

Lacrosse



ENGLISH LACROSSE

Lacrosse is a team sport played between two teams using a small rubber ball and a long-handled stick called “*acrosse*”.

The men's version is considered to be a rough sport.

The head of the *acrosse* is consisted of a loose net designed to catch and hold the lacrosse ball.



The objective of the game is to score by shooting the ball into an opponent's goal past the keeper, using the *acrosse* to catch and pass the ball.

For the defence, the objective is to keep the other team from scoring and to gain the ball through the use of body contact or positioning. There are 3 different types of lacrosse: 1) men's field lacrosse 2) women's lacrosse 3) box lacrosse. The sport consists of four positions: midfield, attack, defense and keeper.

History

Lacrosse has roots in the cultural tradition of the Native American Iroquois people.

Nowadays:

New York, Pennsylvania, and other parts of the Northeastern US.

As a result of its origins, it is traditionally a Northeastern US, but in recent years it has successfully grown into the South, Midwest, and western parts of America.

Men's Lacrosse

Field lacrosse is a full contact outdoor men's sport played with ten players on each team. Field lacrosse is one of three major versions of lacrosse played internationally.

The object of the game is to use lacrosse stick, to catch, carry, and pass a rubber ball in order to score by putting the ball into the opponent's goal.

The rules limit the number of players in each part of the field and require the ball be moved continuously towards the opposing goal. It is sometimes referred to as the "fastest sport on two feet".



Women's Lacrosse

The rules of women's lacrosse differ significantly from men's lacrosse, most notably by equipment and the degree of allowable physical contact. Women's lacrosse does not promote physical contact, primarily because the only protective equipment worn for this sport is a mouth guard, sometimes, and face guard and thin gloves. The first modern women's lacrosse game was held at St Leonards School in Scotland in 1890.



Equipment

Each set of lacrosse equipment should contain a pair of gloves, arm pads, shoulder pads, helmet and a stick at minimum. Pads differ in size and protection from player to player based on position.

Goalies also have the option to skip arm pads entirely, since they are in the goal throughout the duration of the game. Not using arm pads also maximizes flexibility. A goalkeeper will also wear a very large and protective chest pad to cover their stomach and chest. They also wear a plastic neck guard that connects to their helmet.



Box Lacrosse

Box lacrosse is played by teams of six on a hockey rink where the ice has been removed or covered by artificial turf, or in an indoor soccer or lacrosse field.

The enclosed playing area is called a box, in contrast to the open playing field of the traditional game. This version of the game was introduced in the 1930s to promote business for hockey arenas, and within several years had nearly supplanted field lacrosse in Canada.



Thank you for your attention !!!

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