



# US LACROSSE COACHING EDUCATION PROGRAM

## Position Explanation Resource

### Attack

<b>Number of Players:</b>	3 attackmen
<b>Objective:</b>	Score goals
<b>Area of Field:</b>	Restricted to offensive end
<b>Responsibilities:</b>	Primary ball handlers, passers, scorers and feeders
<b>Required skills:</b>	Excellent stick skills with both hands Quick feet to maneuver around the goal

### Midfield

<b>Number of Players:</b>	3 midfielders
<b>Objective:</b>	Transitional force
<b>Area of Field:</b>	Entire field – offensive and defensive ends
<b>Responsibilities:</b>	Ball handlers, passers, scorers, feeders Also transition the ball down the field for a scoring opportunity and defend against opposing team's transition to goal
<b>Required skills:</b>	Great speed and stamina Strong stick skills <ul style="list-style-type: none"><li>• Throwing</li><li>• Catching</li><li>• Scooping</li></ul> Most teams rotate multiple groups of midfielders through out a game.





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## Defense

<b>Number of Players:</b>	3 defensemen
<b>Objective:</b>	Defend the goal
<b>Area of Field:</b>	Restricted to defensive end
<b>Responsibilities:</b>	Break up other team's plays Prevent shots on goal Clear the ball to offensive units Receive outlet passes from goalie
<b>Required skills:</b>	Agility Strong stick skills Aggressive (while under control) Quick to respond when matching up against offensive player

## Goalkeeper

<b>Number of Players:</b>	1 goalie
<b>Objective:</b>	Stop the ball from entering the goal
<b>Area of Field:</b>	Restricted to defensive end and positioned in the "crease"
<b>Responsibilities:</b>	"Read" defensive situations Direct defenders and midfielders to prevent scoring attempts from opposing team.
<b>Required skills:</b>	Excellent hand/eye coordination Quickness Above-average stick skills Courage and confidence





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The recommended common characteristics for players in each position of a regulation team are described here.

