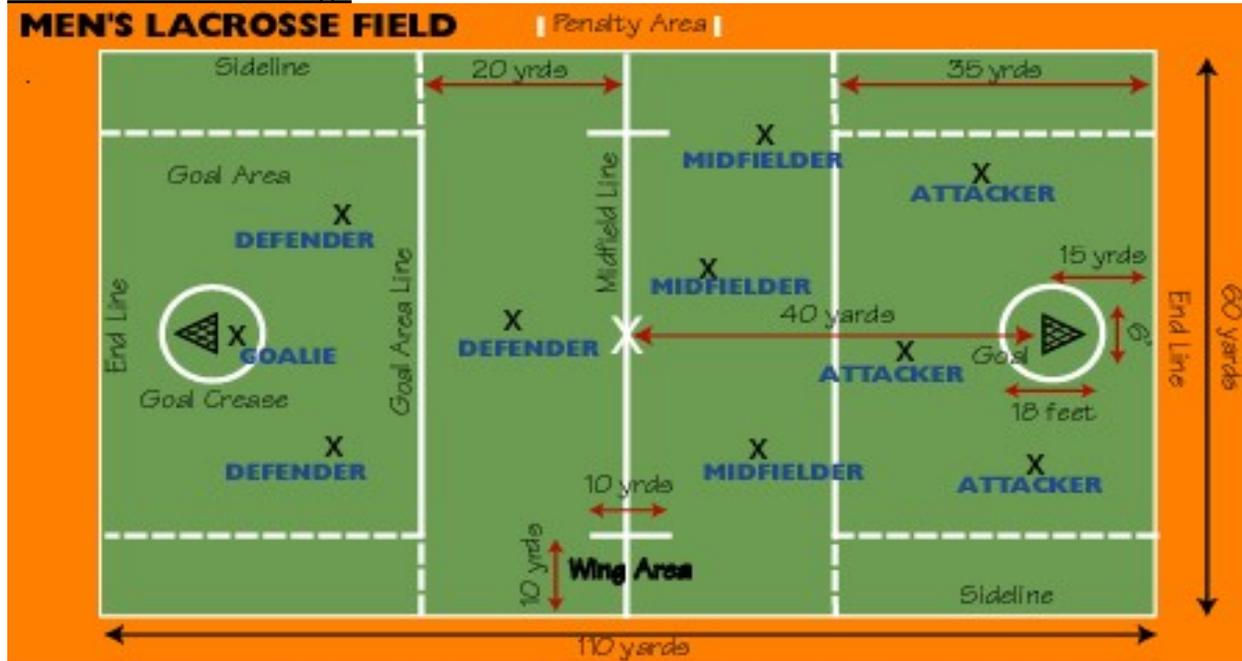


Lacrosse Field and Lingo



Clearing - An important defensive maneuver where defending players run or pass the ball out of their goal area. Clearing is best done along the sidelines, away from the front of the goal.

Cradling - In order to maintain control of the ball when moving along the field, players turn their wrists and arms to cradle the ball in the stick pocket.

Crease - The eighteen-foot diameter circle surrounding each team's goal.

Cutting - An attacking player without the ball darts around a defender toward the goal in order to receive a "feed pass."

Extra Man (or Man Up) - Describes the team at a player advantage in a penalty situation. Opposite of man down.

Face-off - Takes place at the start of each quarter, after every goal, and after certain dead balls. Two opposing players crouch down at midfield, hold their sticks flat on the ground and press the backs of their stick pockets together. The ball is then placed between the pockets and, when signaled to start, the players "rake" or clamp on the ball to vie for control.

Face Dodging - A player with the ball cradles the stick across his face in an attempt to dodge a stick-poking defender.

Feed Pass - An offensive play in which one player passes the ball to a cutting teammate for a "quick stick" shot on goal.

Ground Balls - Players compete for the control of loose ground balls by stick checking opponents away from the ball while simultaneously trying to scoop it up.

Man Down - Describes the team which has lost a player to the penalty box and must play with fewer men on the field.

Out-of-bounds - When a shot goes out of play, the player closest to the sideline where the ball went out gets the ball.

Pick - An offensive player without the ball positions himself against the body of a defender to allow a teammate to get open and receive a pass or take a shot.

Pocket - The head of the stick in which the ball is held and carried. The pocket is strung with leather and/or mesh netting.

Riding - When an attacking team loses possession of the ball, it must quickly revert to playing defense in order to prevent the ball from being cleared back out.

Roll Dodge - An offensive move in which a ballcarrier, using his body as a shield between a defensive player and the cradled ball, spins around the defender.

Scooping - The manner in which a player picks up loose ground balls. He bends toward the ground, slides the pocket of his stick underneath the ball, and lifts it into the netting of the stick.

Screen - An attacking player without possession of the ball positions himself in front of the opposing goal crease in an effort to block the goalkeeper's view.

Slide - When an offensive player with the ball has gotten past his defender, a defending teammate will shift his position to pick up that advancing player.