

Name: _____

Period: _____

Due Date: _____

Lacrosse Learning Packet

Be sure to answer ALL parts of the questions in COMPLETE SENTENCES. Not all the answers will be found in the packet. You will have to use other resources to find all the answers.

Describe the history of Women's Lacrosse.

Describe how the women's game begins.

What is the makeup of a team? How is this different from most other team sports?

What is stick checking and how should it be done properly?

What is cradling? Describe how it should be done.

What is the role of the “attack” players?

What is “marking” a player?

Describe what would happen to a player demonstrating dangerous play during a game.

Describe 3 differences between men and women’s Lacrosse.

What community venues host recreational or competitive leagues? Please list 3 with their contact information.