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Lacrosse
FOR
DUMMIES®
2ND EDITION

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DUMMIES®
2ND EDITION

by Jim Hinkson and Joe Lombardi



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About the Authors

Jim Hinkson: Jim has been involved in the game of lacrosse since he was 19. He played lacrosse for 11 years and was a member of six Canadian national minor championship teams. He has coached at every level of lacrosse, from house league to professional, participating in two Canadian junior championships, and winning one. He also coached teams in Toronto, Whitby, and St. Catharines, Ontario, as well as the New York Saints and New Jersey Storms, who competed in the National Lacrosse League. Hinkson, who grew up on a farm in Oshawa, Ontario, has authored five books on lacrosse and coaching. Hinkson was the primary author of the first edition of *Lacrosse For Dummies*, which focused mainly on box lacrosse.

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Dedication

For Chuck Howard, a sports broadcasting pioneer, who taught me about lacrosse and broadcasting, and who would've loved to have seen the popularity the sport he loved now enjoys.

—Joe Lombardi

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Jim Hinkson: Thanks to my former teammates, players, and friends in lacrosse who have touched my life as I journeyed along my whirlwind lacrosse path. From Oshawa to Brooklin to Detroit to Peterborough to Windsor to Philadelphia to Rexdale to Whitby to St. Catharines to New York to Toronto to New Jersey, it has been a great ride with lots of ups and downs.

Joe Lombardi: I've watched and covered hundreds of men's and women's lacrosse games, but writing this book allowed me to enjoy a true first: I became a student of the game. Many thanks to the countless coaches and players for all their invaluable insights and for their eagerness and openness to help. I am especially grateful to Joe Alberici, Ric Beardsley, Kristen Carano Bulkley, Paul Carcaterra, Roy Colsey, Tom Interlicchio, and Brian Logue for going above and beyond in sharing their knowledge with me. Special thanks to two former Loyola University (Maryland) standouts, Jordan and Ryan Rabidou, for allowing me access to the valuable drills, practice plans, and plays that are now on display at LaxLessons.com. And finally, I'm indebted to my friend and colleague, Jim Stout, of CBS MaxPreps for generously providing photographs (taken by Stout and Ray Nelson) that are published in this new edition of *Lacrosse For Dummies*.

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Foreword

My first memory of lacrosse is from when I was an 11-year-old boy. My father and I walked down to the local high school to practice pitching on the baseball diamond. Before long, my attention wandered to the football field, where a game I had never seen before was being played. At first, I had trouble following the game. But soon I began to appreciate how the ball was passed from player to player with great speed and accuracy. Over and over, this same process was repeated until, finally, a player was close enough to the goal to take a shot.

That is the game of lacrosse, my father told me. Well, needless to say, baseball practice was over for me — not for the day, not for the summer, but forever. I had to play this game. And so it began — my love affair with North America's greatest and fastest game. I was hooked by the speed, the contact, the strategy. And I'm sure that a million lacrosse players the world over have experienced something similar. To see this game is to love it.

With its unique style, rules, and following, lacrosse is a truly amazing sport. It's a combination of many sports: You can see bits and pieces of football, hockey, soccer, and basketball in a lacrosse game — hard, physical contact; shooting on goal; running up and down the field at high speed; and offensive and defensive strategy.

Lacrosse is an amazing combination of some of the greatest team games in the world, and, as such, it has quickly become one of the fastest growing sports around. When I started playing, a handful of lacrosse hotbeds existed in the United States: Maryland, upstate New York, and New York's Hudson Valley, where I'm from. Those hotbeds were where the game was played at its highest level among high school and youth teams. Today, lacrosse has exploded into a national phenomenon. Teams from Texas, Florida, California, and Colorado are among the many competing at the high school and youth level. Colleges are adding both men's and women's teams. Why has lacrosse grown so quickly? Watch one game, my friend — just watch one game. You'll be hooked, too.

Roy Colsey

Three-time first-team All-American and Division I Midfielder of the Year and member of two national championship teams at Syracuse University; four-time Major League Lacrosse All-Star, National Lacrosse League All-Star

Introduction

Lacrosse is the fastest growing sport in North America, with the record number of players and fans in field lacrosse now spearheading that growth. In this book, we explore the reasons for this surge in participation and fan interest, but if you've ever been to a game — or better yet, if you play or coach lacrosse — you already know the reasons.

In a nutshell, lacrosse features the physicality of football, the speed and quickness of hockey, and the passing and transitions of basketball. Anyone can play this sport — from shorter people with speed and quickness to bigger people with strength and power. And after you start, it's very tough to stop. Lacrosse is habit forming.

About This Book

The first edition of *Lacrosse For Dummies* emphasized box lacrosse. In this edition, we shift the focus to field lacrosse, but we still offer plenty of information and insights on box as well. Both editions have one important thing in common: Like the first edition, this book is for players, coaches, and fans at all levels of lacrosse.

The beauty of *For Dummies* books is that you can use them to find what you need to know, without having to wade through a bunch of stuff you don't care about. Just pick up the book and start reading anywhere you want. Sure, you can read it from front to back, but you don't have to — you can read each chapter on its own, without feeling like you're in the dark.

Conventions Used in This Book

We don't use many special conventions in this book, but be aware of the following:

- ✓ When we introduce a new term, we put it in *italics* and define it shortly thereafter (often in parentheses).

- ✓ When we give you a list of steps to take in a particular order, we put the actionable part of the step in **bold** so you can easily find what you're supposed to do.
- ✓ When we mention Web addresses and e-mail addresses, we put those in `monofont` so they stand out from the surrounding text.

When this book was printed, some Web addresses may have needed to break across two lines of text. If that happened, rest assured that we haven't put in any extra characters (such as hyphens) to indicate the break. So, when using one of these Web addresses, just type in exactly what you see in this book, pretending as though the line break doesn't exist.

Throughout the book, when we refer to *box lacrosse*, we're talking about the version of the game that is most popular in Canada and that is played exclusively indoors — with fewer players per team and a reduced playing surface. Field lacrosse can be played either outdoors or indoors, so, for that reason, we don't use the terms *indoor lacrosse* or *outdoor lacrosse*.

Finally, despite the male-oriented names of positions — such as attackman and defenseman — most of the information found in this book applies to all lacrosse players, male and female. When distinct differences exist between men's lacrosse and women's lacrosse, we make sure to note them.

What You're Not to Read

If you're short on time, you'll be glad to know that you don't have to read everything to get the information you need. You can safely skip sidebars (text in gray boxes); they're interesting, but not essential to your understanding of the topic at hand. You can also skip anything marked with the Technical Stuff icon (see "Icons Used in This Book," later, for more information).