



## WHY Women Hockey Players Should Play Women's Field Lacrosse...

- ✂ Lacrosse and hockey are very **similar sports**
- ✂ U.S. College **scholarship opportunities** in lacrosse are available
- ✂ Hockey players **excel** in lacrosse
- ✂ It's a great method to **increase physical fitness** in hockey's offseason
- ✂ 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**
- ✂ Women's Field Lacrosse stresses and teaches team strategies that are most useful to inspiring hockey players
- ✂ Women's Field Lacrosse players require no equipment other than a stick, women's box lacrosse players can use hockey equipment and need only to add arm and backpads

## WHY Hockey Coaches Should Coach Lacrosse... WHY Hockey Coaches Should Coach Lacrosse...

- ✂ It's a great way to keep your hockey team together all year round.
- ✂ Hockey coaches teach similar strategies of team play and special teams.

HOCKEY – Canada's National Winter Sport

LACROSSE --Canada's National Summer Sport

Can you think of a better **partnership**?

For more information about playing **Lacrosse** in your community, please call the

**Alberta Lacrosse Association**

(780-422-0030) [lisa@albertalacrosse.com](mailto:lisa@albertalacrosse.com)