Trapping & Scooping

Tips

- Stop the rolling ball
- Top hand on throat of stick
- Keep butt-end of stick low to ground
- Bend the knees
- Use your foot to protect the ball
- Roll the ball backwards
- Accelerate through the ball
- Bring stick to cradle position
- Move to open space
**Trapping & Scooping**

<table>
<thead>
<tr>
<th>Common Errors</th>
<th>Corrections</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Not bending knees</td>
<td>• Bend the knees</td>
</tr>
<tr>
<td>• Scooping with arms</td>
<td>• Keep stick low to the ground</td>
</tr>
<tr>
<td>• No hand on throat of stick</td>
<td>• One hand on throat of stick</td>
</tr>
<tr>
<td>• Only one hand on stick</td>
<td>• Two hands on the stick</td>
</tr>
</tbody>
</table>
Cradling

Tips

• Stick is in the base of your fingers – not your palms
• Top hand is at the throat and the bottom hand on the butt of stick
• Top hand cradles, bottom hand guides
• Cradling motion is simply opening and closing the wrists and arms
• Use your body to protect the ball
Cradling

**Common Errors**

- Bottom-hand cradling
- One-handed cradling
- Stick horizontal to body
- Hands too close together

**Corrections**

- Cradle with top hand
- Use two hands
- Keep stick diagonally tight against the body
- One hand at the throat and one at the base
Catching

Tips

- Hold the shaft in the base of your fingers
- Top hand on throat of stick
- Present stick as a target
- Keep wrists and arms soft/loose
- Track the ball into the stick
- Cushion the ball as it enters the stick
Catching

**Common Errors**

- Not watching the ball into the stick
- Hands too far down shaft
- Not offering stick as a target

**Corrections**

- Eyes follow ball into pocket
- Top hand grips near throat of stick
- Offer stick as a target
Passing

Tips

- Shoulders face the target
- Bottom arm bent 90° to body
- Top hand halfway up shaft
- Bottom hand on butt of stick
- Point butt of stick at the target
- Transfer weight forward
- Two hands move together
- Follow through to target
Passing

**Common Errors**

- Top hand too close to throat of stick
- Stepping forward with wrong foot
- Lack of follow-through

**Corrections**

- One hand halfway down shaft
- Step with opposite foot
- Follow-through
Overhand Shot

Tips

• Shoulders face the target
• Bottom arm bent 90° to body
• Top hand halfway up shaft
• Bottom hand on butt of stick
• Point butt of stick at the target
• Transfer weight forward
• Two hands move together
• Follow through to target
• Aim for mesh
• Accuracy and quick release are better than a hard shot
Overhand Shot

Common Errors

• Stick extended too far back
• Shooting with the arms
• Lack of accuracy

Corrections

• One hand on butt of stick, the other halfway up the shaft
• Step into shot
• Point stick in direction of target
Rolling

Tips

• Initiate contact with the defender
• Keep the ball protected
• Roll off the check with your back
• Roll towards the butt end of the defender’s stick
Rolling

Common Errors

• Failure to accelerate

• Rolling too early or too late

• Rolling towards head of defender’s stick

Corrections

• Accelerate

• Time your roll to take advantage of the defender’s aggression

• Roll towards the butt-end of the defender’s stick
Cross-Checking

Tips

• Play the opponent one step back and one step to the middle
• Sticks in the middle
• Get in the ready position
• Place stick and explode forward
• Keep your feet moving
• Cross-checking from behind is illegal
Cross-Checking

Common Errors

• Playing the attacker straight up

• Not playing the body

• Putting the stick behind the attacker

Corrections

• Angle attacker away from net

• Play the body, not the stick

• Always keep stick in front of attacker
Cutting & Replacing

Tips

• Players need to replace open spots
• Ball carriers should be aware of cutters
• Ball carriers should be in double threat position
• Replacing players should go to one of the three offensive positions
**Cutting & Replacing**

**Common Errors**
- 2 players in same position
- Failing to pass to open cutters
- Players clogging up the middle

**Corrections**
- Players need to replace open spots
- Ball carriers should be aware of cutters
- Cutters go to 1 of 3 offensive positions
Give & Go

Tips

• Use v-cuts and jab steps
• Pass to a teammate
• Go to the net and receive a return pass
Give & Go

Common Errors

• Breaking down the side and shortening the shot angle

Corrections

• Break across the middle and increase the shot angle
Screens

Tips

• Screen-setter must give the impression that the defender is preventing him/her from moving
• Ball carrier should get as close to the screen as possible
• Ball carrier should use the screen to hide his/her shot
<table>
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<tr>
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<tr>
<td>• Screening player commits minor interference</td>
<td>• Screening player must appear to be prevented from moving by the defender</td>
</tr>
<tr>
<td>• Failing to break check into screen</td>
<td>• Get as close to screen as possible</td>
</tr>
<tr>
<td>• Taking too long to shoot</td>
<td>• Use the screen to hide your shot</td>
</tr>
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</table>
Pick & Roll

Tips

• Pickee MUST occupy the defender by faking a v-cut
• Picker must disguise pick by making defender believe he/she is making a ball cut
• Picker must ensure the ball carrier’s defender is unaware of pick being set
• Picker must place themselves in a position to the side and slightly behind the pickee’s defender
• Picker must have stick up and knees slightly bent
• Pickee goes to the side the pick is set on
• The picker rolls open to the ball
Common Errors

• Pickee does not occupy the defender
• Pickee goes too wide around the pick
• Failing to pass to open rollers

Corrections

• Pickee must occupy the defender
• Pickee should brush shoulders with picker
• Ball carriers should be aware of open rollers
Face-Off

Tips

• Right shoulder faces your own goal
• Stick is along the ground
• Push off the front foot
• Pull with your arms
Face-Off

Common Errors

• Kneeling down

Corrections

• Squat with knees touching ground
Odd-Person Rush

Tips

- Shoot first, pass second
- Good spacing
- Do not take a hit when passing
- 3-2s – keep the ball in the middle
Odd-Person Rush

Common Errors

• Over passing

• No passing

• Offensive players too close together

Corrections

• Keep passes to a minimum

• Pass when pressured

• Create open space
Ready Position
Ready Position

Tips

• Open stance
• Feet shoulder-width apart and slightly turned out
• Legs should be bent slightly at the knees
• Upper body should be bent slightly forward from the waist
• Head up and looking at the play in front of the goal
• Stick hand just inside the dominant knee
• Free hand resting lightly on hip/thigh
Tips

• **Ball is in the left defensive corner**
  - Left foot firmly placed against base of left post and pointing toward left side of floor
  - Lower left leg is tight against the post
  - Majority of weight placed on left leg
  - Right foot pointing in same direction
  - Feet shoulder-width apart
  - Left arm/left side comfortably as close to left post as possible
  - Stick should face ball carrier
Position 2

Goaltending
Position 2

Tips

• **Ball is near the left shooter position**
  - Right foot is 25 cm in front of goal line
  - Feet a little more than shoulder-width apart
  - Body is square to the ball carrier
Goaltending

Position 3
Position 3

Tips

• **Ball is between the left and right shooter positions**
  - Become centred in the goal
  - Feet are 40-45 cm in front of goal line
  - If ball is beyond the dotted line, goaltender may move further from the goal
  - Take care not to move too far from the goal and risk being out of position for a shot
Position 4

Tips

• **Ball is near the right shooter position**
  - Left foot is 25 cm in front of goal line
  - Feet a little more than shoulder-width apart
  - Body is square to the ball carrier
Position 5

Goaltending

Association canadienne de crosse

Canadian Lacrosse Association
Position 5

Tips

- **Ball is in the right defensive corner**
  - Right foot firmly placed against base of right post and pointing toward right side of floor
  - Lower right leg is tight against the post
  - Majority of weight placed on right leg
  - Left foot pointing in same direction
  - Feet shoulder-width apart
  - Right arm/right side comfortably as close to right post as possible
  - Stick should face ball carrier