

V3 LAX! "Lacrosse IQ" – Memorize these tips and be able to explain at any time!

1. Work your right and left hand equally - in order to run advanced plays and compete at the U15 level and beyond, players must be comfortable passing and catching with either hand and switching hands while dodging. You have to spend regular time playing wall ball to get to where you need to be.
2. Keep your stick perpendicular to the ground – don't be lazy, keep your stick in "the box" in ready position ALWAYS. This provides a target to receive a pass, protects the ball when you have possession, allows for a quick shot and makes it harder to defend.
3. Move the ball – you can pass faster than you can run. More movement will keep a defense shifting and unsettled which creates opportunities for plays.
4. Move the ball, off the ground – when you gain a ground ball and make a quick pass, you create opportunities for scoring taking advantage of an unsettled situation
5. Move without the ball – don't stop to admire your pass. Move around the "back door" and get away from your defender while he is admiring your pass. Whenever you defender turns his back to you, use the opportunity to move away from him.
6. Move to the ball
 - a. When you are on the back side and open
 - b. When your defender is not watching you
 - c. Toward whoever is passing the ball to you
7. Focus on a point past the goalie when shooting – this will help you avoid hitting the goalie and get the ball past him
8. Use a quick release on shots – this gives the goalie less time to prepare and setup for a save.
9. Defensive players need the best stick skills – you are moving a big stick around and need to be precise in checking and always win the ground ball. Clearing properly keeps control and helps win games
10. Play defense like a boxer – maintain an athletic stance, keep up on your toes, counter, react, attack. This is for all both defensemen and middies.
11. Use well timed and precise poke checks when defending – this is much more effective than a slap check and less likely to draw a penalty. A defenseman sliding up to the ball should "greet" the ball carrier with a solid poke check. A "lift" is a very effective form of a poke check.
12. Develop Magic hands – use a soft touch, always in the ready position, practice with your stick tightened (like a girls lacrosse stick) to develop better touch and control.
13. Talk to each other LOUDLY – make some productive noise, show the opponent you are serious, help each other out.
14. Do not be afraid of the ball – step in front of the stick head of a player shooting (not in front of their body). Don't "duck"! Pain is temporary, pride is forever.
15. Lacrosse is a contact sport – you must be willing to give and take hits. Always deliver fair hits, but be aggressive and forceful.