

# Girls Lacrosse Positions

There are 12 players per team on the field during a girls lacrosse game. Unlike soccer or field hockey, the players do not start out on the same side of the field as their teammates, but rather are stationed around the field from one goal to the other, similar to the start of a basketball game. Players start the game matched up next to a player from the opposing team. The 12 positions, from offense to defense are:

## **First Home**

First home is the most offensive position on the field. Her first priority is to score. She starts the game closest to the offensive goal. First home has superior stick work because she is often in high-traffic and high-pressure situations. First home sets up plays behind the goal cage, waiting for her teammates to cut in front of the cage. When that happens she passes the ball to them to create a scoring opportunity.

## **Second Home**

The Second home makes things happen. Statistically, she has a lot of assists. (An assist is the last offensive pass before a goal is scored). The second home shoots well from any angle and from any distance to goal. She is dependable and strong and sometimes shoots through to score herself.

## **Third Home**

Third home helps to transition the ball from defense to offense, and supports her offensive homes. She often assists in the goal scoring and sometimes shoots through to score herself.

## **Left & Right Attack Wings**

Wings also transition the ball from the backfield to the offensive end. Wings do a lot of running, as they are dependent upon both offensive and defensive teammates. They must support both ends of the field and keep the two ends of the field connected.

## **Left & Right Defense Wings**

Defensive wings mark the opposing attack wings and keep them out of play from the ball. A good defender can mark her opponent out of the game forbidding her teammates from passing the ball to her. Because she is marking an attack wing, a defensive wing also does a lot of running. Defensive wings have speed, endurance, and an intimidating attitude!

## **Center**

The center is the strongest player on the field. She starts the game with the draw and controls the middle of the field. She plays both offense and defense, and is always on the move. Center is integral in transitioning the ball down the field. This is another position that requires speed, endurance, and authority.

## **Third “Man”**

The main responsibility of the third man is to mark the opposing team’s third home. She must be quick to intercept passes and have excellent footwork and speed to stay with her mark. A third man has great reflexes, and often jumps in front of her mark to reach for an interception.

## **Coverpoint**

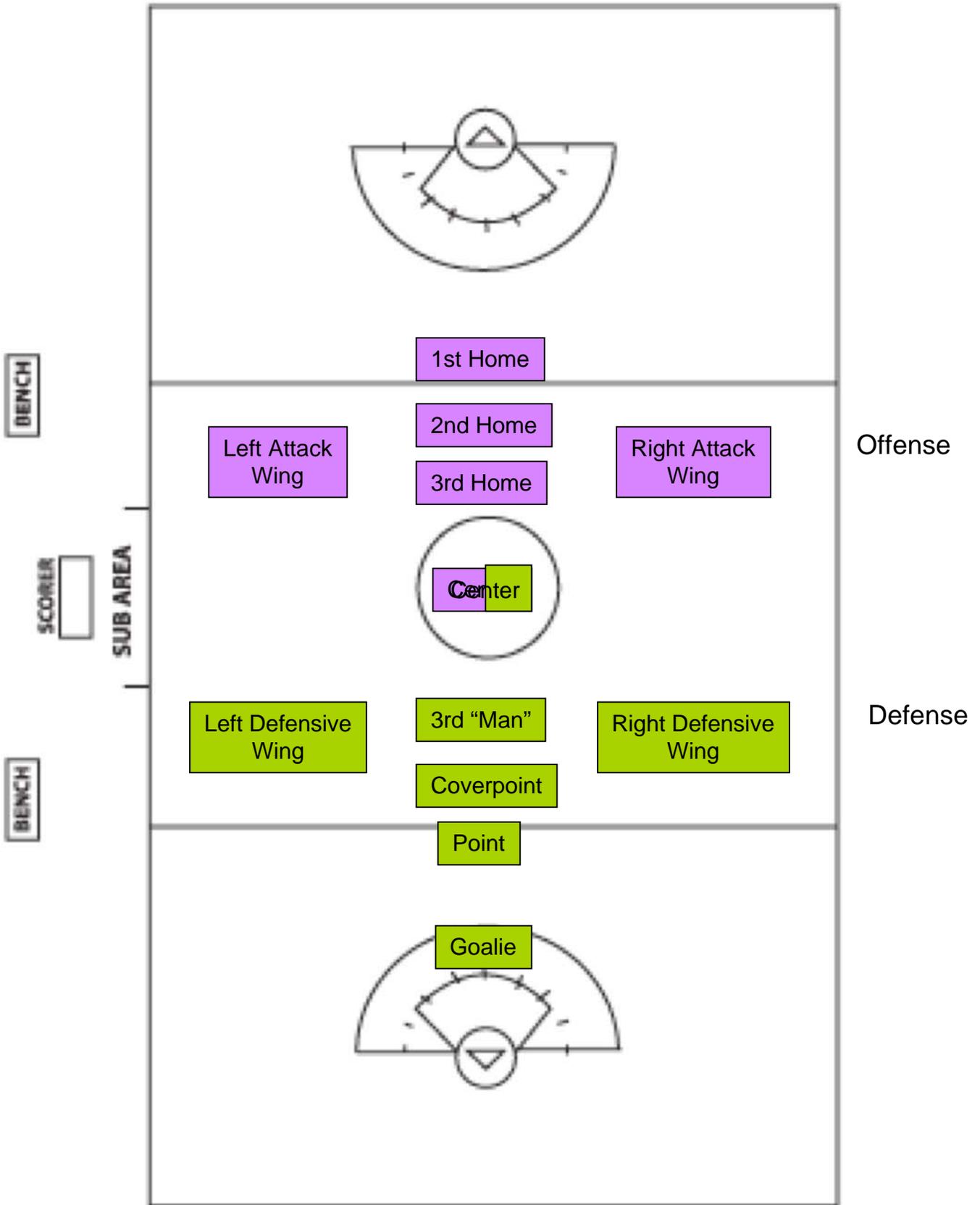
The Coverpoint marks the opposing team’s second home player. The Coverpoint is excellent at marking and has great footwork. She also works with the goalie and receives clears from the goalie. She plays smart defense and moves the ball away from the goal to the offense for a transition play.

## **Point**

Point is the most defensive field player on the team. She marks the opposing team’s first home. She is great at marking and checking. She also works hand in hand with the goalie and must be a good communicator. Aside from the goalie, she is the most defensive player on the field and has a good view of what is happening. Her viewpoint is valuable, so listen to her advice!

## **Goalie**

First and foremost, goalies protect the goal and lead the defensive communication. A goalie is always telling her defenders who to mark and letting them know when someone is open, or when someone should slide over and double team an offensive player. Within the goal circle, or crease, the goalie uses any part of her body to stop the ball from going into the net. Goalies also must be aggressive and at times come out of the crease to go after a wide shot or possibly to intercept the ball. Goalies have good stick work, quick reflexes, and a no-fear attitude.



Field Set-Up