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Positions in lacrosse boys

Position: The attacking position requires the most skill of all positions except the goalkeeper. Attackers should demonstrate good stick work with each hand and have quick legs to maneuver around the lens in heavy traffic. Effective attackers have good peripheral vision, pass precision, and can efficiently dodge, screen and shoot. Attacks are always on the ground as a threat of scoring and, given a match right up, you should often score. Usually, the attack work behind the net, called the X area, and on the flanks of the fold, called the wings. This gives the attackers the most space to dodge and cut. The attackers limit their game to half the field. They have to work with the midfield to run an effective offense. An attacker should be fast, alert and confident in one-on-one situations and be able to withstand physical punishment by opposing defenders. Rules for attack: use dodging attack, pick and pass to generate a good shot. Similar to basketball, the object is to move the ball around until defense breaks and someone is left with an open shot. One way to do this is to let an attacker go one-on-one with a defender. The striker tries to beat his defender by evading him, causing another defender to slip, creating an unbalanced situation in which he can shoot or move to someone else who is wide open. The striker can move in any direction with any force, as there are no loading rules. The striker, however, like all players can not fix the ball in the stick with his thumb, chest, or helmet. It is also not allowed to push or hit the defender's stick with his arms or hands. That's called warding. MULOCCAS Position: The midfielder is considered by many to be the backbone of the lacrosse team. Good midfielders need speed, stamina, agitation and determination. They are forced to play both defense and offensive. However, middies are largely responsible for a key aspect of the game - transition. The transition is by far the most important part of the game and helped create the nickname, The fastest game on two legs. It involves recovering loose balls, or clearing saved shots and running and passing the ball up the length of the field. If a team can get the ball and have an extra man's advantage on the offensive side of the field, even for a fraction of a second, they have a good opportunity to score. When this advantage occurs in transition it is called a quick pause. A midfielder should be able to move quickly from offensive to defensive. The midfielders should not be competent scorers, but should be able to read what is to happen next. Rules for midfielders: Along the center of the field is the middle line. Is this reference point that determines whether a team is or not. The rules for offsides are simple: you must have 4 players on the defensive side at any time, and 3 players on the offensive side at any time. Since it doesn't matter which players on what side, it's up to midfield to keep their team onside, staying on one side or the other. Since the position requires so much operation, midfielders often change the lines on the fly, as in hockey. Defenseman Position: The responsibility of the defender is to defend the objective. Although size helps the defender, more importantly, defenders should be fast, agile and aggressive. Speed is always a valuable commodity, but the ability to act and react, to judiciously apply pressure and recover are the key ingredients for an effective defender. You have to keep the attack at bay. Their job is to keep the ball away from the net, so the opposing attack doesn't get a good look at the goal. The thing is difficult: a defender doesn't know where the attack is going or what they're going to do. In his arsenal, the defender has a long stick (14U and above). This stick allows a defender to keep the attack at bay, thus allowing him to throw checks without being knocked on the ground. Good footwork is an extremely important part of playing good defense To be able to apply pressure and be aggressive without lengthening a leg and the body forward is the key, otherwise the offensive player can then easily go around the defender too aggressively. A defender must be able to think and react quickly, and most importantly communicate with his defensive colleagues. Rules for Defenseman: Defenders are allowed to check the strikers they cover. This means that a defender is allowed to use his stick to hit the stick and arms of the attack. A defender cannot hit the attack on the head and cannot hit the body of the attack with significant force. This penalty is called a slash. Most slash penalties occur when a defender uses the use of a slap check, which is when the stick is balanced perpendicular to the attack shaft in a palm motion. Other common controls is the poke check, in which the defenseman simply jabs directly on to an attackman's stick in a motion like that of a pool cue. When the attacker is close enough, a defender can use his body for defense. Checking the body, or hitting, in lacrosse is very similar to that in hockey. A legal body check is any blow that is butt (not kicking from behind). People who are legal targets are anyone standing within five feet of a loose, or anyone with possession. Hitting someone without, while another player has possession is called interference. GOALKEEPER Position: The goalkeeper position in lacrosse is probably one of the most intense positions in all sports. Essentially, you have to play catch up with people at a very high speed. Unfortunately for the goalkeeper, most people don't throw at his stick. The doorman carries additional protective equipment: neck guards and chest guards. The goalkeeper stick is usually of normal length, 40-50 inches, with a very wide head. Unlike hockey goalkeepers, lacrosse goalkeepers have to be very mobile. These exit the circular cages surrounding 6'x6' lens. Explosive speed and very fast hands are key ingredients in making a doorman, as well as a tolerance for pain. When a goalkeeper comes out of the bin sto bring in balls or to clear a saved shot, he becomes a target, just like the quarterback in football. A good goalkeeper leads the defence by reading the situation and directing the defenders to react. A goalkeeper also leads the compensation models and provides intangible cohesion that binds a team together. A good goalkeeper should have excellent hand/eye coordination and a strong voice. Speed, agility, confidence, a thick skin by not getting too low when marked on and the ability to focus are also essential. Rules for goalkeepers: The goalkeeper defends a square goal six meters wide six meters high. Around the lens is a circular cut. The area of the cut is limited only to the entrance of the goalkeeper and defensive players. Once the goalkeeper makes a save he has 4 seconds to either pass the ball or run the ball out of the teeth. In those four seconds no one can touch him. Once the goalkeeper comes out of the box, he's not allowed to go back into the cage unless he gives in to possession of the ball. Men's Lacrosse Skills: Catching: The act of getting a passed with crosses. Verification: Act of trying to dislodge the ball from an opponent's stick. Check Poke: A stick check in which the player pokes his stick head to an opponent's stick through the upper hand by pushing with his lower hand. Slap Check: A check stick in which a player slaps his head against his opponent's stick. Wrap Check: A one-handed check in which the defender swings his stick around his opponent's body to dislodge the ball. (This verification is only legal at the highest level of play.) Cradling: Coordinated movement of arms and wrists, which keeps the ball safely in your pocket and ready to be passed or shot when running. Cutting: A move by an offensive player, without, towards the opponent's goal, in anticipation of a feed and shot. Feeding: Passing the ball to a teammate who is in position for a shot off the goal. Passing: Act to throw the ball at a teammate with crosses. Scooping: The act of picking up a loose with crosses. Screening: An offensive tactic in which a player near the box positions himself to block the goalkeeper's view of the ball. Shooting: the act of throwing the ball with crosses towards the goal in an attempt to score. Lacrosse Women's Positions: ATAC First Home: The first home responsibility is to score. Located in front of the goal, the first house must continuously cut towards the goal for a shot, or cut away from the goal to make room for another player. She should have excellent stick work. Second home: second home is considered She should be able to shoot well from each angle and distance from the lens. Third Home: The responsibility of the third house is to transition the ball ball defense to attack. She should be able to feed the ball to other players and fill in the wing areas. Wings Attack: Wings are also responsible for moving the ball from defense to attack. Wings should have speed and stamina and be ready to receive the ball from the defense and run or pass the ball. The point of defense: the responsibility of the point is to mark the first house. She should be able to stick check, check the body and look to intercept the pass. Coverpoint: The responsibility of the point of coverage is to mark the second home. She should be able to receive clear, run fast and have good foot. Third man: The third man's responsibility is to mark the third house. She should be able to intercept the pass, clear the ball, run fast and have good foot. Center: The responsibility of the center is to control the shoot and play both defense and attack. It should have speed and stamina. Wings Defense: Wings are responsible for marking the attack wings and bringing the ball into the attack zone. Wings should have speed and strength. Goalkeeper: The goalkeeper's responsibility is to protect the goal. She should have good stick work, courage and confidence. Women's lacrosse Skills: Cradle: The act of moving the stick from side to side causing the ball to remain at the top of the pocket strap. Verification: Act to use a controlled faucet with an opponent's n crosses in an attempt to dislodge the ball. Catching: the act of receiving a passed with crosses. Cutting: A move by a player without anticipating a pass. Dodging: Act of sudden change of direction in order to avoid an opponent. Passing: Act to throw the ball at a teammate with crosses. Pick-Ups: The act of scooping one loses with a crosse. Shots: The act of throwing the ball to goal with crosses in an attempt to score. Score.

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