

Lacrosse – Basic Vocabulary Words

Vocabulary Word	Definition
Clearing	- running or passing the ball from the defensive half of the field to the attack goal area.
Face-Off	- a technique used to put the ball in play at the start of each quarter, or after a goal is scored. The players squat down and the ball is placed between their crosses.
Ground Ball	- loose ball on the playing field.
Midfield Line	- line which bisects the field of play
Rake	- face-off move in which a player sweeps the ball to the side

Vocabulary Word	Definition
Body Check	- contact with an opponent from the front - between the shoulders and waist - when the opponent has the ball or is within five yards of a loose ball.
Crease	- designated area around the goal which only the goalie and defensive players may enter.
Fast-Break	- a transition scoring opportunity in which the offense has at least a one-man advantage.
Man Down	- result from a time-serving penalty which causes the defense to play with at least a one man disadvantage.

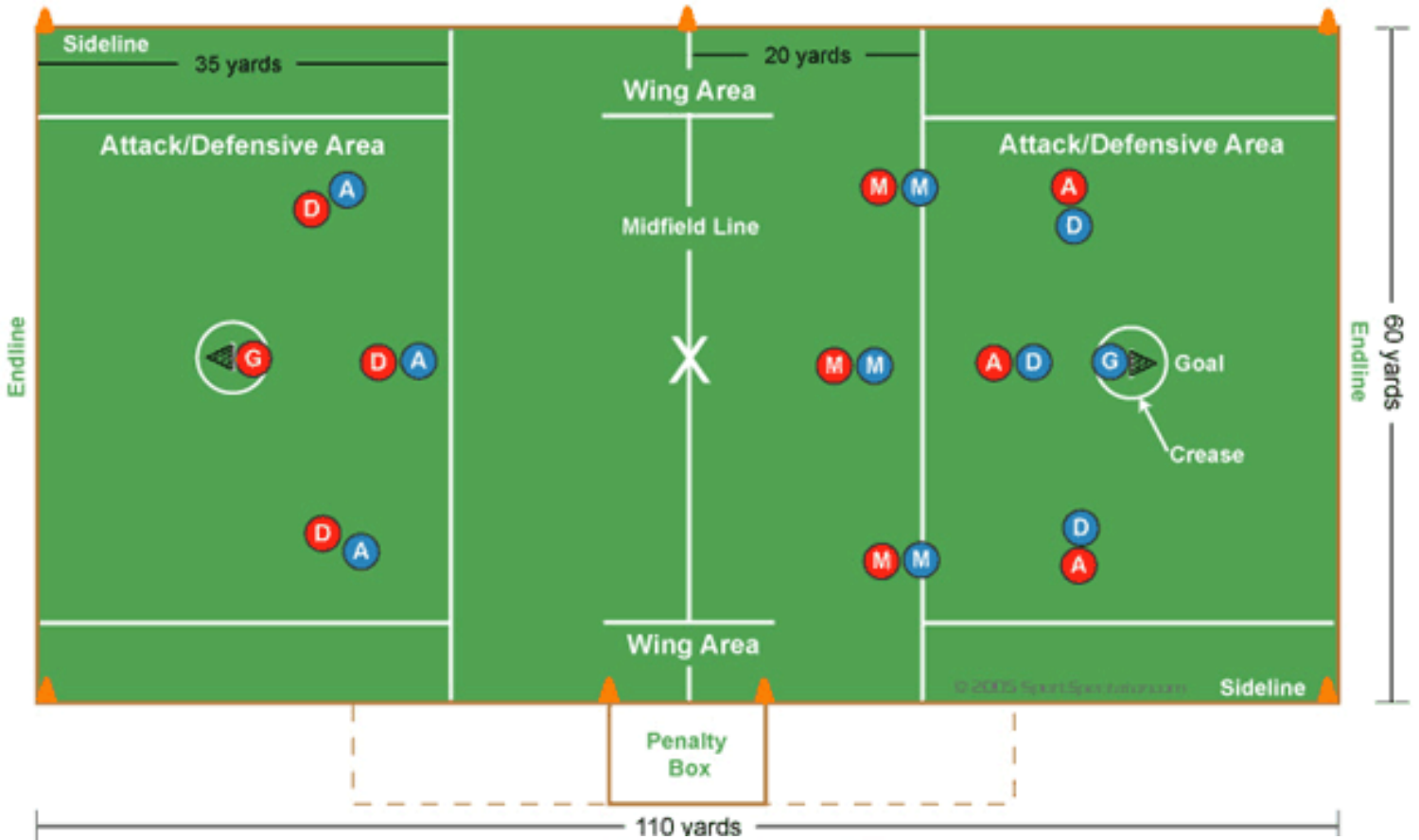
Vocabulary Word	Definition
Cradling	- in order to maintain control of the ball when moving along the field, players turn their wrists and arms to cradle the ball in the stick pocket. The ball must stay in motion at all times.
Defense	- the act of protecting one's goal area when the opponent has the ball.
Fake	- performing a movement without completion in an attempt to fool the opponent. (e.g. faking a shot or pass)
Offense	- the team with possession of the ball trying to score on the opponent's goal.

Vocabulary Word	Field Position – Definition
Attacker	- spends most of their time in the opponent's end of the field, cannot cross the midfield line, passes the ball a lot and scores for their team.
Defensemen	- known as the enforcers on the team, must stay on the defensive half of the field, job is to defend the goal and clear the ball from the defensive end of the field.
Goaltender	- protects the goal at all cost, can use their sticks, hands and any part of their body to stop the ball from going into their goal. They may not score on the opponent's goal.
Midfielder	- roam the entire the field, generally players in the best condition, great transition players to get the ball from the defensive end of the field to the offensive end (as the middle man).

Vocabulary Word	Lacrosse Stick - Description
Basket/Mesh Pocket	- the part of the lacrosse stick where the ball is cradled and then either passed to another player from or shot out of in order to make a goal.
Closed Face	- trying to catch the ball with the backside of the basket
Shaft	- long part of the stick where the player holds onto with both hands at all times for PE Lacrosse.

LACROSSE FIELD

STUDY GUIDE HELP: You will not need to label the field. However, you will need to know who the attackers, midfielders, defensemen and goalie are. This field diagram will help you along with the definition to picture where they play during the game.



STUDY GUIDE HELP: You will need to match the Label/Vocabulary Word on the Lacrosse stick with its definition. You will also need to know the difference between a closed face and open faced “basket”/mesh pocket.

****Also REMEMBER:** There are 5 sections on the basic vocabulary side of the study guide. There will be at least 4 sections on the Quiz with a total of 20 MATCHING questions. All answers must be written in CAPITAL LETTERS

