



WHY Hockey Players Should Play Lacrosse... WHY Hockey Players Should Play 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 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**
- ✂ Lacrosse is run in **5-player units** and helps the hockey player practice playing a team concept
- ✂ It is inexpensive to equip lacrosse players as **most hockey equipment can be used in lacrosse**

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 coaches and players only have to look at players such as **Gretzky, Sakic, Shanahan, Ronning, Kariya, Nieuwendyk and Oates** as these great hockey players have one thing in common...they have all played lacrosse and have used the experience to enhance their hockey skills. You can share in their experience by playing lacrosse!

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 or email the

Alberta Lacrosse Association

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