



WHY Ringette Players Should Play Lacrosse... WHY Ringette Players Should Play Lacrosse...

- ✂ Ringette and Box lacrosse are very **similar sports**, Women's Field Lacrosse also **stresses team** play and strategies
- ✂ U.S. College **scholarship opportunities** in lacrosse are available
- ✂ Ringette players **excel** in lacrosse
- ✂ It's a great method to **increase physical fitness** in ringette's off-season
- ✂ Team sports **build self esteem**, respect, integrity, & fairness
- ✂ Lacrosse **teaches leadership** skills
- ✂ It helps prevent sport burn-out by playing a **new, fast-paced sport**
- ✂ Players of **all fitness levels and abilities** can compete in lacrosse
- ✂ A player can **learn basic plays** and strategies
- ✂ A player can learn to **play both offensive and defensive** positions and make a quick transition from defense to offence and vice versa
- ✂ It reinforces the importance of **quickness and agility** around the net
- ✂ Lacrosse increases **hand-eye co-ordination** when stick handling
- ✂ It teaches players to **play with their head up** and to be more aware of their surroundings
- ✂ Offensive **scoring skills are honed** by shooting at smaller targets and picking corners
- ✂ **Defensive skills** are taught with individual and team concepts
- ✂ Lacrosse teaches the **creativity of fakes, back passes, & shots**
- ✂ Box Lacrosse is run in **5-player units** and helps the ringette player practice playing a team concept, Women's Field Lacrosse is played twelve (12) a side however team play is still stressed
- ✂ It is inexpensive to equip Box lacrosse players as **most ringette equipment can be used** in lacrosse; Women's Field Lacrosse players require no equipment outside a stick.

WHY Ringette Coaches Should Coach Lacrosse...

- ✂ It's a great way to **keep your ringette team together** all year round.
- ✂ Ringette coaches teach **similar strategies** of team play and special teams used in the box lacrosse game, and the strategies learned from the Women's Field Lacrosse game are an asset.

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Can you think of a better partnership?

For more information about playing **Lacrosse**

In your community, please call the

Alberta Lacrosse Association

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