**Lacrosse Study Guide**

**Ground Ball**- loose ball on the playing field.

**Cradling**- in order to maintain control of the ball when moving along the field, players turn their wrists and arms to keep the ball. The ball must stay in motion at all times.

**Face Dodge**- A player with the ball cradles the stick across his face in an attempt to dodge a stick poking defender.

**Scooping**- The manner in which a player picks up loose ground balls. He bends toward the ground, slides the pocket of his stick underneath the ball, and lifts it into the netting of the stick.

**Crease** - designated area around the goal which only the goalie and defensive players may enter.

**Face-Off** - a technique used to put the ball in play at the start of each quarter, or after a goal is scored. The players squat down and the ball is placed between their crosses.

**Positions in Lacrosse**:

**Attacker** - spends most of their time in the opponent’s end of the field, cannot cross the midfield line, passes the ball a lot and scores for their team.

**Defensemen** - known as the enforcers on the team, must stay on the defensive half of the field, job is to defend the goal and clear the ball from the defensive end of the field.

**Goaltender** - protects the goal at all cost, can use their sticks, hands and any part of their body to stop the ball from going into their goal. They may not score on the opponent’s goal.

**Middie** - roam the entire the field, generally players in the best condition, great transition players to get the ball from the defensive end of the field to the offensive end (as the middle man).

