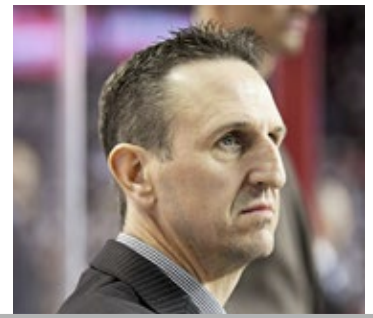




BEGINNERS LACROSSE



BY ROUGHNECKS HEAD COACH CURT MALAWSKY

ANATOMY OF A LACROSSE STICK



CONGRATULATIONS ON GETTING A LACROSSE STICK!

To get started Calgary Roughnecks head coach Curt Malawsky has some fun activities that will help you master some skills with your new lacrosse stick and ball.

FIRST— LET’S FIND OUT IF YOU ARE A RIGHT-HANDED OR LEFT-HANDED LACROSSE PLAYER.

To determine what hand you shoot. There is no perfect science. It really is whatever way you feel most comfortable.

- Which way do you swing a bat?
- Which way do you shoot a hockey puck?
- Which way do you golf?

That is usually the way you would shoot in lacrosse. If your top hand on your stick is right, you would be considered a ‘Righty’, and if your top hand on the stick was your left, you would a ‘Lefty.’ It’s that simple kids. Which way feels most comfortable for you?

SCOOPING

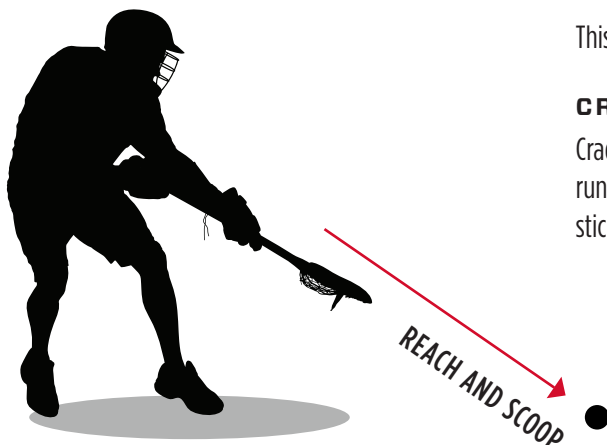
Lots of times a ball is on the ground. To get it back into your stick use the lacrosse scoop. To learn the scoop:

- Place a ball on the ground
- Move towards the ball and drop the head of the stick to the ground. The stick handle or shaft should be almost parallel to the ground (a few inches off the ground is a good position). Also remember to bend your knees.
- The scoop action is a little bit like shoveling dirt or snow. Do a quick scoop and then angle upward to help the ball stay in the deep part of the pocket where it can’t roll back out of your stick.
- Once the ball is in your pocket, you can practice your cradling too.

This is a great skill to learn and you can do it just about anywhere.

CRADLE THE BALL

Cradling is an important skill to learn right away. You can practice at home or outside running up and down a field. Simply put, cradling keeps the ball in the pocket of the stick while you are running. You don’t want it to bounce out!



CROUCH DOWN, MOVING YOUR STICK DOWN TOWARDS THE BALL, STICK HANDLE WILL ROTATE TO BE ALMOST PARALLEL TO THE GROUND



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GRIP

Your top hand should be placed closer to the top of the stick with a lighter grip than the bottom hand, which is at the bottom of the stick. This allows the stick head to rock back and forth in your hand, keeping the ball in the pocket. When standing still, the top hand should be underneath the shaft of the stick so the stick head and your palm are facing up. The bottom hand should be at the bottom of the stick on top of the shaft, opposite to the way the top hand is facing.



THE WRIST AND ARM ACTION

These two actions work with one another. The idea is to create the least amount of bounce in the pocket of your stick. The forearm on the top hand should work like a hinge, and not be moving in a lot of different directions—just back and forth, a little like a door. The wrist and arm move in tandem with each other. The wrist should not curl or flex too much.

STICK POSITION

The stick position should be horizontal when you are stationary. When running it is easier to keep the ball from bouncing out if you hold your stick at two o'clock for a righty and 10 o'clock for a lefty. You can practice both cradling styles while you are standing still to get used to how it feels.

PASSING/SHOOTING

Learning the proper technique for passing, shooting and catching the ball is important and with a little practice you'll be on your way. If you don't have someone to pass and catch with, the best place to practice is by throwing and catching off the boards at a rink, indoor or outdoor. You can also use a wall at a school (just make sure there are no windows around). If you only have one stick, you can play catch with someone who has a baseball glove, too.

When passing or shooting:

- Face your target with your lead foot being the opposite of the top hand on the stick. (For a righty, your left foot is the lead foot and for a lefty, the right foot is the lead foot).
- The top hand slides down just below the middle of the shaft and the bottom hand is the pivot point for the stick.
- When a pass is made, the top hand should be around six inches above the shoulder and the pocket should not fall too far back or the ball might fall out. The top hand and arm push the ball in the direction of the pass, and the bottom arm is the power hand and is pulled toward the body.
- Make sure to extend your top hand wrist and your stick head should point at the target upon a completed pass.





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CATCHING

For catching:

- Your feet should be shoulder-width apart.
- The stick is going to be held at 2 o'clock for a righty and 10 o'clock for a lefty.
- Make sure your stick is out in front of you so you can “watch” the ball into your stick.
- To start catching, have a friend lob the ball, lightly underhand to you from five to seven feet away.
- From there progress to having someone throw it to you overhand or partner passing from 10 to 12 feet apart.
- Then try playing catch with yourself using a wall or the boards of a rink.



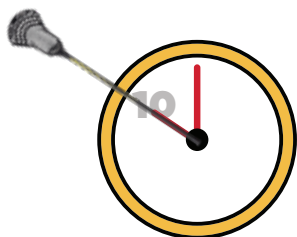
CATCHING

AS BALL APPROACHES, MOVE STICK OUT IN FRONT OF YOU SO YOU CAN ‘WATCH’ THE BALL INTO THE STICK

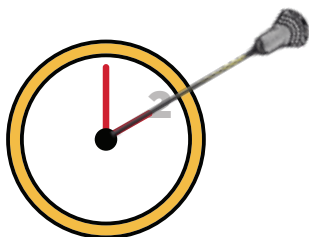
Now you’re ready to start to learn the great game of lacrosse! Remember, like anything else, practice makes perfect. Enjoy kids and hope to see you all out at a Roughnecks game very soon.

STAY SAFE AND HAVE FUN!

Coach Curt



LEFTY STICK POSITION AT 10 O’CLOCK



RIGHTY STICK POSITION AT 2 O’CLOCK

