

MOHAWKS LACROSSE CLUB
PREPARATION INFORMATION
FOR
GIRLS

Welcome to OUR team! We are looking forward to having fun and teaching you about the game of lacrosse and how to play it. So, we are providing you with the following information to help you get ready for the first day of practice. Some of this information such as equipment adjustment should be tended to sometime in the next few days. The rest of the information is provided to get you off to a quick start at our first practice.

Equipment:

You will need a stick, ball, mouthpiece and goggles to participate. We'll start with the stick and the ball since those are usually of most interest to most of us.

- First of all, please do not use the stick to hit or prod anyone... even in jest. You'll be doing enough of that on the field so save it for practice. And a word of advice, no ball playing in the house (or near windows). I'm still in my mother's doghouse for breaking the living room lamp when I was eight years old. If you want to do something with the stick, begin by making a slight pocket in it. To do so, loosen the side strings at the bottom of the head along with the leathers or bottom tie. Push the ball into the webbing and keep pounding it in until just the top of the ball is showing above the plastic when it is sitting in the webbing. If you throw the ball and it hooks, you may also have to slightly loosen the inner throwing string. The throw strings run across the top of the pocket.
- You should obtain a mouthpiece and mold it according to the directions. We will provide these to you.
- Make sure you come with the appropriate footwear for lacrosse. Cleats used in soccer or other field sports should be sufficient.
- Below are some techniques you should try prior to our first practice.

First day of practice:

Please take note of the following. . It applies to all practices.

- Practice begins promptly as scheduled. Please be present and ready to begin at the scheduled time. Plan on being there about 10 minutes early to get ready and say hello to everyone.
- You are responsible for bringing your own water. You will need it.
- Speaking of water, if it rains and we are scheduled to be outside we still practice if the fields are open. The only thing that will keep us off the field is if the township closes them or thunder and lightning. If it's a quick storm, we'll start late once the sky clears.

We look forward to seeing you at practice!

TECHNIQUES FOR TEACHING LACROSSE STICKWORK FUNDAMENTALS

CRADLING

Technique 1:

- Hold the stick out in front of you perpendicular to the ground with one hand, two to three inches from the head. Have your elbow bent and the face of the stick towards you.
- With a ball in the stick, move your arm left to right and vice versa across your face from shoulder to shoulder, keeping the face of the stick pointing at your nose. This will cause you to bend the wrist slightly in both directions. Go faster back and forth.
- Put your other hand on the butt of the stick while doing this and let the stick rotate through the bottom hand while you move it with the top hand. The bottom hand is just a guide.
- Practice doing this lefty and righty.
- Cradle with the ball in the stick and then without. You should be able to "feel" the difference, the weight of the ball being the difference.

Technique 2:

- Hold the stick and ball as described above with both hands and off to one side of your body. Elbow half extended, stick face up. Do a bicep curl type of movement all the way up and then extending the arm all the way down without letting the ball fall out. Curl the wrist accordingly and use speed / force to keep the ball in the stick.
- Practice righty and lefty.

SWITCHING HANDS

- While cradling, slide the bottom hand up the stick shaft until it bumps the top hand.
- Remove the top hand as you grip the stick tighter with the bottom hand.
- Grab the bottom of the stick with the free hand and continue to cradle.

PROTECTING THE STICK BY TUCKING (not normally in the girls' game)

- Hold the stick with the top hand as close to the head as possible and ensure it is perpendicular to the ground.
- Bring it as close to your armpit as possible in a position that allows you to cradle it and keep it perpendicular to the ground.
- Your torso should be turned slightly at the waist toward the hand your stick is in. Now your body is in a position to protect the top middle and butt end of the stick.
- To maximize this protection, extend the free arm out from the shoulder so the upper arm is parallel to the ground.
- Then, bend the arm at the elbow so the forearm is perpendicular to the ground and bring the arm forward just slightly from the shoulder joint.
- Rotate the thumb on the free hand inward to lock the arm in this position.
- The stick should not be visible if you are looking at yourself in a mirror or visible to a defender. Habit must be formed to keep the stick perfectly hidden by keeping it perpendicular to the ground or in the same direction your body is leaning. Avoid hanging the butt or having the stick too high or far out in front of you. The cradle is a tight cradle.

PICKING UP GROUND BALLS

- With feet spread, approach the ball while bending at a 45-degree angle.
- Bend at the knees and waist, bring the head down and look at the ball. One hand is at the head of the stick the other on the butt. Both hands **MUST BE CLOSE TO THE GROUND**. Your front foot should be almost even with the ball.
- Make the head hit the ground hard by pushing downward and then forward, scooping through the ball.
- Begin cradling as soon as the ball enters the pocket of your stick.
- Bring the stick to your face / chest as soon as you can, cradling all the way.
- Switch hands and try this.

THROWING / PASSING / SHOOTING

- Begin by having feet shoulder width apart and the torso turned at a 45-degree angle.
- The bottom hand is on the butt of the stick and grips the stick tighter than when cradling. The top hand is three to six inches from the head.
- Eyes are on the target but the player should be instructed **NOT** to aim.
- Bring the stick back to the ear, over the shoulder or slightly to the side. (**DO NOT BRING IT BACK PAST THE EAR.**)
- Push / whip the top hand forward, while letting the thumb of the bottom hand turn in the direction in which you are throwing. **THE PLAYER NEEDS TO BE ABLE TO FEEL THE BALL IN THE STICK AND KNOW HOW IT WILL "COME OUT"** and get use to it. Pocket adjustment or adjusting to how the ball comes out of the stick may be necessary if the pocket is too loose or if it is too tight resulting in the ball to hook.
- The bottom hand should act as the fulcrum on a lever and can pull slightly if desired.
- The bottom hand should finish by touching the elbow of the top hand on the players follow through and the head of the stick should be pointing at the target (corner of net, teammate's helmet) upon follow through.
- Switch hands and try it.

CATCHING

- Have the player begin by holding the stick in one hand, six inches from the head, face down and extended out in front of you at shoulder height, parallel with the ground.
- The coach or a teammate stands about 3 or 4 yards away and lobs the ball underhand at the player's stick.
- To catch the ball, have the player bring the stick back and catch the ball gently just in front of his face or next to his head. (Both the player and coach need to be gentle and treat the ball like it is an egg they are trying not to break.)
- Instruct the player to feel the ball, hold it next to his head for a second then either cradle or quick stick it back to you.
- Switch hands and try this.