

# **Why Women Hockey Players Should Play Women's Field Lacrosse**

- **Lacrosse and hockey are very similar sports**
- **Scholarship opportunities in lacrosse are available.**
- **Hockey players excel in lacrosse**
- **It's a great method to increase physical fitness in hockey's off-season**
- **Team sports build self esteem, respect, integrity and fairness**
- **Lacrosse teaches leadership skills**
- **It helps prevent sport burn-out by playing a new, fast-paced sport.**
- **Players of all fitness levels and abilities can compete in lacrosse.**
- **A player can learn basic plays and strategies.**
- **A player can learn to play both offensive and defensive positions and make a quick transition from defence to offence and vice versa.**
- **It reinforces the importance of quickness and agility around the net.**
- **Lacrosse increases hand-eye co-ordination when stick handling.**
- **It teaches players to play with their head up and to be more aware of their surroundings.**
- **Offensive scoring skills are honed by shooting at smaller targets and picking corners**
- **Defensive skills are taught with individual and team concepts**
- **Lacrosse teaches the creativity of fakes, back passes and shots.**
- **Women's Field Lacrosse stresses and teaches team strategies that are most useful to inspiring hockey players**
- **Women's Field Lacrosse players require no equipment other than a stick, women's box lacrosse players can use hockey equipment and need to only proper gloves, arm and backpads**