



WHY Basketball Players Should Play Lacrosse...

- ✂ **Basketball** and box lacrosse are **very similar sports**. Both stress team play strategies such as **motion offence, man and zone defence, picks, give and go's, stacks, presses and screen plays**.
- ✂ Basketball and Lacrosse are both a **proud part of Canadian history**. Lacrosse is Canada's National Summer Sport.
- ✂ Canadian box lacrosse players are scouted by U.S. Colleges for **scholarship opportunities** in field lacrosse.
- ✂ Basketball players **excel** in lacrosse.
- ✂ It's a great method to **increase physical fitness** in basketball's off-season and helps develop different muscle groups. The box lacrosse regular season runs from April through to the end of June.
- ✂ Like basketball a lacrosse player learns to **play both offensive and defensive** positions and how to make a quick transition (**fast break**) from defence to offence and vice versa.
- ✂ Team sports **build self-esteem**, respect, integrity, teamwork & fairness.
- ✂ Long term athletic development (LTAD) models in all sports strongly encourage playing different sports throughout the year. It helps prevent sport burn-out by playing a **new, fast-paced sport**.
- ✂ Lacrosse reinforces the importance of **quickness and agility** around the net.
- ✂ Lacrosse increases **hand-eye co-ordination**.
- ✂ Offensive **scoring skills are honed** by shooting at small targets and picking corners.
- ✂ Lacrosse teaches players **creativity** and to make plays in close quarters.
- ✂ Lacrosse is run in **5-player units** and helps the basketball player practice playing a team concept.
- ✂ Players of all fitness levels and abilities can compete in lacrosse. The **goaltending equipment is loaned to the player by the club at no cost**, while the cost of player equipment sets for the beginner can cost as little as \$100.00 (excluding helmet).
- ✂ Lacrosse programs for children **start as young as 5 years of age**, with programs that are gender specific beginning at age 9.

WHY Basketball Coaches Should Coach Lacrosse...

- ✂ It's a great way to **keep your Basketball team together** all year round.
- ✂ Basketball coaches teach **similar strategies** motion offence, man and zone defence, picks, give and go's, stack, presses and screen plays.

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
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