

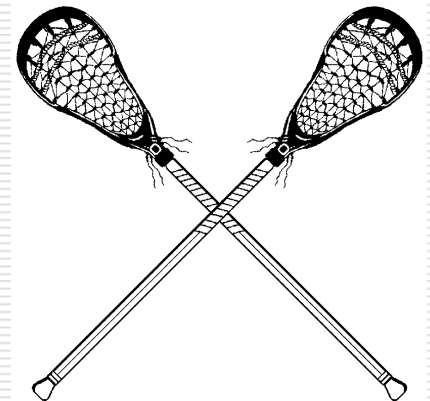
H-F Lacrosse 2008-2009

Fastest Game on Two Feet

Boys Lacrosse on the Athletic Dept. website

Mark Thompson

Head Lacrosse Coach



Meeting Overview

- Varsity program
- The year ahead
- History of Lacrosse
- Fastest Game on Two Feet
- Overview of the Game
- Gather contact information
- Questions & Answers



What does it mean to be a Varsity program?

- R**esponsibility
- E**nthusiasm
- S**kills
- P**rivilege
- E**ncouragement
- C**ommitment
- T**eam work

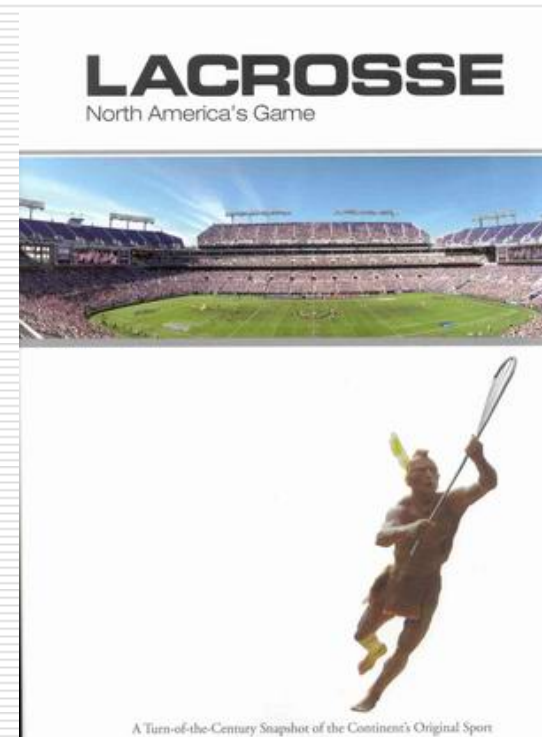


The Year Ahead

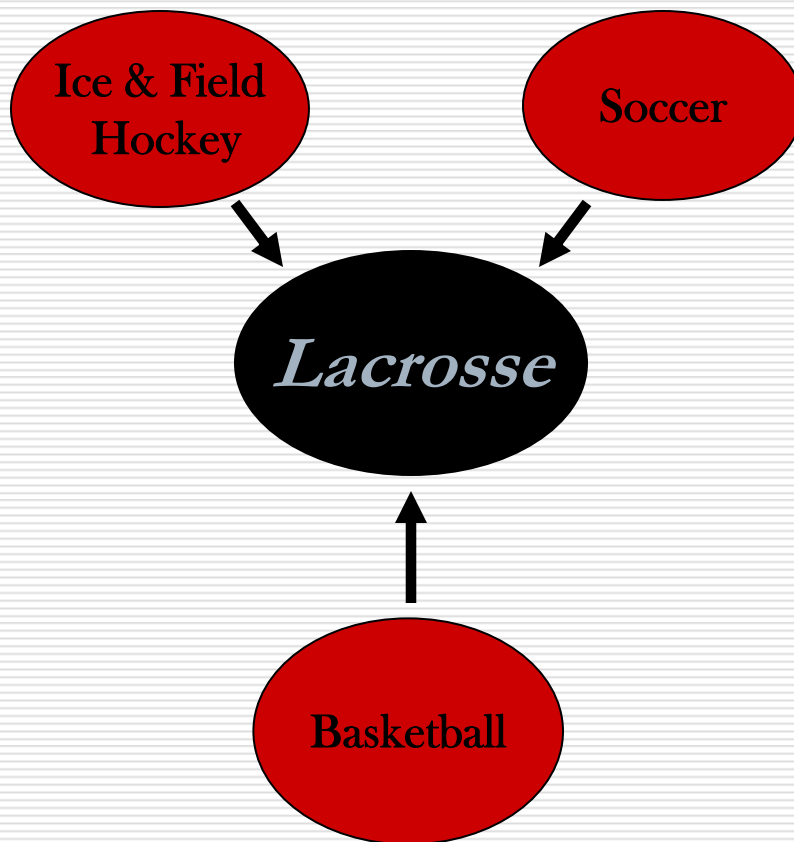
- ❑ Team meetings through the year (next 11/20)
 - ❑ September-October: Southland 7 vs. 7
 - ❑ November-December: Conditioning and Wall Ball (Stick Skills)
 - ❑ January-February: Pre-Season Conditioning
 - ❑ March: Tryouts and Practice
 - Three levels: Varsity, JV and Frosh
 - ❑ April-May: Let the Season Begin!
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History of Lacrosse

- **The Native American Game**
 - Centuries old
 - Played to resolve conflicts
 - NCAA Men's and Women's sport
 - Participation is growing rapidly
 - Growth is coast to coast
 - Over 60 High School teams in IL



Fastest Game on Two Feet



- The game combines elements of hockey, soccer, and basketball
 - End to end action
 - Running, passing, and scoring
 - Penalties for violations
 - Played under a “Code of Conduct” that honors the game
 - Great for kids no longer interested in other games
-

Equipment and Field

- **Helmet**
 - **Pads**
 - **Gloves**
 - **Sticks**
 - **Field is 60 yds by 110 yds**
 - **Six-foot by Six-foot Goal**
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Overview of the Game

- Object in boys lacrosse is to score more goals than the opposing team by shooting the ball into the opponent's goal
 - Boys lacrosse rules allow 10 players on the field and some degree of stick and body contact but violence, like in hockey, soccer and basketball is neither condoned nor allowed
 - Lacrosse Offense is about spacing, timing and stick work
 - Lacrosse Defense is about positioning and pressure
-

Lacrosse is a game of...

Running

Passing

Scoring

Action!



Lacrosse is a game of...

*Team
Work*



Video

- *DVD Basic Wall Ball*
 - *Passing and Catching*
 - *DVD - One Team One Dream*
 - *Chapter 5 – Final Four 2008*
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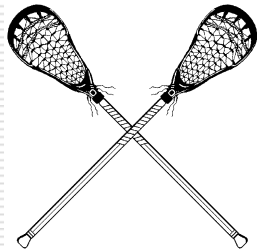
H-F Lacrosse



Questions?

[Visit Boys Lacrosse on the Athletic Dept. website](#)

Please turn in paper work to me



*Thank you,
Coach Thompson*

