

1. Defense. Jackie Kelly, 9, defended the goal for the developmental team. A dedicated team member, Kelly spent her time practicing many hours. Hard work paid off because she saved many goals for her team. **2. Cradle it.** Katie Daniels, 9, cradled the ball, while preparing to pass by her opponent, Kima Hoebbel, 10. **3. Team spirit.** The developmental team gathered together on the sidelines before they went back out to play, to talk about game plans, and what to do to defeat the opposing team.



Lacrosse Terminology

Clearing - An important defensive maneuver in which defending players run or pass the ball out of their goal area. Clearing is best done along the sidelines, away from the front of the goal.

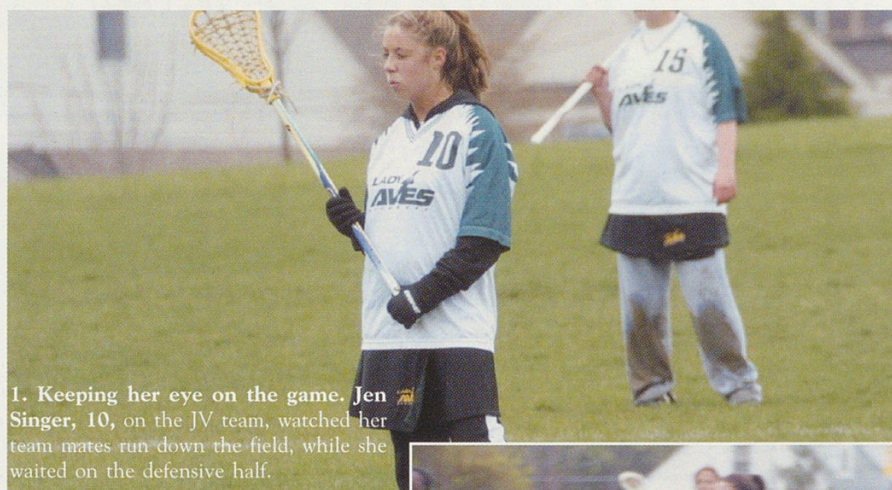
Cutting - An offensive player without the ball quickly moves around a defending player or into an open space in order to get free and open to receive a "feed pass."

Fast Break - An offensive team speedily runs the ball up field on an attack to gain a player advantage over the defense.

Ground Balls - Describes the ball loose on the ground. Players will position their bodies in front of opposing players to block them from scooping up the ball.

Pocket - The head of the lacrosse stick where the ball is held and carried. Depending on the style of the stick, the pocket is strung with either leather and gut netting or mesh netting.

Zone Defense - Defenders cover specific areas of their defensive zone as opposed to man-to-man coverage.



1. Keeping her eye on the game. Jen Singer, 10, on the JV team, watched her team mates run down the field, while she waited on the defensive half.

"I think we have a great team and we work well together. The outcomes of our games have been good," **Laura Keough, 10, JV.**



2. Down the field. Laura Keough, 10, kept her eye on the ball, and followed her team mates down the field to give them an open pass. Rachel Zakem, 9, cradled the ball. Cradling is when a player uses her wrists and arms to turn the lacrosse stick, in order to maintain control of the ball while in the stick pocket.

