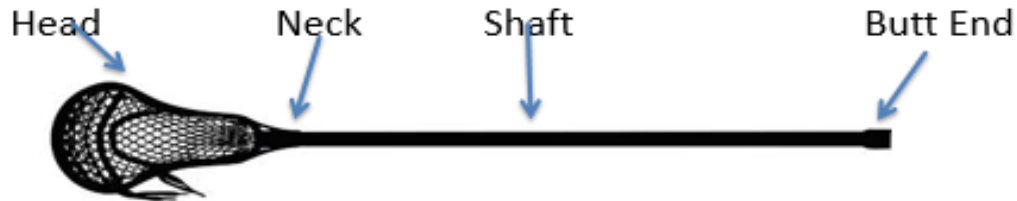


Lacrosse Basics

Marshfield Youth Lacrosse

The Lacrosse Stick:



Ground Balls

- Keep both Butts low (butt end of stick and players butt).
- Bottom hand on butt end and top hand on neck of stick.
- “Scoop it, Sniff it, Hear it” - Get low Scoop ball, bring it to your face (to keep away from other players), transition stick to passing/shooting position.
 - “Sniff it, Hear it” is also the cradling motion – ear to nose to ear to nose, with stick perpendicular to the ground (straight up-and-down)

Cradle

- Keep ball/head of the stick high near shoulders and ears – “the box”. Low sticks are easy to check during competitive situations.
- The cradling motion should be from ear to nose (“Sniff it, Hear it”) with the head of the stick at the same level as the head of the player; the speed of the cradle motion should be in rhythm with your speed.
- Top hand should be near the neck, and the grip should be in the fingers – no “death grips”. The bottom hand does not rotate the stick (for beginners – it will for advanced moves and shots).
- Learn to keep the stick straight up-and-down, perpendicular with the ground. This is best way to protect stick and keep the ball during competitive situations.

Catching

- Top hand near the neck/top of the stick. Bottom hand near butt end of stick.
- Catching right handed, left foot forward, give a target (head of stick should be 8-12 inches out in front of player), when ball hits net rotate head of stick from 8-12 inches in front of your head to just behind your ear.
- Player holds stick in finger tips, not palm of hand (no death grips). Catching ball requires soft hands, similar to catching an egg.

Throwing (Shooting)

- 3 P's: Pull, Push, Point
- Bottom hand on butt end of shaft. Top hand is half way up shaft.
- Both hands should be above players shoulder.
- Arms should be away from the body (not directly on top of the shoulder or next to the ear); extended.
- "Kiss your Shoulder" – the arm of the bottom hand will be across the body – extend the hands/arms away and back so that the shoulder touches the chin/mouth area.
- Throwing right handed player should step with LEFT foot forward and...
- Throw over-the-top (not side-arm), finish with the head of the stick pointing to the target
- Commit to Pass or Shot! The ball has no chance of hitting the target if player does not commit.

Hand Placement on Stick:

