



SASKATOON BOX LACROSSE ASSOCIATION

Parent's Guide to Box Lacrosse

PRE SEASON BULLETIN - B

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OFFENSIVE & DEFENSIVE STRATEGIES

- The offensive strategy in Lacrosse is **similar to that of basketball**. Once a team has possession of the ball, it may operate a 'fast break' offense by looking for the break-away pass, or it may operate a ball-control offense and walk the ball down the floor.
- Once the offensive team has the ball in the attacking zone, **they will be looking for a good 1-on-1 situation** where their best ball handler can beat his man, or for a player open in the 'prime scoring area' to whom the ball can be passed. The '**prime scoring area**' is the zone in front of the crease from which most goals are scored. It can be compared to the 'slot' in hockey.
- Once the team loses possession of the ball it immediately retreats into its defensive zone. Most defenses play a man-to-man coverage. Hockey style **forechecking generally does not exist** as for the same reasons as in basketball, **the ball carrier has such good ball control that it is highly unlikely a turnover will occur**. Only near the end of very close games, or possibly during shorthanded situations, will you see teams 'press' in their attacking zone
- Players who **shoot right** (right hand is held closest to the head/pocket) **normally play the left side** of the offense and **vice versa for those players who shoot left**. This is so that the head of the stick and the ball are closer to the center of the playing surface. This is very important when **cutting to the net to take a shot**.

THE FACE OFF

- Players taking the face-off line up with their **right shoulder closest to their own goal**. The open face of their stick must be facing their own goal and **both feet must be behind the parallel lines** at the face-off circle.
- When the referee blows the whistle, players must **draw their sticks straight back until the head of the stick has cleared the center dot**. Withholding the ball from play is a loss of possession.
- Other players cannot cross the restraining lines **until the ball leaves the 2' face-off circle**.
- If a player kicks the opponent's stick or physically gains an advantage by pushing, **possession is awarded to the non-offending team**.

HANDLING THE BALL

- In box lacrosse, other than the goalkeeper in the crease, **players may not handle the ball with their hands**. A player can make contact with the ball with their glove if their hand is still on their stick, but **no glove passes of any kind are permitted**.
- Players in box lacrosse are permitted to make contact with, or have possession of, the ball above the normal height of the shoulders. However, **the stick must be kept under control** and cannot make contact with an opponent at this height (other than stick to stick), even during a shot.
- **Shooting a live ball down the floor** is not an infraction of any rule. The other team (usually the goalie) will simply pick up the ball and quickly pass it back down the floor again. Since **box lacrosse is a possession game**, there is greater advantage in maintaining possession.