

For incoming Davidson Freshman Girls lacrosse players:

You need to know:

Before every home game there is a carb filled team dinner hosted by some of the players' parents.

For each year you play lacrosse you must remember to turn in all forms and dues:

1. Physical
2. transportation form
3. medical
4. \$45 pay to play
5. \$50 Booster money
6. Spaghetti dinner ticket money
 - each year the girls lacrosse team hosts a Spaghetti Dinner to raise money for the team and all of the expenses.
 - All girls must sell 10 tickets at \$7. So total= \$70
 - all girls will have a shift to work at the dinner, will serve food and drinks and set up or put away the tables and chairs.

JV Playday is a tournament hosted by Davidson. The varsity squad is expected to run the tournament while the jv squad is expected to play in the tournament.

OFF SEASON: In the fall and winter seasons there are a number of indoor lacrosse groups that the Davidson girls take part in if they aren't in another sport (Northstar – northstar.org, Lucky Lax – luckylax.com). There are also conditioning practices that help get the team into shape- usually Tuesday and Thursday afternoon/evenings.

All info about lacrosse will usually be posted on coach Mottlow's door (Room 209) or on our website wildcatgirlslacrosse.com about cancels/delays changes in schedules, camps/clinics, etc. EXTRA FORMS ARE ON THE DOOR AS WELL.

A texting chain has been added to the team, give number to coach Mottlow or one of the senior girls- updates will be sent through phones.

While representing Davidson Lacrosse it needs to be understood that appropriate behavior should always be used. No canoodling in the hallways (XD), no swearing, and just be a good person/team player. Keep in mind

that teachers and parents are always watching even when you may not be aware. Great character is expected on and off the field.

PRACTICE: Once weather clears up the usual practice times outside are from 4-6 on the practice field north of the bus lot. In early season, changes may be made due to weather (check door and listen to announcements). We play outside if the temperature is above 32 degrees F. The only reason we would move inside is due to large amounts of snow, below freezing temperatures or lightning/tornado.

Equipment: To each practice players are expected to bring – practice jersey, **water**, cleats, running shoes, stick, mouth guard, goggles, appropriate clothing for weather

To each game players are expected to bring – correct jersey/kilt (white – home or blue – away), black undergear, **water**, cleats, (running shoes are only acceptable on turf) stick, mouth guard, goggles

It is difficult starting out on a high school team but remember that you all have something in common- you all love lacrosse. Enjoy your time playing on the team, make memories and friends and have a fun time.

While on your own it would be helpful to practice running, sprinting, stick skills, wall ball, shooting and mental preparations. A large part of lacrosse is mental, think positive and enjoy your achievements.

This is an upper level team so the intensity will rise. Practice is structured and will help you improve your overall playing and the games are watched.

Essential Knowledge for High School Lacrosse

Items to bring to practice:

- *own water bottles
- *cleats/field shoes
- *running shoes
- *stick
- *goggles
- *mouthguard

Dress Code:

- *Shirts
 - tanks must have wide straps
 - no midriffs
 - jogbras/sportsbras must be covered by a full tank or t-shirt
- *pants/shorts/sweats
- *practice jersey

CONCEPTS

- I. Whole team offense/whole team defense - EVERYONE must learn to defend, attack and shoot (which implies scoring).
YOU MUST BE ABLE TO USE YOUR LEFT HAND!!!!!!
- II. DEFENSE

- A. Limit and dictate where the offensive player may go with the ball. Lead the attacker to where the defender wants her to go instead of following her. Strive to control the ball carrier's path by getting into a space before the attacker can get there.
- B. The closer the ball carrier is to her teammate, the tighter the defender should mark her player.
- C. Defender should position her body and stick goal side/inside. Keep stick up to show coverage of the passing lane and readiness to intercept. Once proper footing and body position are obtained, then consider a stick check as long as footing and body position can be maintained during and after the check.
- D. Constantly reposition as the ball is passed or carried to a new location.
- E. Remain in a hip-to-hip body position while running with the ball carrier. Keep the body next to and not directly in front of the ball carrier.
- F. **Goals:**
 1. Gain possession of the ball.
 2. Protect our goal.
 3. Hinder their attack's movement of the ball @ all points on the field. Limit the attacker's ability to pass or shoot.
 4. Set up switch to attack.
 5. Anticipate the ground ball b/c that's what you're trying to create by sweating the attacker!!
 6. Position your body in a space that limits the ball carrier's options and to control the ball carrier's path.
 7. Remember you are working as a defensive unit and must be able to double team and slide.

III. ATTACK

A. 3 roles

1. ball carrier - run to the open space!!
2. person looking to make 1st cut; creating space for ball carrier
3. person looking to make 2nd cut; setting picks; opening space for the ball carrier

B. **Escorting the Ball**

1. in front of ball carrier for a forward pass - make sure not to be too close and lead own defender onto our ball carrier for a double team/pick
2. to the side for a lateral pass - most dangerous pass - easily intercepted - better to make this pass @ a 45° <

3. behind for a pass back - necessary if ball carrier runs into a double team or is forced far outside by their defender

C. Goals

1. maintain possession of the ball
2. score goals
3. use dodges to get open for cuts or to beat defense and go to goal

IV. Clears - 1st step of attack

A. Clears to the restraining line

B. Move ball quickly down field by passing the ball

- You don't want their defense to have a chance to set up!!!!

C. @ first sign of switch from D to A ball carrier should:

1. look for fast-break opportunity; if none exists → scan field far to near
2. Drop into roles of attack
 - a. escorts
 - b. and roles 1, 2 or 3

V. Everyone is **ALWAYS** working; whether it's on the current play or the next play or the play after that. **THINK AND MOVE!!**

VI. Cutting

A. Cut TO the BALL!!!! Do NOT wait for the ball to drop or come to you!!!!

B. Once a pass is thrown, run to the ball, catch it, and then head to open space/goal.

C. Stay out of the 8m and only cut through it.

D. Cuts are usually made from opposite the ball carrier.

VII. Settled attack

A. Works in a wheel formation

B. Constantly moves, cuts, dodges and picks.

C. Passes/Catches around wheel must be made with outside hand.