

All about lacrosse

By Sera

Did you know that lacrosse is a really famous sport? The cool thing about it is that girls and boys play it, which is pretty fair in my opinion.

What is Lacrosse?

Lacrosse is a fast-paced, team sport where players use a long-handled stick (called a crosse) with a shallow net to carry, pass, catch, and shoot a ball into the opponent's goal. It's considered the oldest team sport in North America, with roots in games played by indigenous peoples. Some equipment you need for

girls lacrosse is stick (crosse), ball, helmet or goggles, mouthguard and water. For boys, though, players need a lacrosse stick, helmet, mouthguard, gloves, shoulder pads, arm pads, protective cup, and cleats. The object of the game is to score more goals than the opposing team by propelling the ball into their goal using a stick. Each team aims to advance the ball down the field, pass it to teammates, and shoot it into the opposing net.

How did it start?

Lacrosse was played as a social event, a way to settle disputes, and a preparation for war; it was an integral part of many tribes' lives. European settlers,

particularly the French, observed and adopted the game, leading to its widespread adoption and eventual evolution into the sport we know today.

How to play Lacrosse?

Playing lacrosse is pretty easy. The beginning of the game is called a draw where two people connect sticks and the ball is in it. Then, both fling their sticks in the air and then people go for the ball if they get it they cradle (running with ball) to the goal and attempt scoring without stepping in the crest because the only person allowed in the crest is the goalie. Also, if the ball goes to the ground and you go for it it's called a ground ball.

Some really important rules for girls are no raking which is putting the back of the net with the ball not going in the crest and not checking for specific years. For boys it avoids slashes, spearing, and illegal body checks.

Famous players:

Some famous players in Lacrosse history are: Jim Brown, Gary Gait, John Grant Jr., Paul Gait, Dave Pietramala, Michael Powell, Brodie Merrill, and Shawn Nadelen. These players work really hard to become famous. Jim Brown was in the hall of fame for lacrosse.

My personal experience with lacrosse:

I started playing lacrosse 2 years ago. At first it was confusing because I was not used to holding a stick like that. Also, I did not know if I was right handed or left handed but then I got used to using left hand not right so I became a left-handed player. I really enjoy playing lacrosse because once you have the ball you can just try scoring and if you miss, you can just try again. That's what makes the game fun. You can always try again if you miss. I love this game and I recommend you to try it too!!!