

# LUYAA Lacrosse (LAX) for Boys and Girls: Loads of Fun!

## Game Characteristics:

The sport of lacrosse is a combination of basketball, soccer, football and hockey. Anyone can play lacrosse--the big or the small. Lacrosse is played with a stick, the crosse, which is used by the player to throw, catch and scoop the ball. An exhilarating sport, lacrosse is fast-paced and full of action; long sprints up and down the field with abrupt starts and stops, precision passes and dodges are routine in lacrosse.



There are 10 positions on a boy's team and 12 on a girl's team. The object: put a 5 oz. hard-rubber ball into your opponent's net, while keeping your opponent from doing the same to you. Like soccer, lacrosse is played on an open field with goals at both ends; like hockey, the player carry sticks and can roam behind the net; like basketball, the offensive players set picks and run patterned offenses and fast breaks, while the defenses are man-to-man or zone.

Lacrosse is one of the fastest growing team sports in the United States. *It has been called the fastest game on two feet.*

## History:

Lacrosse (LAX), considered to be America's first sport, was born of the North American Indian, christened by the French, and adapted and raised by the Canadians. Modern lacrosse has been embraced by athletes & enthusiasts of the United States and the British Commonwealth for over a century.

Indian lacrosse was a mass game; often teams were made up of 100-1000 braves on each side. It was considered more than just a game, for instance, Native people played to help in the healing process and to settle disputes.

**Coaches and volunteers are seriously needed (ASAP) for this rapidly growing program; please consider volunteering. Please contact the Lacrosse personnel: <http://www.luyaa.org/contacts.htm>. Thank you.**