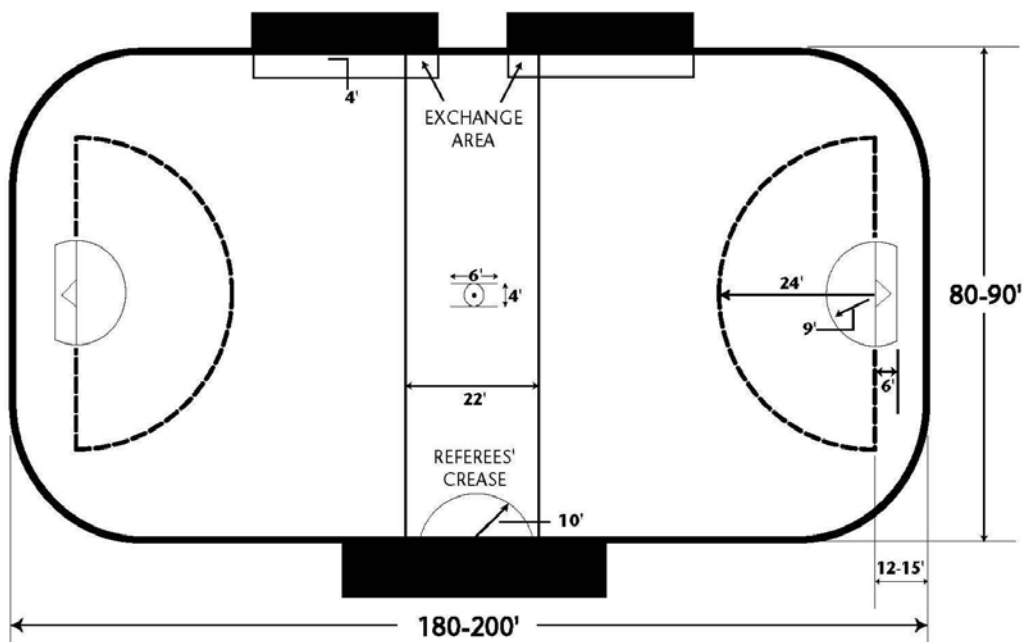




QUEEN CITY MINOR BOX LACROSSE COACHING BULLETIN #1 PARENTS AND PLAYERS GUIDE

Do your players and their parents know that the game of indoor, or box lacrosse is much more technical than simply “hockey without ice where the object is to throw and catch a ball in a stick with a net on its end”? Perhaps this hand-out will help educate those new to the sport, or those who still have trouble understanding the game.

- 1. THE BOX.** The “box” is where box lacrosse is played. The typical construction is a hockey rink without the ice surface (usually a concrete floor):



- 2. THE GAME.** Box lacrosse involves 6 players (five runners and a goaltender). It is actually more similar to basketball than hockey in that all 5 runners are involved in both the offence and the defence, as opposed to hockey which has “forwards” and “defencemen”. It is a full contact sport (except in younger ages) which involves speed and coordination. As in basketball, a team has 30 seconds after it gains control of the ball to get a shot on goal; failure to do so results in a turnover of possession. As in hockey, the intent is to score a goal into a net (smaller than hockey), line changes occurs “on the fly” and many of the rules employed in hockey apply in lacrosse. One notable difference is interference – if a defending player without the ball is interfered with by an attacking player, the play is stopped and possession of the ball goes to the defending team. If an attacking player without the ball is interfered with by a defending player outside of the 24' dashed line, the play is stopped and shot clock reset.

Modified rules in younger age categories include: players rotated in 3 minute shifts; when the ball is turned over, the attacking team must clear the offensive zone; shootouts; 5-second possession rule; minimum number of passes attempted before shot on goal.

3. RULES OF LACROSSE

- **Structure of Play** - These types of rules set the fundamental guidelines for the sport. The rules describe such items as the playing surface, markings, nets, player equipment and make-up of the teams. Also included are elements such as how goals are scored and rules pertaining to the crease.
- **Flow of Play** – These types of rules set out how play is started and stopped and the basics of how the game is played. Included in these rules are the 30-second rule (getting a shot on net), the 10-second rule (advancing the ball into the attacking zone while playing short-handed) or the 5-second rule (time the goaltender can keep possession of the ball in the crease). These rules also cover out-of-bounds guidelines, face-offs, time-outs and how to re-start play.
- **Infractions** – These types of rules deal with undesirable behavior in the game. The rules set out the guidelines for acceptable play and what constitutes an infraction of the intent of the game. These rules generally stem from three types of behavior:
 - interfering with the flow of play (e.g. illegal pick or pushing an opponent on a loose ball)
 - attempting to gain an illegal advantage (e.g. too many men of the floor on a line change)
 - creating a risk of, or actual personal injury to an opponent (e.g. slashing, high-sticking, checking from behind).

There are three types of penalties given when a player commits and infraction of the rules:

- **Loss of Possession** – ball must be turned over to the opponent; applied to violating the flow of play rules (out-of-bounds, interference by attacking player, violation of any of the time rules).
- **Penalty Shots** – most extreme penalty applied when a player, in committing an infraction, has taken away a clear scoring opportunity (tripping an opponent on a breakaway, defensive player touching the ball with his hand in his own crease).
- **Time-served Penalty** – player commits the infraction and is removed from the game for a specific period of time (ranging from two minutes to the remainder of the game) – similar to hockey penalties.

4. GLOSSARY

- **2-on-1** The offensive situation where an attacker has beaten his/her check to create a man advantage going into the offensive zone (similar to 3-on-2, 4-on-3).
- **10-Second Rule** The time allotted to move the ball into the offensive zone when short-handed.
- **30-Second Rule** The time allotted to get a shot on the opponent's net. Time begins when the team gains possession of the ball.
- **Backhand** The act of shooting or passing from behind one's back.
- **Breakaway** One-on-one (shooter on goalie) scoring opportunity.
- **Cradling** The rocking motion of the stick used to gain a feel for the ball and to keep control.
- **Crease** The area around the goal that cannot be entered by the opposition.
- **Crease Man** The attacking player who plays the crease position.
- **Crease Position** The offensive position on both sides of the floor on the goal line extended about 1 metre off the crease.
- **Checking** The defending player contacting the attacking player or the player's stick.
- **Clamping** Placing the head of the stick over the top of the attacking player's stick.

- Controlling The defending player keeping an attacking player in check in order to keep offensive threats to a minimum.
- Defence The part of lacrosse that is played when the opponent has the ball and is associated with protecting the goal area.
- Defensive Stance The defending player's knees are bent, feet shoulder width apart, lead foot slightly ahead, and the stick held to match the opponent's stick and to protect the body.
- Dodge A 1-on-1 move where a deliberate step is taken in one direction followed by an explosive step in the opposite direction.
- Draw Pulling and turning the stick during a face-off.
- Face-off One method of starting or re-starting play.
- Fake Performing a movement (pass or shot) without completion to fool the opponent.
- Give & Go Passing then quickly going for a return pass.
- House Defence A zone defence usually used against a power play.
- Left-handed The player's dominant hand is the left hand and is located at the throat of the stick.
- Loose Ball The status of the ball when it is not in control of either team.
- Major Penalty Five minutes in the penalty box for infractions such as high sticking, boarding, face masking, fighting and spearing.
- Man-to-Man Defence A team defence where there is pressure on the ball carrier while the remaining players move off their checks towards the middle of the floor.
- Minor Penalty Two minute penalty for infractions such as delay of game, elbowing, holding, illegal crosschecking, slashing, and tripping, for example.
- Motion Offence An offensive pattern that involves the five runners in a continuous and balanced cycle of player movement.
- Out of Bounds The area of the arena or box designated as a non-playing area.
- Outlet Pass The first pass from the goaltender or defender that begins the transition from defence to offence.
- Overhand A shooting or passing motion created by moving the stick down from above and just off the shoulder.
- Overload The offensive strategy of moving one or two extra players into one area of the floor.
- Pick Blocking the path of a defender so he/she cannot follow his/her check.
- Pick & Roll The setting of a pick and then turning to receive a pass.
- Point Man The attacking player who plays the point position.
- Point Position The offensive position at the top and centre of the floor furthest from the goal.
- Power Play The situation when one team has a player advantage as a result of a penalty.
- Quick Stick Catching and then passing or shooting in one motion

- Ready Position A method of holding the stick with two hands so that the head of the stick is near the shoulder and ready to receive a pass or check.
- Right-handed The player's dominant hand is the right hand and is located at the throat of the stick.
- Scoop A method of picking up the ball by accelerating the head of the stick under the ball.
- Shooter The attacking player that plays the shooter position.
- Shooter Position The offensive position on both sides of the floor at the top of the 24' line.
- Short-handed The situation when one team has fewer players allowed on the floor than the opponent as a result of a penalty.
- Side Arm Shooting or passing the ball by swinging the stick through the horizontal plane at the waist.
- Sliding The act of leaving one's check to help a teammate.
- Stick Side The defensive position taken to defend the attacking player's stick.
- Sub Shot The shot that is taken with the stick moving in a plane below the waist.
- Switch Exchanging checks with a teammate.
- Trap & Scoop Placing the head of the stick over the ball to stop its movement and then scooping the ball into the stick.
- Triple Threat The stick is held with two hands so that the body is between the stick and the opponent and in such a manner that the player can pass, shoot or go around their opponent.
- V-Cut The one to three step-move of an attacking player to engage the defender and then with a quick reverse step, move to get open to receive the ball.
- Weak Side The side of the floor with the least number of players.
- Zone Defence A defensive strategy where each player has a designated area to defend.

5. EQUIPMENT. Refer to the QCMBL website for equipment information:
<http://www.qcdbl.ca>

6. TIPS FOR PARENTS. Refer to Coaching Bulletin #3 – Parental Support - the Key to Peak Performance.

7. LACROSSE SKILL TIPS FOR PLAYERS

• LOOSE BALLS/SCOOPING

- Try to keep two hands on your stick when fighting for a loose ball.
- Never wait for a loose ball to roll to you; always attack it and win the fight for it.
- If you lose the fight for a loose ball, continue to badger your opponent to prevent a quick pass or rush.
- Scooping a loose ball is easier if you keep the butt of your stick handle low to the ground.
- Keep your body low to the ground and in between the ball and your opponent. Keep your hand nearest the butt end of your stick down, explode through the ball, and immediately cradle and tuck your stick. Look to pass right away or run away from pressure.

• CRADLING

- Become ambidextrous (cradle left-handed and right-handed). Spend half of each practice with the stick in your weak hand.
- When being checked, turn your non-stick side toward the checker and take the impact in your upper arm, not your back. If you beat your opponent with a one-on-one move, quickly tuck your stick in front of your body to avoid a stick check.
- Cradling, the side-to-side, up-and-down, back-and-forth rocking motion of the stick can be achieved several ways. Following are three common cradle tactics:

Small Cradle

- Use a small side-to-side or up-and-down motion.
- Use a continuous swinging action with your top-hand wrist while you hold the stick in cocked position.
- Rotate top-hand wrist side to side so the stick rocks side to side.
- Rotate top-hand wrist up and down to cause stick to swing up and down.
- Keep hands placement the same for shooting and passing.
- Butt of stick should turn in bottom-hand grip.

Medium Cradle

- Use the medium cradle (up-and-down motion) when you're running down the floor in heavy traffic. The swinging motion creates centrifugal force to help keep ball in the stick.
- Use your top-hand wrist to create the cradle.
- While holding shaft (mainly with the fingers), straighten the fingers and let stick roll downwards to fingertips.
- Curl fingers and wrist upwards as you bring the stick up. Top-hand wrist and forearm moving simultaneously upwards and downwards create the cradle motion.
- Keep hand placement wider than passing and shooting.
- Place top hand on the shaft near throat of the stick and bottom hand gripping the stick butt.
- Stick turns in bottom-hand grip.

Large Cradle

- Use the large cradle, a back-and-forth-rocking action of the stick, mainly when taking a check.
 - Hold stick vertically to the floor.
 - Create a swinging motion with your wrist, forearm and upper arm of the top hand moving back and forth.
 - Grip the stick at the throat with your top hand. The motion of your wrist and forearm creates force, keeping ball in the stick.
 - Keep loose bottom-hand grip, allowing the stick to rotate within it.
 - On contact from the crosscheck, make sure top-hand wrist is rotating forward.
- PASSING
 - Pass from the shoulder, facing your target.
 - When making the overhead passing motion, shift weight from the back foot, rotate hips and shoulders, and drive arms to generate force.
 - Always follow-through in the direction of your target.
 - Avoid telegraphing your passes. Don't look directly at your passing target. Practice making the no-look pass, but only try it in a game if you're confident of the accuracy.
 - When throwing to a teammate who's on a breakaway, it's better to make the pass too long than too short.
 - When preparing to receive a pass, hold your stick in front (not to the side) about a foot over your shoulder.
 - CATCHING
 - Place your bottom hand on the butt of the stick.
 - Hold the stick lightly so it rotates in your hand easily.
 - Place your top hand slightly below the mid-point of the shaft about 8 inches from your bottom hand. Use your top hand for power and to guide the stick.
 - Keep a loose grip when you catch. If you tighten up, you end up fighting the ball.
 - Always give the passer a good target by lining up the pocket.
 - Catch the ball in the same position you throw from, and catch the ball in the same spot in the pocket that you throw from.
 - Be ready to pass the ball BEFORE you catch it - have your stick up and ready.
 - Keep your eyes on the ball as it approaches you.
 - SHOOTING
 - Place your body at a 45-degree angle to the net.
 - Take a wide stance, with your knees bent. Your front foot should be at a 45-degree angle to the net, and your back foot should be parallel to the net.
 - Begin the shot with most of your weight on your back foot, but transfer your weight forward to put more power into the shot as you release it.
 - Hold the stick loosely with your fingers.
 - Keep the goalie guessing by holding the stick the same level for all shots.
 - Cock the stick by flexing your wrists backwards - point the butt of the stick at your target.
 - Pull the stick from behind your shoulder by extending your top-hand arm forward and snapping both wrists forward.
 - Your top-hand arm should be fully extended on the follow-through. The head of the stick should point at the target on the follow-through.
 - Mix up your shot placement; leave the goalie guessing about the location before you shoot.

- Use your stick AND your eyes to fake the goalie; the goalie may be watching your eyes as much as your stick.
- Master shot placement before focusing on shot speed; your first priority is accuracy.
- Determine your ideal shooting range in practice, and don't shoot from outside your range in a game.
- Follow through toward the net and keep your shoulders and hips square to the net.
- Shooting From Close Range
 - The shooting strategy changes as you get close to the net.
 - Keep the stick close to your body. Defenders will be checking tightly near the net.
 - Grip the stick to allow for quick moves and greater range of movement.
 - Accuracy is more important than power for close-range shots. Don't take a long stride to get the shot off.
 - Always be aware of how the goalie is defending you. Try to get a feeling for where he is even when you've got your back to him. Where he is in the net will determine your type of shot.
 - Practice a variety of moves, shots and locations. Make sure you can perform these shots under pressure. Know your best moves and execute them quickly in game situations.
 - Master shot placement before focusing on shot speed; your first priority is accuracy.
- The Quick-Release Shot
 - Be ready to shoot before the ball arrives. Know where you plan on putting the ball.
 - Have the stick in a cocked position behind your body.
 - Snap the shot hard and fast with your wrists.
 - Try for an early release once the ball is in the pocket.
- The Fake Shot
 - In a one-on-one situation, the ball carrier can use the shot fake to help get around a defender.
 - Make sure you are in a one-on-one situation, not being double-teamed.
 - Be in an area where you might actually take a shot. If you are too far from the net, or at a poor angle, the defender will not go for the fake.
 - The shot fake can be used with overhand, side arm or underhand shot techniques.
 - Act like you are attempting your usual shot, but at the very end of the follow-through, turn your top hand inward, cradling the ball.
 - Execute this move at the same speed you would if you were taking a normal shot. The better you are at making the defender think you're taking a shot, the better your chances of getting him to freeze.
 - Be crisp in pulling the ball back.
 - Make your move around him at full speed. If he has bought the fake, he will be flat-footed with his stick committed in a vulnerable position.
- PICKS
 - A pick is a simple and quick way to try to free up one of your fellow offensive players (whether on the ball or off the ball) from his or her defensive counterpart.
 - Most offences don't use the pick because players would rather come off a pick than set one. Sometimes the offensive player coming off the pick is a decoy. You must be in a stationary position.
 - Set the pick a couple feet away from the defender to allow your offensive player to run his or her man into the pick. You cannot initiate contact with or retaliate for any contact from defender. Body position varies depending on where you want the offensive player to come off the pick.
 - Most players don't realize that the people often setting up the pick are the ones who most

likely will be open. If done correctly, the defender who was picked should be farther away from the goal than the picker. Therefore, if the picker immediately rolls after his offensive man goes through, he should be open every time.

- FACE-OFFS

- Remember what your opponent does on face-offs so you can outguess him or her next time.

- DEFENSE

- Stay patient on defense.
- Being in a good position is your priority. Don't over-commit to a check, or you'll give your opponent a chance to beat you with a move

- GOALTENDING

- Concentrate on the ball in the shooter's stick.
- Stand with feet shoulder-width apart, knees slightly bent, back straight, shoulders and chest square to the ball. Keep your weight on the balls of your feet and hold the stick between and in front of your legs, resting your stick hand on your thigh.
- Talk to your defense to let them know where the ball is on the floor.
- Stay positive - even after a goal is scored.
- Use the stick to stop long, low shots.
- Keep the stick between your legs, in front of your feet and on the floor - it will force you to keep your legs spread and cover more of the net.
- To cut down on rebounds, cushion the ball by moving your stick backwards as the ball contacts the net.
- Keep your body square to the ball carrier's stick.

8. CHECKLIST FOR PARENTS AND PLAYERS

- ✓ Always play by the rules.
- ✓ Don't lose your temper.
- ✓ Cheer good plays made by either team.
- ✓ Don't talk trash or tease or goad the opponent.
- ✓ Win or lose, be sure to shake hands with the opponent and officials after a game.
- ✓ Don't yell at teammates for making a mistake. Never criticize teammates or coaches on the bench or in the dressing room.
- ✓ Admit your mistakes instead of making excuses or blaming others.
- ✓ Try your hardest on every play, even if your team is losing by a large margin of goals.
- ✓ Point out incorrect calls when they go in your favour.
- ✓ Don't argue with calls that go against your team.
- ✓ Don't show off.
- ✓ Make every attempt to attend practices. Make arrangements for rides if your parent is unable to drive you. If unable to attend practices or games, advise the coach as soon as possible no later than 2 hours prior to the event.
- ✓ Check your equipment and sticks before leaving for games or practices to ensure all are in good working order and accounted for in your bag, including jerseys and team shorts for games. The coaches do not carry spare equipment or shorts.

9. OTHER INFORMATION

For more information on box lacrosse, check out the following web pages:

Queen City Minor Box Lacrosse: <http://www.qcdbl.ca>

Saskatchewan Lacrosse Association: <http://www.sasklacrosse.net>

Canadian Lacrosse Association: <http://www.lacrosse.ca>