



BRIGHTON BENGALS
YOUTH LACROSSE
COACHING TOOLKIT

FOR PARENTS



v2, 2017

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SECTION 1 – BIG THINGS EVERY LACROSSE PARENT SHOULD KNOW:

Being a parent is difficult and humbling. It's hard work. No one is perfect. There will be mistakes and the goal is to learn from those and try to re-center yourself by reviewing your values.

- *First observation:* Check your ego at the door. It's hard for everyone.
- *Second observation:* There are no hard-and-fast rules. Every child is different. Every parent is different. Every situation is different.

"I tell parents and kids: 'Listen, I have no idea what I'm talking about right now. And I know you have no idea what I'm talking about right now,'" said Team USA and Duke men's coach John Danowski, who has been on all sides of the parent-child-coach triangle. "If we can all agree that we have no idea, then at least we have a base to start from. At least we can say, 'All right, we're all kind of clueless. Let's start from there.'"

1. There is no pot of gold at the end of the recruiting rainbow

Ruthie Lavelle, mother of five and president of the Maryland Youth Lacrosse Association, a recreational league of about 40,000 boys and girls ages 5 to 14, said parents have lost perspective in their decision-making because of recruiting. "What are parents chasing? They're chasing disappointment," Lavelle said. "They think there's a pot of gold, but they're chasing dissatisfaction. They're crazed about it." Parents vigorously pursue and make great sacrifices in time, finances and energy in a competitive quest, hoping to capture an athletic scholarship. The return on investment is not what you think. "The current culture is suggesting, 'If you just get the right coach, and play in the right program, and play enough hours, you can be great. And you have to pay for it,'" Lavelle said. "But the reality is if you do the math there are going to be many disappointed people."

In 2017, there were 71 men's Division I programs, and 112 women's programs. For men, the NCAA maximum number of allowable scholarships is 12.6 over four years. For women, it's 12. Estimates suggest roughly half of these programs are fully funded; some schools have fewer than the allotted total, while Ivy League and service academies do not offer athletic scholarships. These scholarships most often are divided among several players. Almost no one gets a full ride. What happens when an athlete has put all his eggs in one basket? It creates a risk of imbalance.

2. The rules of the game and why they exist

Lacrosse has been called the fastest sport on two feet, and the fastest-growing sport in the country. The result? With an increasing number of new people being introduced to the fast-paced game for the first time, there's uncertainty about the rules that govern the game, and why they're in place. Sometimes, this can be frustrating and lead to unsportsmanlike behavior by players and coaches, but also vocal displeasure from parents on the sidelines.

Chase Howse, former US Lacrosse Youth Rules Committee chair, spent 35 years playing lacrosse and the last 30 officiating the game. His message to parents: "Take whatever time and steps you feel necessary to learn the rules before your son or daughter steps on the field. Is he or she learning from his coaches during practice? Or is it from watching a bunch of fouls being called during a game often accompanied by howls of displeasure from coaches and fans?"

US Lacrosse, each year, releases the Youth Rulebook as part of the organization's effort to develop consistent national rules based on the physical, cognitive and psychological development stages of children. The three golden principles: safe, fun and fair.

Beyond reading the rulebook, former US Lacrosse officials and education manager Lucia Perfetti Clark said, "The best way to learn the game is to get out there and do it; some of the best officials are parents." Russo and Clark suggested attending an officials/umpires training course or rules interpretation session, which are often offered through US Lacrosse chapters or affiliated youth organizations. These sessions can help clarify the most misunderstood rules of each gender's game which, it should be noted, are significantly different.

On the boys' side, the least understood rules revolve around contact, and there's varying amounts of legal contact allowed at every level of the game. At higher levels, the loose ball push versus push with possession leads to confusion.

On the girls' side, shooting space violations and three-second held ball calls are most bewildering.

In both games, even if a call goes against your team or kid, be happy when officials make calls for safety. "And remember, we're all part of the same team," Howse said. "We're all in this together. We're all responsible for creating a



positive environment, and we share a big responsibility for imparting a solid sense of the culture of our game to the kids that learn to play and love."

<https://www.uslacrosse.org/rules>

3. The hazards of sport specialization

Dom Starsia developed a reputation. He got cold calls from coaches and players across the country suggesting their linebacker or point guard might make a great lacrosse player. Starsia, who played football and lacrosse at Brown, is an advocate of multi-sport participation, in an era where media hype is driving parents in the direction of sport specialization.

As the game spreads and there's more press coverage and more popularity and more opportunities to profit, you're seeing a greater emphasis on the belief that, 'The earlier the better, the more the better,' of anything, of any sport, of any academic endeavor, but there's no definitive evidence that indicates specializing is going to lead to better performance.

Which is why Starsia went after players like Chris LaPierre, a former Shawnee (N.J.) High football star who had played lacrosse in the summers for fun, and ended up as one of the nation's most dynamic players. The Cavaliers' short-stick defensive midfielder was named a second-team All-American in 2012.

"There is nothing you can be doing in lacrosse on your own in the fall that would be better for you than going to football or soccer practice every day," Starsia said. "You can go bang a ball against a wall all you want, but how do you become a better team player? By playing other team sports."

Becoming coachable, paying attention to detail, understanding the importance of preparation, working toward a goal, understanding your role and evaluating your performance from playing other sports are "such a huge advantage," Danowski said. "Playing club lacrosse once a week, I don't know if that it's the same. "You have one time to leave a legacy at your school. You have one time to take advantage of putting on a football helmet or playing soccer," Danowski continued. "When you look back at your school yearbook 40 years from now, would someone say, 'Yeah, that guy was a lacrosse head?' Playing other sports helps develop a wealth of confidence that doesn't come from playing in a meaningless club game in November."

Additionally, sport specialization can lead to burnout, overuse injury and fragmentation of friendships. Conversely, participating in multiple sports also helps children develop muscularly. Sport specialization leads to a general lack of "being a kid... Creativity starts to fade away."

4. How to be a good consumer of your child's lacrosse experience

Determining the appropriate level for engagement in your child's experience is tricky, and it's often age-dependent. But at any level, it's important for parents to be good consumers. The best way to do so: Ask respectful but pointed questions of your child, of programs and teams you're considering, and of objective third parties. Related, do your homework and research as much as possible. Don't sit back and wait to learn these things after the fact; actively seek out information.

"This is going to sound really stupid simple," Johns Hopkins women's lacrosse coach Janine Tucker said. "It truly is about communicating with your child."

How well do you know your son or daughter? What is your child capable of athletically? When are they happiest? What's most important to your child? What does your child actually want to do? Communication is critical, but it's also paying attention to the signs, listening to coaches, getting a sense from them about how our kids enjoy the sport. Do they enjoy it? Are they excited and energetic? Are we seeing them complaining about going to practice?

What is the age-appropriate level for my child? How competitive are the various levels of play recreation programs, travel teams, tournaments and club programs? What are the time commitments for each? Several coaches suggested playing at a level where you can learn but contribute.

What is a coach's philosophy? Is the coach certified? Have they had a background check? What are their experiences and background? How stable is this program? What is a program's philosophy? How many players are on each team?



Are there multiple teams within each program? Do kids get equal playing time? The set-up of a program will entirely determine a child's experience for a season.

"Stability of the organization and coaching are two of the most important factors," Lavelle said. "If it's a well-managed league or program that should first or foremost be a priority."

How many games/practices in one day, or one weekend, will a team or event require? Are there trainers on site? Will the teams stay in air-conditioned dorms?

And lastly: How much does all this cost? What is financially feasible for your family? The cumulative cost of playing for a town team, club team and participating in recruiting tournaments can quickly exceed \$5,000, especially with programs starting at such young ages. To what end is this money being spent?

Evaluate these types of questions on a seasonal basis. And have a non-invested third-party help provide feedback or perspective. It's really important that parents have objective adult allies who can help give a sense of perspective.

Sure, that's a lot of questions to ask. But if you haven't considered them or don't know the answer to them you haven't done your homework. Approach it like any other significant investment you make.

5. How your behavior affects that experience

Parents are equally as important to a child's positive lacrosse experience as the coach of the team, or the league they play in. Attend games, but be supportive and not overbearing. Positive reinforcement encourages learning and fun.

Research has shown that a ratio of five positive statements compliments and positive recognition for each negative statement criticisms and corrections is ideal for helping young athletes do their best.

But too much external praise can hinder the maturation process. "One-third of my speaking engagements are to businesses. Managers say young workers don't know what to do unless someone else tells them," said Madeline Levine, a psychologist and the co-founder of Challenge Success, a project born at the Stanford School of Education. "They need to be told every day that they're doing well instead of once a year."

Negative parental behavior also can have an adverse effect on the recruitment of a child. High school lacrosse players far outnumber opportunities available. Stagnitta, a former Division I coach at Rutgers and Division III coach at Washington & Lee, said college coaches "look for reasons not to recruit guys." The negative behavior parents engage in that's most alarming to coaches on the recruiting circuit: unsportsmanlike sideline conduct.

College coaches are always aware of parents' behavior on the sidelines. It's one of the first things they will look for. There's enough players out there, the character of the parents and the personality and how they conduct themselves and how they interact with the coaches and how they act on the sidelines, in a lot of ways, is going to carry as much weight as the player. All things being equal, college coaches are going to go with the player who has the most character and healthy parents.

We want parents who are supporting their kid and their team. What about the way they're interacting with officials? Are they talking to other people, or are they off to the side by themselves? After the game, are the parents going over stats or what their kid did individually? Those behaviors are the most recognizable.

It's about balance. It's about positive but not constant reinforcement. And it's not about you. It's about your child.



SECTION 2 – LACROSSE 101:

If your child shows an interest in lacrosse, ensuring that they have a positive lacrosse experience should be your main goal as a parent. Your support and encouragement will be essential, and to best support your child, you'll need to learn as much as possible about the game.

History of the Game

Lacrosse originated with native Indians, centuries ago. It is the oldest sport in North America. Rooted in Native American religion, lacrosse was often played to resolve conflicts, heal the sick, and develop strong, virile men. To Native Americans (and others), lacrosse is still referred to as “The Creators Game.”

Lacrosse also served as a preparation for war. Legend tells of as many as 1,000 players per side, from the same or different tribes, who took turns engaging in a violent contest. Contestants played on a field from one to fifteen miles in length, and games sometimes lasted for days. Some tribes used a single pole, tree or rock for a goal, while others used two goalposts through which the ball had to pass through. Balls were made out of wood, deerskin, baked clay, or stone. The evolution of the Native American game into modern lacrosse began in 1636 when Jean de Brebeuf, a Jesuit missionary, documented a Huron contest in what is now southeast Ontario, Canada. At that time, some type of lacrosse was played by at least 48 Native American tribes scattered throughout what is now southern Canada and all parts of the United States. French pioneers began playing the game avidly in the 1800s. Canadian dentist W. George Beers standardized the game in 1867 with the adoption of set field dimensions, limits on the number of players per team and other basic rules.

New York University fielded the nation’s first college team in 1877, and Phillips Academy, Andover (Massachusetts), Phillips Exeter Academy (New Hampshire), and the Lawrenceville School (New Jersey) were the nation’s first high school teams in 1882. Today, there are more than a half a million active lacrosse players in the United States that compete at the youth, high school, collegiate, professional, and international levels. Lacrosse continues to grow in popularity, growing faster than any other sport in the United States.

Lacrosse Terminology

Assist

A pass that sets up a goal. An assist is given if the goal scorer gets a pass and does not have to beat a defender to score. There can only be one assist awarded per goal.

Attackman

One of three field players designated to remain on the offensive side of the field.

Back Cut or Back Door

An offensive player cuts behind their defender in an attempt to receive a pass or feed.

Baggataway

A form of lacrosse as played originally by the Ojibwa Indians.

Ball or Ball down

All players usually shout ball any time the ball is on the ground. Often this is the first indicator to the player who had it that he has dropped it. Ball can also signal the intent of a player to go after the ball instead of the man.

Behind-the-back

A player throwing the ball behind his back rather than forward.

Body Check



Contact with an opponent from the front or side (but not a blind side check) – between the shoulders and waist – when the opponent has the ball or is within three yards of a loose ball. Not permitted at U11 and below levels.

Box

The area drawn in both ends of the field surrounding the crease area. Also called the goal area or defensive area.

Break

A goalie command which tells his defense that he has the ball in his possession and the goalie is now looking for outlets to pass the ball to.

Butt

The end of a crosse opposite the head. All shaft ends need to be covered with a butt-cap/butt-end.

Catching

The action of receiving the ball into one's stick.

Change planes

When a shooter has a close in shot, the goalie must respect where the ball carrier starts his shot. If the shooter holds his stick high, the keeper does the same. Therefore it is most effective for the shooter to start high and shoot low, or vice versa. This is 'changing planes'.

Checking

Striking another player's stick in an attempt to dislodge the ball.

Check-up

A call given by the goalie to tell each defender to find his man and call out his number.

Clamp

A face-off maneuver executed by quickly pushing the back of the stick on top of the ball in the attempt to gain control of it

Clearing

Transitioning the ball from the defensive half to the offensive half.

Coast to Coast

Occurs when a player nearest their endline takes the ball all the way down the field to the opposing team's end of the field. Most of the time, this refers to clearing midfielders, or defensemen who carry the ball across midfield and into the offensive half and towards the cage. Coast to coast- from one goal to the other.

Cradling

In order to maintain control of the ball when moving along the field, players turn their wrists and arms, rocking the stick back and forth to create centrifugal force that keeps the ball in the stick pocket.

Crease

A circle around the goal with a radius of nine feet into which only defensive players and goalies may enter. If an offensive player enters the crease un-aided, with or without the ball, the official blows the play dead and the ball is awarded to the defensive team.

**Crosse or Stick**

The equipment used to throw, catch and carry the ball.

Cross check

When one player hits another with his stick, striking the player with the part of the shaft between his hands. In field lacrosse, this draws a penalty.

Cutting

The action of moving without the ball to place oneself in a good scoring position or to open up space for another offensive player.

Defenseman

One of three players designated to remain on the defensive side of the field at all times. Generally, defensemen use sticks that are six-feet long.

Defensive Area

The area defined by a line drawn sideline to sideline 20 yards from the face of the goal.

Dish

Slang term referring to the passing of the ball from one player to another, generally a short pass in a tight space.

Dodge

Attempt by an offensive player to try to get past a defensive player. Examples: Bull, Face, Split, Roll

Double-team

Defensive strategy in which two defensive players guard one offensive player in an attempt to strip the ball or force the offensive player to lose possession.

Extra man (aka EMO or Man-Up)

A man advantage that results from a time-serving penalty enforced on the opponent. Describes the team at a player advantage in a penalty situation. Opposite of man down.

Face Dodge

A player with the ball cradles the stick across his face in an attempt to dodge a defender. Generally an open field dodge that does not involve changing hands.

Face Off

Takes place at the start of each quarter, after every goal, and after certain dead balls. Two opposing players crouch down at midfield, hold their sticks flat on the ground and horizontal to the mid-line, with the backs of their stick pockets facing each other. The ball is then placed between the pockets and, when signaled to start, the players "rake" or clamp on the ball to vie for control.

Fast-Break

A transition scoring opportunity in which the offense has at least a one-man advantage. Commonly a four on three situation.

Feed



Basically a pass to create a scoring opportunity. But more specifically a pass inside to an offensive player who is in close proximity to the goal or around the crease.

Five and five

The area five yards wide of and five yards upfield from the goal where an attackman attempts to reach in order to shoot or feed.

Flag Down

Tells the offense that a penalty will be called. This means that you should attempt to get off a shot without dropping the ball to the ground, which will halt play.

FOGO

A term for a player who takes face-offs but then runs off the field as soon as possible afterwards. It stands for Face-Off, Get Off.

Foul Out

The term used to describe the ejection of a player when he receives his fifth minute of penalty time in one game. This doesn't happen often.

Garbage goal

A goal scored in an unsettled situation like off a rebound or fast break, or one scored immediately following a defensive gaffe/turnover.

Gilman

A process in which a defender or goalie clears the ball by throwing it as far as he can down the field. Sometimes this is a desperation move (if time is an issue), but it is often better to create a ground ball situation in the opponents end than in the defensive area.

GLE (Goal Line Extended)

An imaginary line that extends straight out from the sides of the goal line.

Goal

- i. Refers to the structure which players attempt to throw the ball into for a point. Six feet by six feet square
- ii. The statistic that refers to what happens when a player scores.

Goalie/Goaltender

The last line of defense, the goalie has a larger stick head (roughly 16.5 inches across) to help stop shots from the opposing team as he stands in front of his team's goal. The goalie also wears additional protective gear than field players.

Goose

When a player uses his stick to knock a ground ball to open space, rather than picking it up.

Ground Ball

A loose ball on the playing field in which both teams will attempt to gain possession. The statistic is awarded to the team that successfully scoops and maintains control of the ball.

Hanging the stick



This is when a ball carrier holds the stick in such a way as to enable a defender to easily get a check on his stick and dislodge the ball.

Head

The plastic part of the stick connected to the handle or shaft.

Hold

- i. An infraction when a player impedes the movement of an opponent or an opponent's stick.
- ii. A goalie command which tells the defender to hold his man where he is and not let him get any closer to the goal.

Hole

The area right in front of the goal. Because an open offensive player in front of the goal is more dangerous than an open offensive player somewhere else, defensive players are told to “get in the hole,” meaning they should run to the goal then find the player they need to cover.

Illegal body check

A body check that is delivered in any of the following fashions: Above the neck, below the waist, from behind, or to a player who is not in possession of the ball.

Illegal Screen

A screen is considered illegal when a player sets one without having his feet set or leans into the opposing player

Interference

Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the player, or both players are within five yards of a loose ball.

Invert

An offensive formation or play in which a midfielder will carry the ball to a position normally occupied by an attackman (for example, X), or vice-versa, and then initiate the offense.

LSM

Long Stick Midfielder: A midfielder who plays with a long stick and is defense oriented. Usually guards the opposing team’s best midfielder. There can only be four players on the field at a time with long sticks.

Man Down

The situation that results from a time-serving penalty which causes the defense to play with at least a one man disadvantage.

Man-to-man

A defensive setup in which each defending player guards a specific offensive opponent.

Mark-up

Call used by the goalie or other defensive players when asking teammates to call out who they are guarding in the man-to-man defense.

Midfield Line



The line which bisects the field of play. Line that runs directly across the middle of the field from sideline to sideline. It is used to determine if a play is offsides.

Midfielder

One of three players who plays at both ends of the field, both offensively and defensively.

Motion

Offensive style or system in which players move and cut simultaneously to create space and feeding/shooting opportunities for other players on the field.

Offsides

Rule stating that each team must have four players on the defensive half of the field, as well as three players on the offensive half of the field, at all times. If there is an offsides called while a team possesses the ball, the ball is awarded to the other team. If an offsides is called while defending, then a 30-second technical foul penalty is called.

On-The-Fly

A substitution made during live play.

On-the-hop

Call made by a coach indicating to his players to quicken their pace during practice and drills.

Out-of-bounds

When a shot, pass, or player goes out of play. If a shot, the player closest to the sideline where and when the ball went out gets the ball. If a pass (non-deflected), travels out of bounds the ball is awarded to the other team. If a player with the ball steps out of bounds the ball is awarded to the other team.

Passing

An integral part to quickly moving the ball. Players throw the ball to each other. In most cases a high pass (above the waist) is easier to deal with than a low bouncing dribbler.

Pick

An offensive maneuver in which a stationary player attempts to block the path of a defender guarding another offensive player. Picks must be stationary and passive.

Play-on

A penalty or infraction that is noticed by the referee, but, if called immediately, would stop the advancement of the team that was fouled. A flag is thrown and the referee shouts "Play on" and continuation is allowed. At the next loose ball, turnover or score, the whistle is blown and the penalty is assessed. If a goal were scored, it would count and the face-off would ensue with the penalty in force.

Pocket

The strung part of the head of the stick which holds the ball.

Poke Check

A defender jabs his stick at the exposed stick end or hands of an opposing ball carrier in an effort to jar the ball loose. These checks are very effective in that the checking player stays in balance and keeps a cushion of space between himself and the ball carrier.



Quick Stick

When the ball reaches an offensive player's stick on a feed pass, he catches it and then shoots it toward the goal in one swift motion (with No cradle).

Rake

- i. A face-off move in which a player sweeps the ball to the side.
- ii. A move in which a player who, in trying to gain possession of a ground ball, places the head of his stick on top of the ball and sweeps it back. This is always discouraged.
EXCEPTION: Goalkeepers can rake or 'clamp' a ground ball legally into the crease.

Re-dodge

Can be from behind the goal or in front of the goal. A player dodges, pauses, then re-dodges back towards the goal.

Release

- i. Players shout release when they succeed in scooping a ground ball. This indicates to teammates that they can no longer make contact with the opponents to drive them away from the ball. Doing so after the ball has been scooped up is a penalty.
- ii. A term used by an official to notify a penalized player in the box that he may re-enter the field.

Ride

After losing possession of the ball, a team quickly reverts to playing defense by trying to prevent a team from clearing the ball.

Rip

Slang for a very hard shot.

Rock

Slang term for the ball.

Save

When a goalie stops a shot that otherwise would have gone into the goal.

Scoop

The manner in which a player picks up loose ground balls. He bends toward the ground, slides the pocket of his stick underneath the ball, and lifts it into the netting of the stick.

Screen

An attacking player without possession of the ball positions himself in front of the opposing goal crease in an effort to block the goalkeeper's view.

Shaft

This lacrosse term is an aluminum, wooden or composite pole connected to the head of the crosse.

Skip

To pass to a non-adjacent teammate. Usually increased risk as the pass needs to go through or over defenders.

Slap Check

A stick check. The defender uses his stick to slap the stick or the hands of the offensive player who has the ball. Poke checks are preferred since it is easier to keep your feet moving and stay balanced during the poke check.

**Slide**

When an offensive player with the ball has gotten past his defender, a defending teammate will shift his position to pick up that advancing player.

Slow break

A transition opportunity for the offense in which the defense has at least an equal number of defenders to offensive players in position and ready to defend.

Square Up

To position one's body in preparation to pass. This means to aim the leading shoulder towards the target.

Stalling

A tactic where the team with possession (and usually in the lead) runs around and passes from teammate to teammate in order to kill time, rather than try to score.

Switch

A term used for off ball defenders to switch match-up responsibilities with their adjacent teammate. (in other words – exchange the players they are covering)

Time and Room Shot

When a player has time to set his feet and room around him to take a very hard shot.

Top shelf

Slang term that refers to the upper area of the goal underneath the top crossbar.

Tripping

Penalty committed by using any part of a player's body or stick to make an opponent lose his balance and fall to the ground.

Unnecessary roughness

Occurs when a player strikes an opponent with his stick or body with excessive or violent force.

Unsettled Situation

Any situation in which the defense is not positioned correctly, usually due to a loose ball, broken clear, or fast break.

Unsportsmanlike conduct

Occurs when any player or coach commits an act which is considered unsportsmanlike by an official. These acts include taunting, arguing, or obscene language or gestures.

V Cut

A maneuver used by an offensive player to get open for a pass. The offensive player feints in causing his defender to react and move, he then cuts sharply away (completing the "V" shape)

Ward or Warding off

Infraction committed by an offensive player who cradles one handed while using the other hand or arm to move, block or interfere with a defenders stick.

**Wheels**

A call made by a coach or teammate to a player indicating that the player should run as fast as possible. Also used to refer to a player with great speed.

Whip

Term used to describe the feeling of the ball catching on the shooting strings as it releases from the pocket of the player's stick.

X

Area of the field directly behind the goal.



SECTION 3 – LINKS TO HELPFUL INFORMATION

Changes and updates are maintained on websites. They are helpful to find more information.

Brighton Lacrosse Links

- Brighton Youth lacrosse
<http://www.brightonyouthlax.com/>
- Brighton Girls High School Lacrosse
<https://www.brightonlaxgirls.com/>
- Brighton Boys High School Lacrosse
<http://brightonlacrosse.com>

Utah Lacrosse Links

- Utah Youth leagues
<http://imlaxutah.org/Default.asp?>
- US Lacrosse, Utah chapter
<http://utahlax.org/>

US Lacrosse Links

- Youth Player Resources
<https://www.uslacrosse.org/players/youth>
- Youth Parent Resources
<https://www.uslacrosse.org/parents>
- Youth Coaches Resources
<https://www.uslacrosse.org/coaches>
- 2015 Youth Guidebook
<http://content.yudu.com/web/y5b2/0A1v7bf/2015GuidebookForBoys/flash/resources/index.htm?referrerUrl=http%3A%2F%2Fcontent.yudu.com%2Fweb%2Fy5b2%2F0A1v7bf%2F2015GuidebookForBoys%2Findex.html>
- 2018 Boys Youth Rulebook:
<https://www.uslacrosse.org/sites/default/files/public/documents/rules/2018-Boys-Youth-Rulebook.pdf>