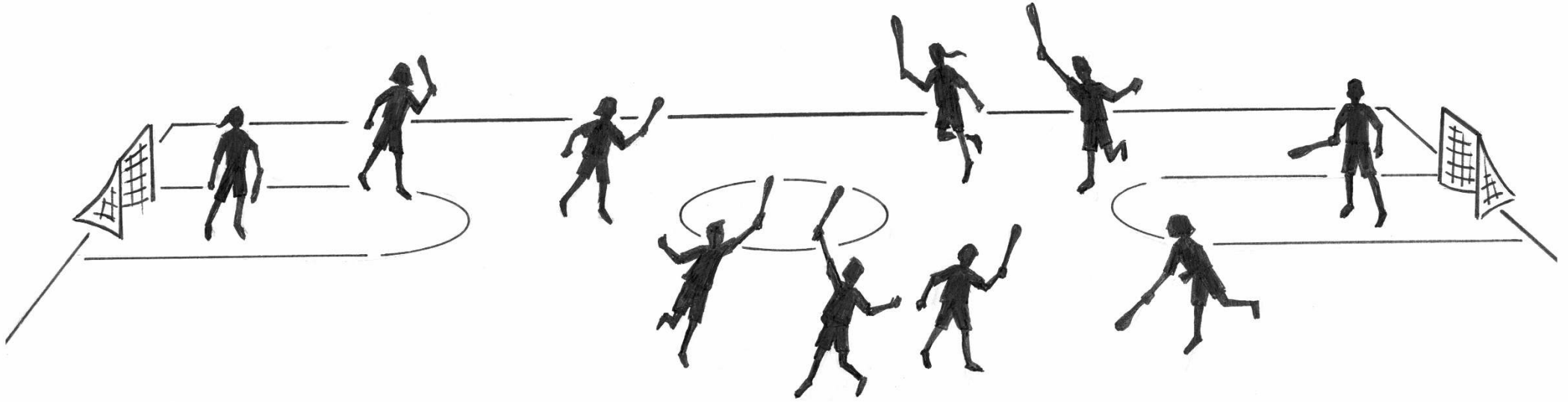




LACrosse SALE

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HOW TO LEARN TO PLAY LACROSSE

- THIS IS A STEP BY STEP GUIDE TO LEARN THE BASICS OF LACROSSE:
 - HOLDING THE LACROSSE STICK.
 - CRADLING THE BALL IN THE STICK.
 - PICKING UP GROUND BALLS.
 - THROWING THE BALL.
 - CATCHING THE BALL.
 - THROWING AND CATCHING THE BALL.
 - SHOOTING THE BALL.
 - DEFENDING THE BALL.

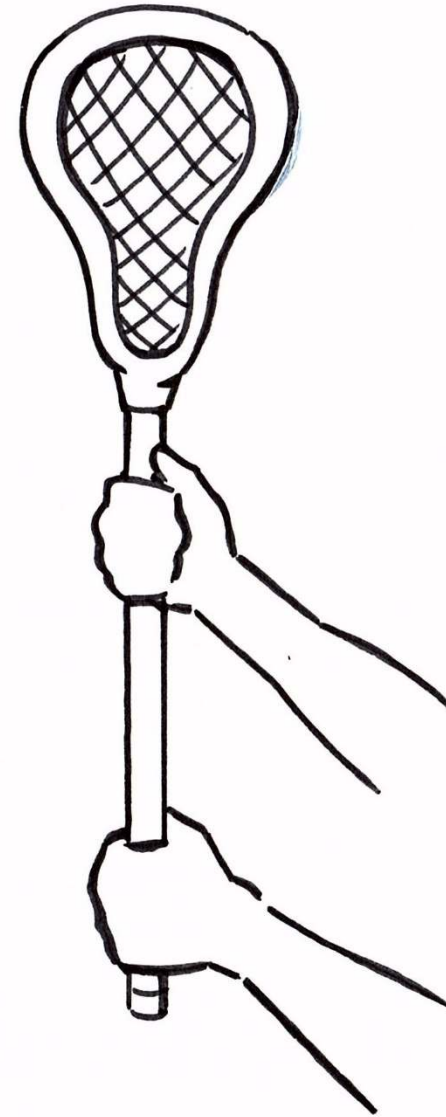


HOW TO LEARN TO PLAY LACCSAL

HOLDING THE LACCSAL STICK.

You want to have soft hands when playing Laccsal. Meaning you are forced to give with the ball when it arrives to the player's stick.

Dominant hand on top, other hand about 2" from bottom.

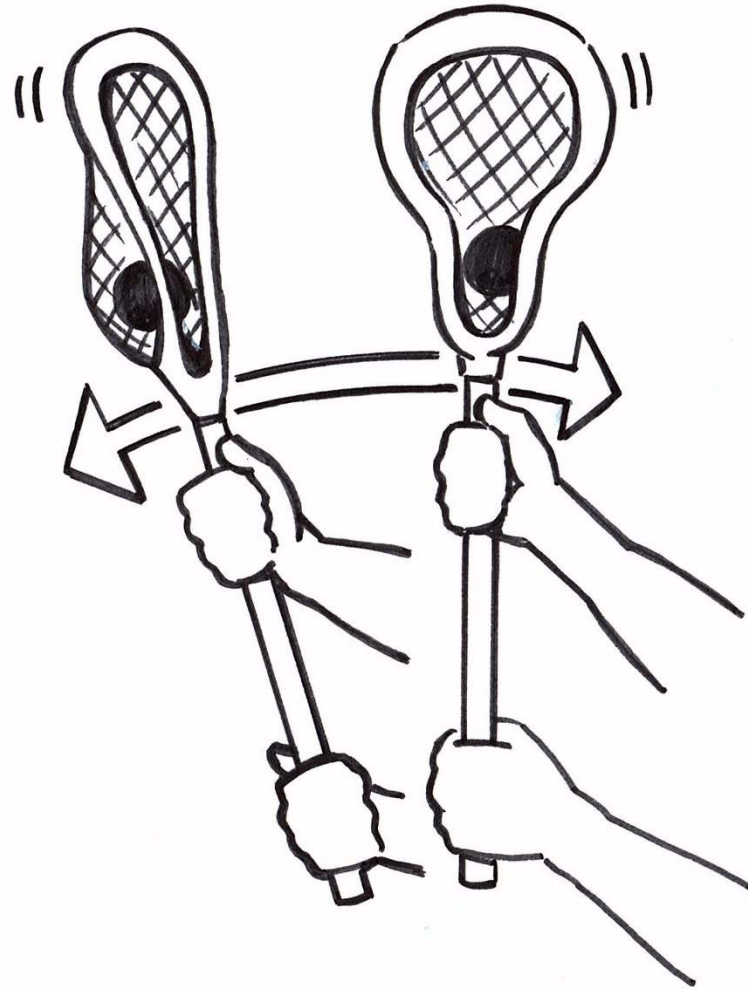




HOW TO LEARN TO PLAY LACROSSE

HOLDING THE LACROSSE STICK.

Cradling is an important skill. You roll your top hand while at the same time keeping the stick close to your body. Go side to side, practicing and getting so that the ball does not fall out of the pocket.





HOW TO LEARN TO PLAY LACROSSE

PICKING UP GROUND BALLS.

Bending at the knees is key
when picking up ground balls.
It is best to get the players
hands low, almost to the
ground, and let the ball
naturally go into the head.



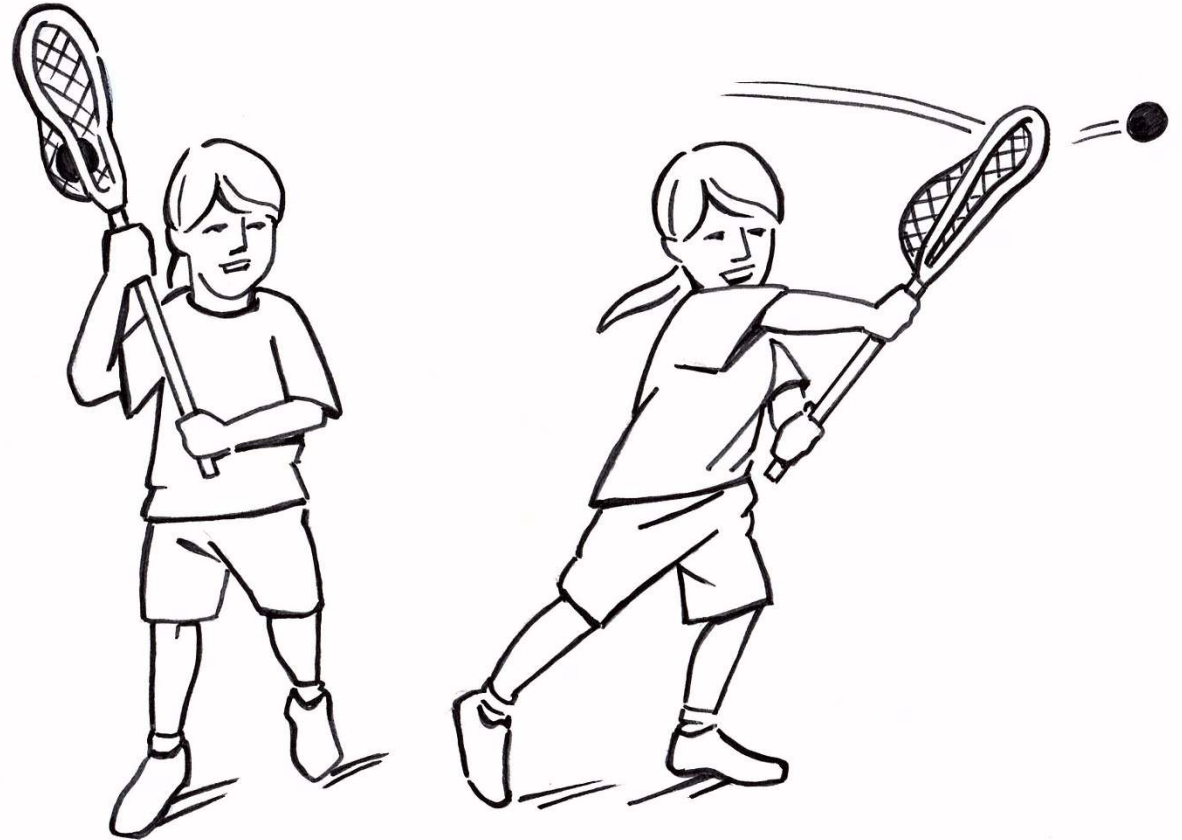


HOW TO LEARN TO PLAY LACCSAL THROWING THE BALL.

The ball is soft and does not bounce.

It is best to have a partner when playing catch and practicing stick work.

The player should get his or her hands above the shoulder, push with the top hand, and pull with the bottom to make an accurate over hand pass.

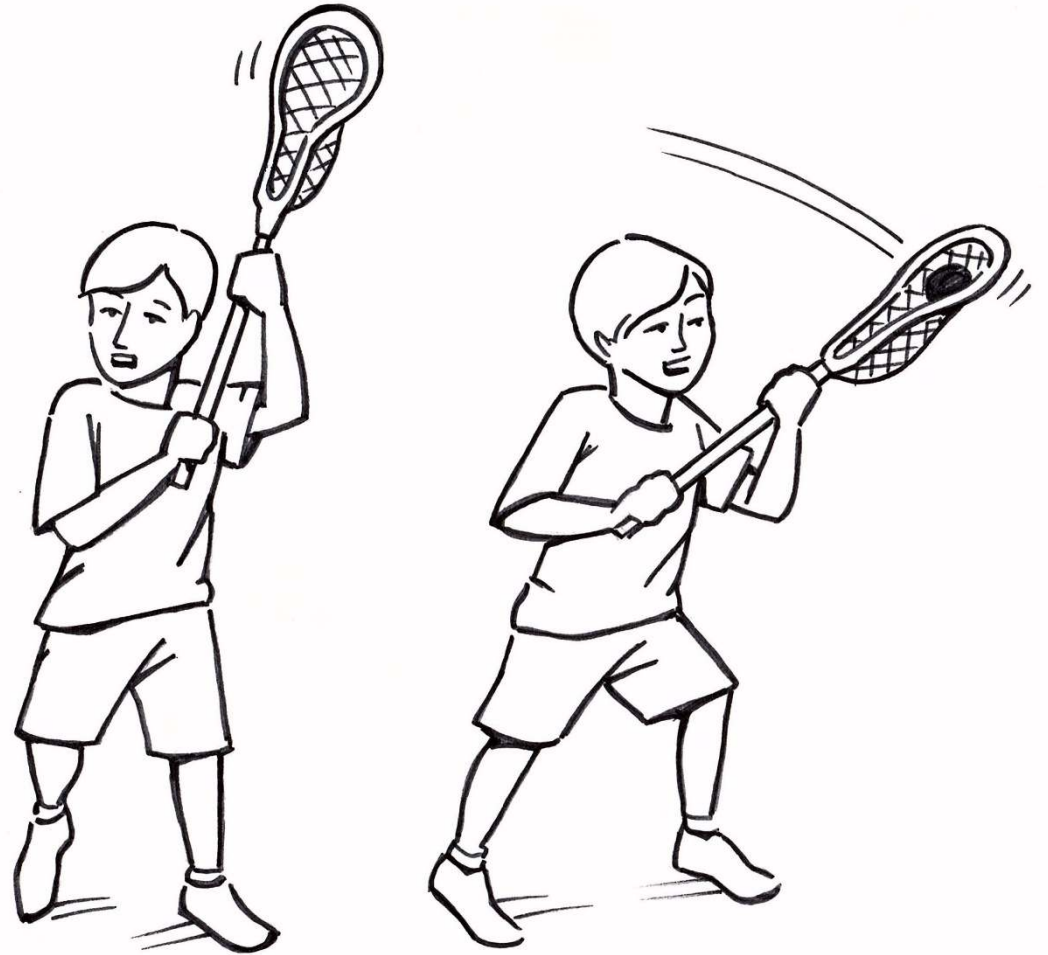




HOW TO LEARN TO PLAY LACCSAL

CATCHING THE BALL.

Keep the hands soft when catching a Lacsal ball. In other sports, it is imperative for the athlete to keep their hands soft when catching a ball. Lacsal is no different. The player must give with the ball when it arrives and catch the ball in the mesh

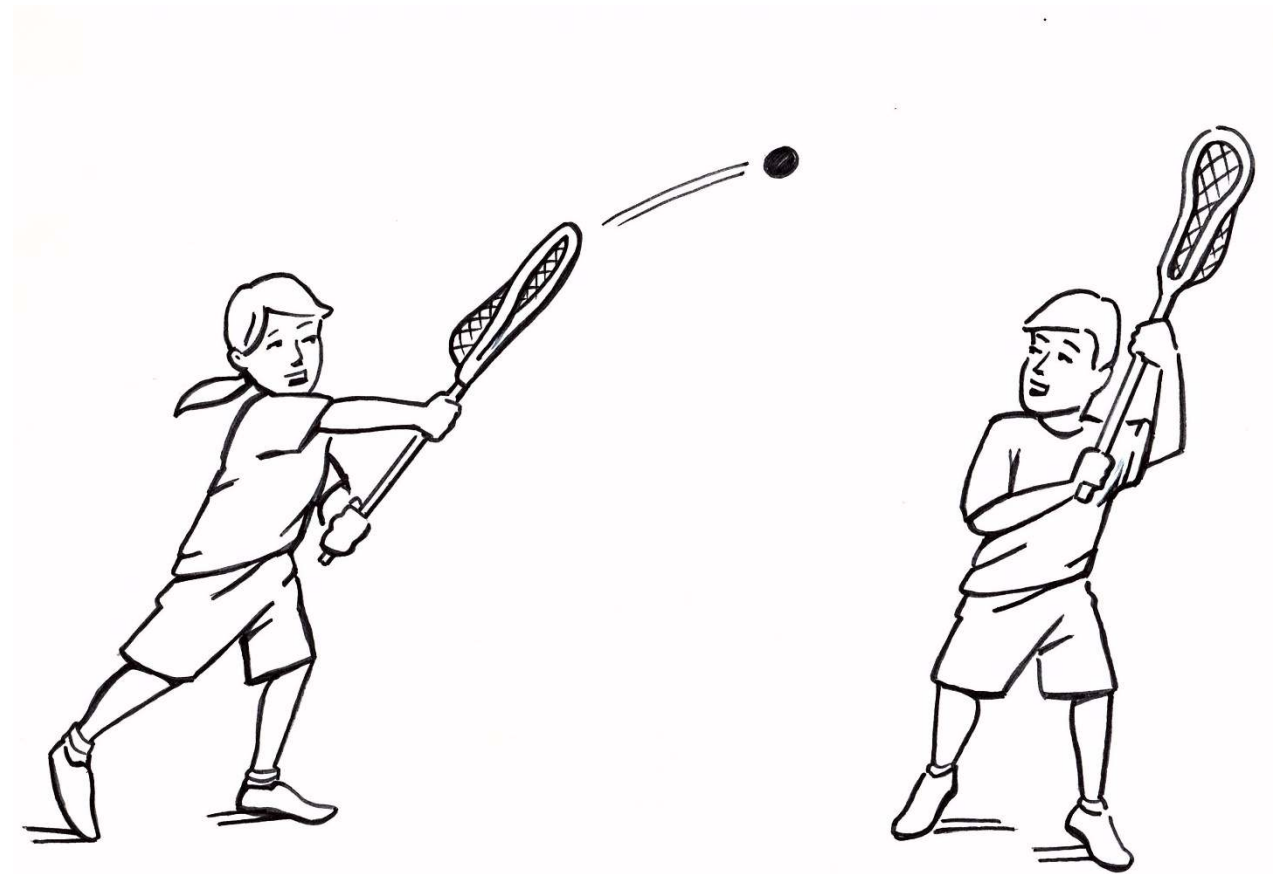




HOW TO LEARN TO PLAY LACCSAL

PLAYING CATCH

Practice all the above and not put it together to practice throwing and catching. Keep your eye on the ball all the way into the Lacsal Stick.





HOW TO LEARN TO PLAY LACCSAL SHOOTING THE BALL.

Accuracy is most important when shooting in Lacsal. Shooting the ball hard will not guarantee goals. The weight and density of the ball make it difficult to shoot hard and maintain accuracy.





HOW TO LEARN TO PLAY LACCSAL DEFENDING THE BALL.

When defending the player, the same rules apply to Laccsal as basketball - no reaching or blocking. Moving one's feet is the most important part of defending. A player cannot extend his or her arms and cross check the offensive player. The defender can block an offensive player's shot with his or her body or feet.

