

34 Tips for the Attackman

Mastering the Fundamentals

Lacrosse is a great sport to play because anybody can dramatically improve through practice and repetition. Sports such as football and basketball rely so much on speed, quickness, strength, and jumping ability that those who excel are usually those who are the most naturally gifted. In lacrosse, these gifts definitely provide an advantage but they are not as important as the basic ability to pass, catch, and pick up ground balls. Mastery of these fundamentals is essential for every lacrosse player. If you're not the fastest, quickest, or strongest player, remember that you can always improve your fundamentals through practice and determination. If you happen to be blessed as a natural athlete, you should not be complacent with your stick skills. I've seen many great athletes who are not good lacrosse players because they do not work on their stick skills. The bottom line is that nobody wants to be a liability on the field. Being able to pass and catch with both hands will allow you to help your team.

Reaching Your Full Potential

The goal of any serious lacrosse player should be to reach full potential. There are two types of lacrosse players: those who see it as something to do only in the spring time, and those who work year-round to perfect their skills so that in the spring they have the ability to dominate games. Don't let your stick collect dust during the off-season. Serious players have their lacrosse sticks in their hands all year, always practicing and trying to improve. They find time in the summer and between other sports to improve their lacrosse ability. They play catch with a friend, find a wall to throw against or a goal to shoot at. These players often make it to the next level and reach their potential.

Becoming a Better Shooter

The most important way to improve your shooting is to practice it on your own-over and over again. Here are some suggestions: Be Creative: Experiment to make shooting on your own more fun. Shoot side-arm, behind the back, whichever way you can think of. This will give you a better sense of how the ball releases from your stick. Practice Situations: Practice the things you will most likely do in a game. Imagine that someone is playing you and that you must run by him/her to get the shot off. Imagine where the goalie would be and try to shoot where there will be open net. Watch Lacrosse: Watch as much lacrosse as you can whether it's live, on TV, or a tape. This will give you a sense of how shots develop as well as how different players shoot. Tape lacrosse games when they are on TV. Watch it a few times and pick out individual players to see how they shoot. Then, when shooting on your own try to imitate what they did. Don't get frustrated if you can't perfectly duplicate their shots. Just keep trying and over time you will develop a better shot.

Concluding Tip

Great shooters are not made overnight. They are made through years of practicing on their own. So go out there and hit the wall, throw with a friend, or shoot on the cage. Not only is it fun, but you will soon see the results. Best of luck with your game.

34 Tips For Attackmen

1. Make your defense man play you and you alone every second you are in the game. Keep moving all the time so that he must center his attention on you and not be in position to help out his fellow defense men.
2. In moving the ball around the circle, make all passes sharp, short, and to the outside, away from the defense man.
3. Make feed passes hard.
4. When you have the ball, never stand still - keep moving all the time - if necessary run backwards and forwards - but keep moving. When you are ready to make a pass, take one step back quickly and move.
5. All feed passes must be thrown directly overhand or directly underhand - not sidarm.
6. Always move to meet every pass, and circle away from your defense man.
7. When you have the ball, be constantly faking passes - keep your defense man's stick moving.
8. When in possession of ball, make the defense man play your stick - watch his stick - the position of it will determine the direction of your feed and the type of dodge you might try.
9. Take pains to make every pass good.
10. Never make a pass to a man who is covered just to get rid of the ball.
11. If an attack man is being ridden hard and can't dodge or get away - the nearest man on each side goes to help him.
12. On all long shots, a man must be on the crease.
13. On every screen shot the crease man should check-up on the defense man's stick, and immediately face the goalie, so that he is ready to bat in a rebound.
14. After receiving a pass, as the ball moves around the outside, look first at the man who threw you the ball to see what he is doing, then at the crease.
15. If you receive a pass after cutting and haven't got a good shot, hold onto the ball.
16. Place all shots, usually for a far corner, and shoot hard. When within five yards of the goal, the shot should be for a top corner.
17. After picking up a loose ball, turn and face the crease immediately. If nobody is open, move in fast until you are picked up.
18. Don't dodge if there is an open man. Don't hold the ball long unless you are planning a dodge. Keep it moving with quick, short passes.
19. Always be in position to back up shots and feeds. When a cut is made, or a shot is taken, the whole attack must play a part, moving to be in a position to backup a pass or a shot. Control the ball!
20. Never try to dodge when men are in position to back up.
21. Never try to force in, with the ball or by a pass, if the defense is drawn in. Pull them out first.
22. Never stand so close together that one man can cover two attack men.
23. When there is a loose ball on the ground, go after it fast and hard, you must have the ball!
24. Always keep your field balanced in order that you stay in better position to back up, and give your teammates space to work in.
25. Shoot plenty, but only if you feel you have a good shot.
26. Always have one, preferably two, men behind the goal to back up shots.

27. Time your cuts, don't cut if the man with the ball is not watching or not in position to pass.
28. Make full cuts - go through and out - don't cut at half speed or hang around the crease after your cut.
29. Zig your cuts, fake left - go right, fake right - go left. Don't always run at the same speed, change of pace is a very effective method of getting open.
30. After the ball has been cleared, if you have a wide open opportunity to dodge, do it, or if you are sure a man is open, pass to him, otherwise settle the ball down and let your attack get set up. Remember, after a clear the wimpy midfielders will need time to catch their breath. Middies rest on offense, not defense, Control The Ball!
31. Every man on the attack should try at least two dodges every game. Learn at least three different types of dodges.
32. When you lose the ball, ride it. The close attack must ride and ride hard until the ball is past midfield.
33. Don't rush at a man when riding - particularly behind the goal. Force him to pass - force him in the direction where there is help. Talk all the time and run hard. The success of an attack depends on their riding ability and their desire to have the ball.
34. Always remember that teamwork is the key to a good attack.