

Girls Lacrosse Association of Anne Arundel County (GLAAAC)

Philosophy/Mission Statement

The Girls Lacrosse Association of Anne Arundel County was formed in 2002 by the commissioners of the county recreation league organizations. It acts as an umbrella organization for the recreation league, writing the rules of play, working with the assigning organization to coordinate referees, and acting as a liaison between the programs and Anne Arundel County Rec and Parks. It helps County rec programs and coaches teach the skills of the game of women's lacrosse, and helps them foster an environment that is supportive of each player's personal goals while at the same time teaching the players the importance of teamwork. GLAAAC supports and promotes the rules and regulations of Anne Arundel County Rec and parks. Most importantly, it encourages fellowship, sportsmanship and fair play both on and off the lacrosse field.

Five Age Groups

At all age groups, equal playing time is expected.

Sticklettes: Kindergarten – 2nd Grade

Sticklettes is a clinic program which introduces the basic concepts of women's lacrosse: scooping, cradling and catching. The main goal of Sticklettes is to ensure that the girls have fun.

Pee Wee: 3rd-4th Grade.

Pee Wee games are 8 v8 in format with a goalie. The main goal in Pee Wee is to continue to teach the basic skills of scooping, cradling, passing and catching, and then expand instruction to include using both dominate and non-dominate hands, learning the concepts and skills of offense and defense and the techniques of the draw. Goalie skills are first taught at this level and all team members are encouraged to take a turn in the goal. No scores are kept; the focus is on learning and having fun.

Middies: 5th-6th Grade

Games are full field, 12v12. The main goal is to continue building on basic skills, and to teach proper mechanics and introduce modified checking. More advanced skills begin at this level: the concepts of defensive and offensive positions, transitioning the ball, off-ball play, settled offense, direct penalty shots, setting a pick, doubling the ball and shooting space.

Juniors: 7th-8th grade

Games are full field, 12v12. The main goal is to teach more advanced skills and to prepare players for High School play. Full checking is allowed and its proper techniques taught.

Seniors: 9th-12th grade

The Senior League is for high school girls who do not play on their school teams. Regular High School rules are used.