

LACROSSE STUDY GUIDE COACH TARTARO

When you knock a ball out of bounds the other team gets possession.

If you commit a foul, the other team gets possession.

Slapping or bumping a player is a foul. See number 2 for possession.

The stick is called a Crosse.

The top part with the netting is called the Head.

Lifting is when you place your head underneath an offensive player's head and lift the ball out in an upward motion.

The closest player to a shot on goal that goes out of bounds gets possession for their team.

You CAN play behind the goal.

The positions on the field are ATTACK, MIDFIELD, AND DEFENSE

There are 9 players and 1 goal keeper (10 players) on each team.

The CREASE is the circle around the goal...NO OFFENSIVE players may step inside it.