



POSITION EXPLANATION RESOURCE IN GIRLS LACROSSE

Attack

There are 3 attack players whose main responsibility is to create scoring opportunities and to put the ball in the net; they are defended by the 3 low defenders.

Traditionally these players are called:

- 1st home (plays closest to goal, defended by the point)
- 2nd home (plays in between the 1st home and the center circle, defended by the cover point)
- 3rd home (plays attack near the center circle, defended by the 3rd low defender)

The attack players do not usually cross the restraining line into the defensive end. However, players should be taught how to interchange roles to become well-rounded players. Attackers need defensive skills in order to re-defend on a turnover or on a goalie clear. Goals for these players:

- Good ball-handling skills, including accurate passing
- Ability to catch the ball under pressure and to protect the stick through traffic
- Accurate and powerful shooting
- Ability to recognize and create open space
- Skill in recognizing and creating scoring opportunities for teammates
- Defending the clear when the ball is lost

Number of Players:	3 attackers
Objective:	Score goals
Area of Field:	Restricted to the offensive end
Responsibilities:	Primary ball handlers, passers, scorers and feeders
Required Skills:	Excellent stick skills with both hands; Quick feet to maneuver around the goal



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Midfield

There are 5 midfield players who roam the entire field and are primarily responsible for transitioning the ball down the field on offense, or defending the fast break on defense. These players are guarded by the opposing midfielders.

Traditionally, the midfield may be divided up into:

- 1 center: The center may be responsible for taking the draw and plays defense and offense all the time.
- 2 attack wings: Attack wings usually play more offense, but one attack wing may cross the restraining line to play defense.
- 2 defensive wings: Defensive wings usually play more defense, but one defensive wing may cross the restraining line to play on attack.

All midfield players should enjoy running and exhibit strengths in:

- Speed and endurance
- Consistent and reliable stick skills, especially throwing and catching on the move
- Excellent field vision
- Accurate and powerful shooting

Number of Players:	5 midfielders
Objective:	Transitional force
Area of Field:	Entire field – offensive and defensive ends
Responsibilities:	Ball handlers, passers, scorers, feeders; Transition the ball down the field for a scoring opportunity; Defend against opposing team’s transition to goal
Required Skills:	Great speed and stamina; Strong stick skills: throwing; catching; scooping Most teams rotate multiple groups of midfielders throughout a game.



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Defense

There are three “low” defensive players who are responsible for marking attack players in the critical scoring area.

Traditionally these positions are called:

- Point (defends the 1st home, closest to goal)
- Cover point (defends the 2nd home, in between the point and 3rd man)
- 3rd man (defends the 3rd home, near the center circle)

The traditional positions were used primarily before 1998, when the restraining line rule came into effect. This rule allowed for more flexibility among the positions.

The defense does not usually cross the restraining line into the offensive end; however, players should be taught how to interchange roles and become well-rounded players. Goals for players defending in the critical scoring area:

- Defend the crease
- Intercept and block shots
- One-on-one marking
- Proper body positioning and stick checking
- Good communication with other defenders
- Sliding to cover open attacking players

Number of Players:	3 defenders
Objective:	Defend the goal
Area of Field:	Restricted to defensive end
Responsibilities:	Break up other team’s plays; Prevent shots on goal; Clear the ball to offensive units; Receive outlet passes from goalie
Required Skills:	Agility; Strong stick skills; Aggressive (while under control); Quick to respond when matching up against offensive player



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Goalkeeper

She defends the goal cage, using her stick and body to prevent the ball from crossing the goal line. Keys to a goalkeeper's success are quick reflexes with her hands and feet, confidence, focused concentration, and the ability to communicate with her teammates.

Number of Players:	1 goalie
Objective:	Stop the ball from entering the goal
Area of Field:	Restricted to defensive end and positioned in the "crease"
Responsibilities:	"Read" defensive situations; Direct defenders and midfielders to prevent scoring attempts from opposing team
Required Skills:	Excellent hand/eye coordination; Quickness; Above-average stick skills; Courage and confidence