

# LACROSSE BASICS: SOME FUNDAMENTALS OF PLAY

## Field Manual Diagrams

collected by:

**Mike Bailey**

[mikebaileyvienna@earthlink.net](mailto:mikebaileyvienna@earthlink.net)

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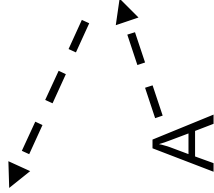
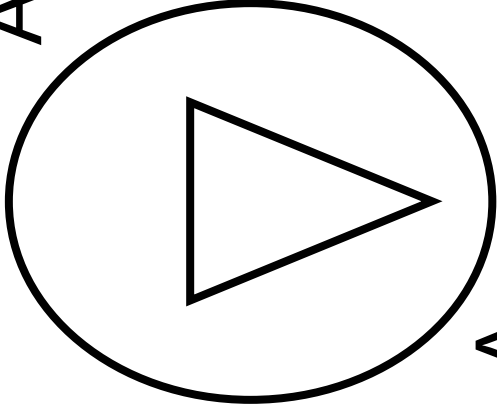
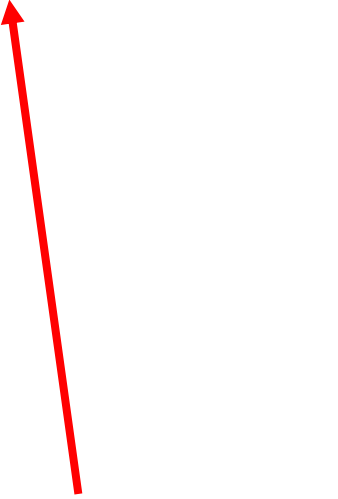
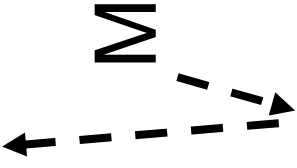
# V-CUT TO GET OPEN



M

A

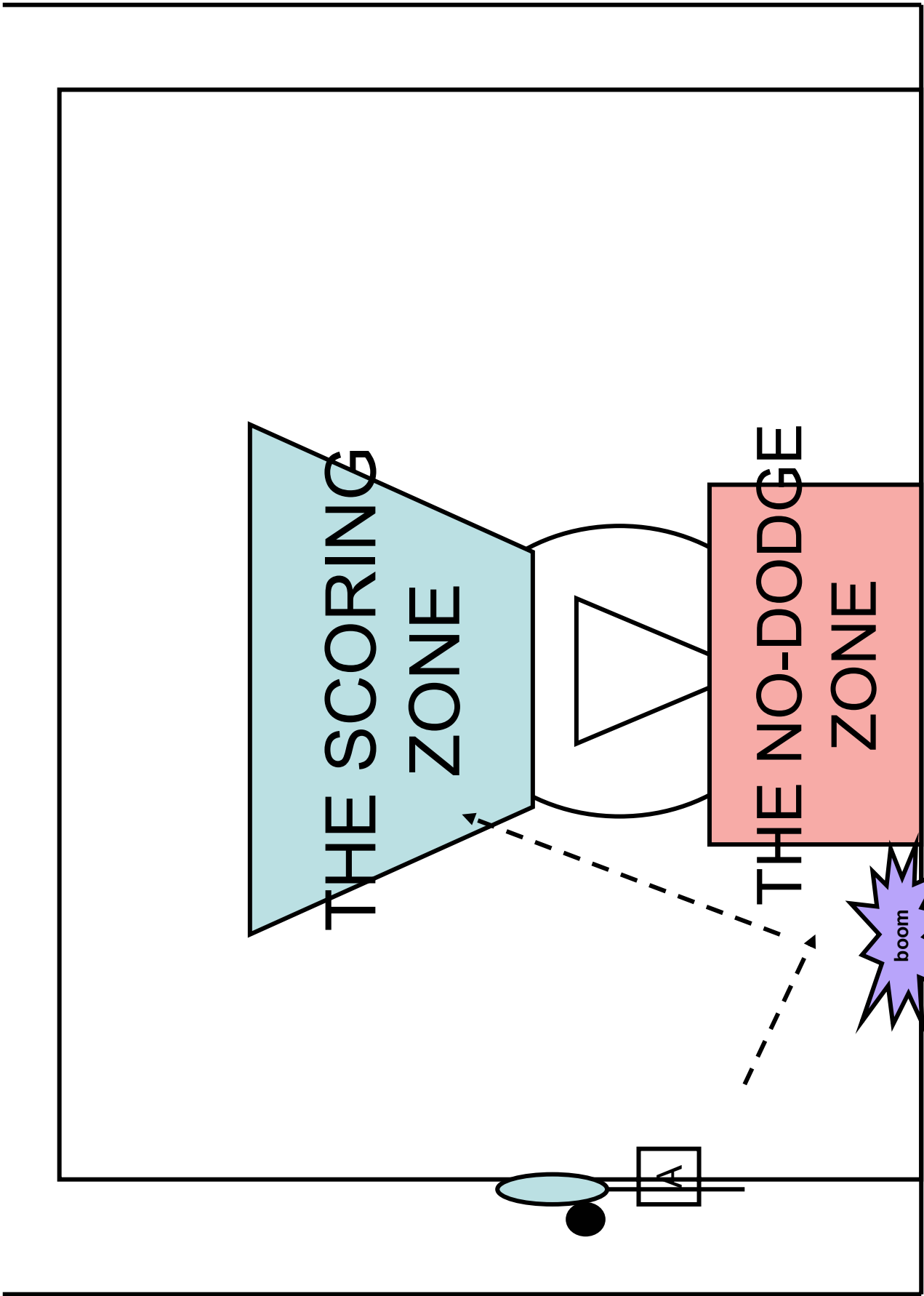
A



M

A



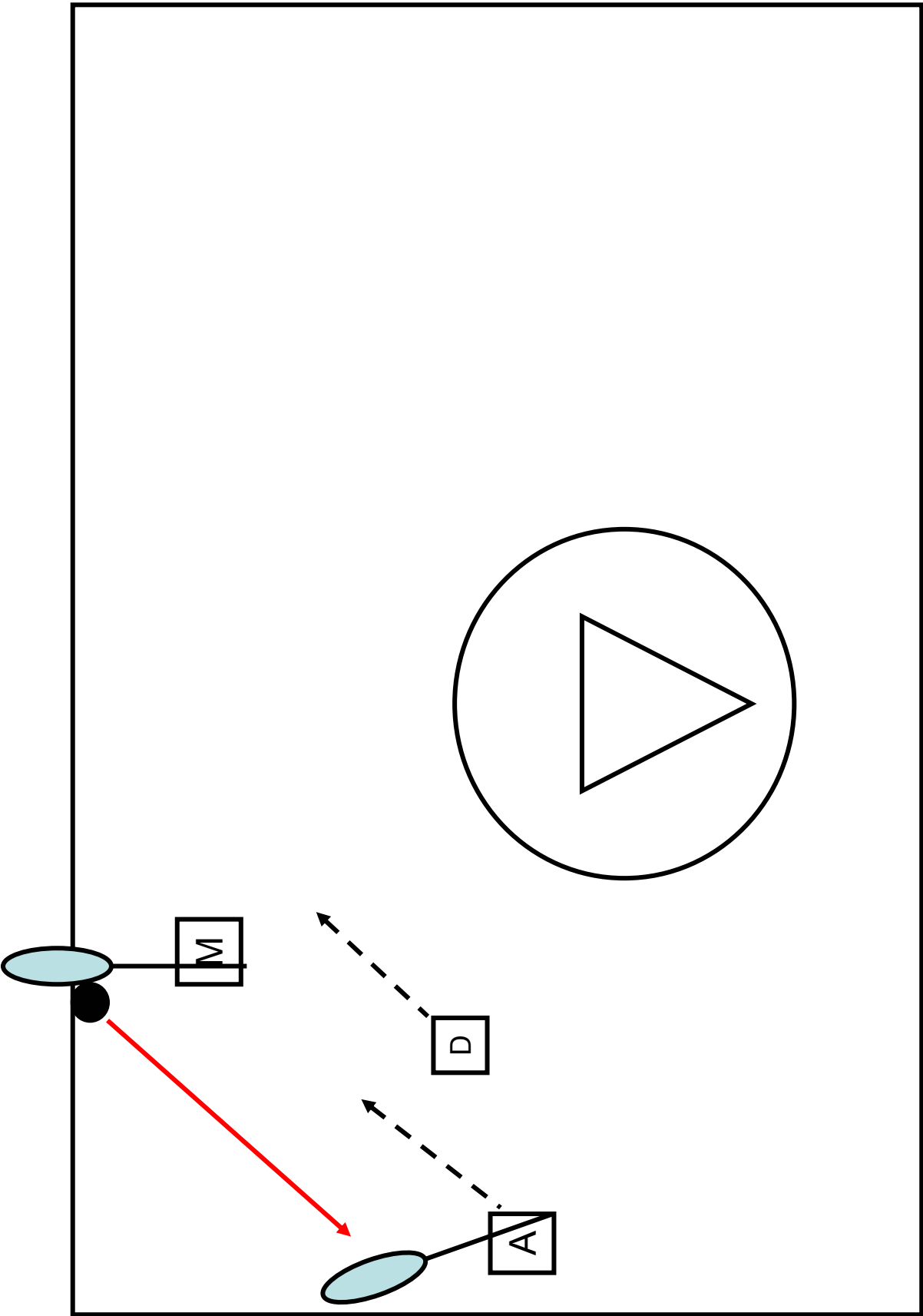


THE SCORING ZONE

THE NO-DODGE ZONE

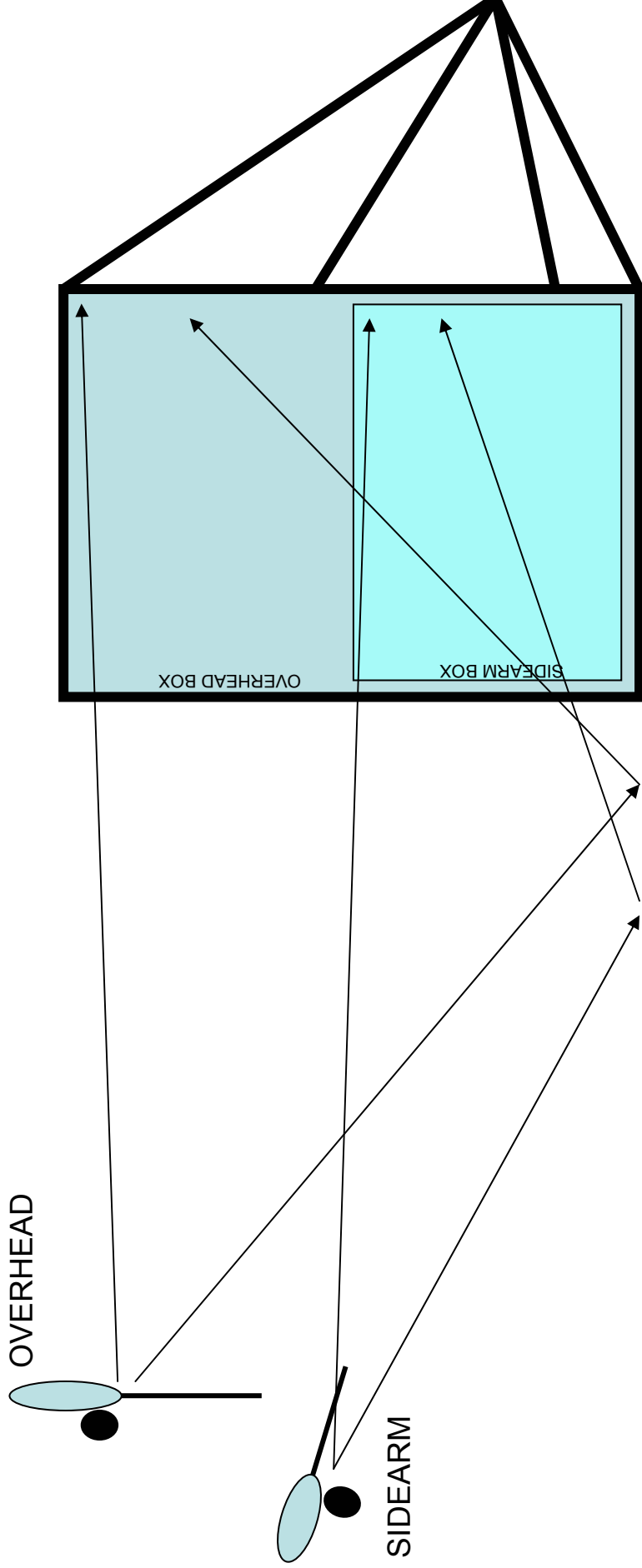
boom

A

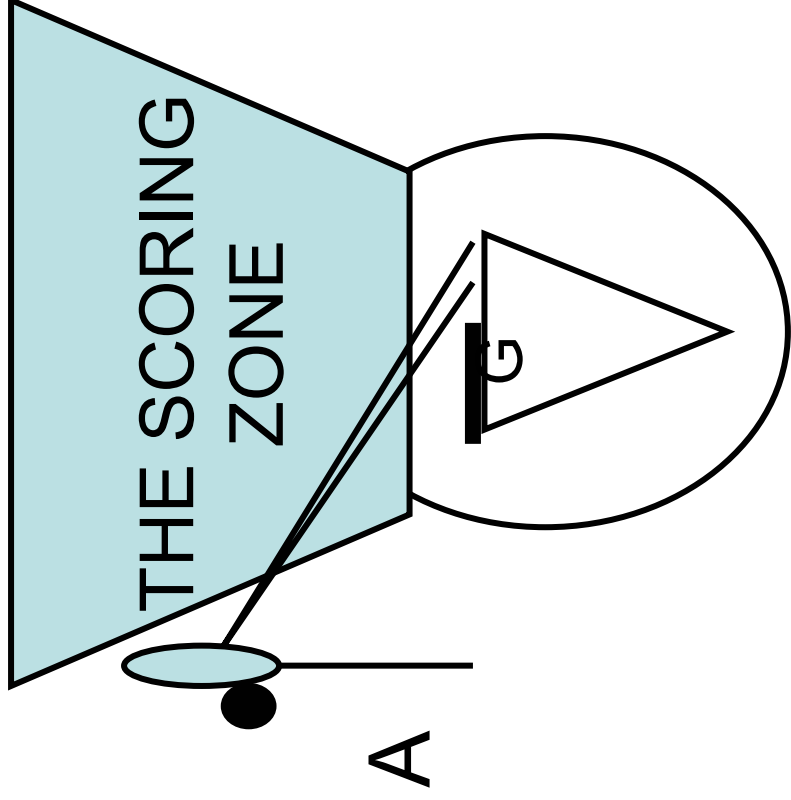


**FOLLOW YOUR SLIDING D-MAN**

# SHOOTING



# SHOOTING ANGLE



rolling ball

Run to the ball, win with decisive scoop



A D

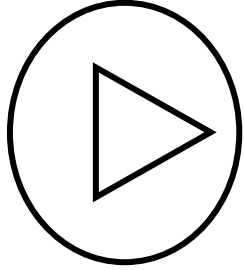
A D

A D

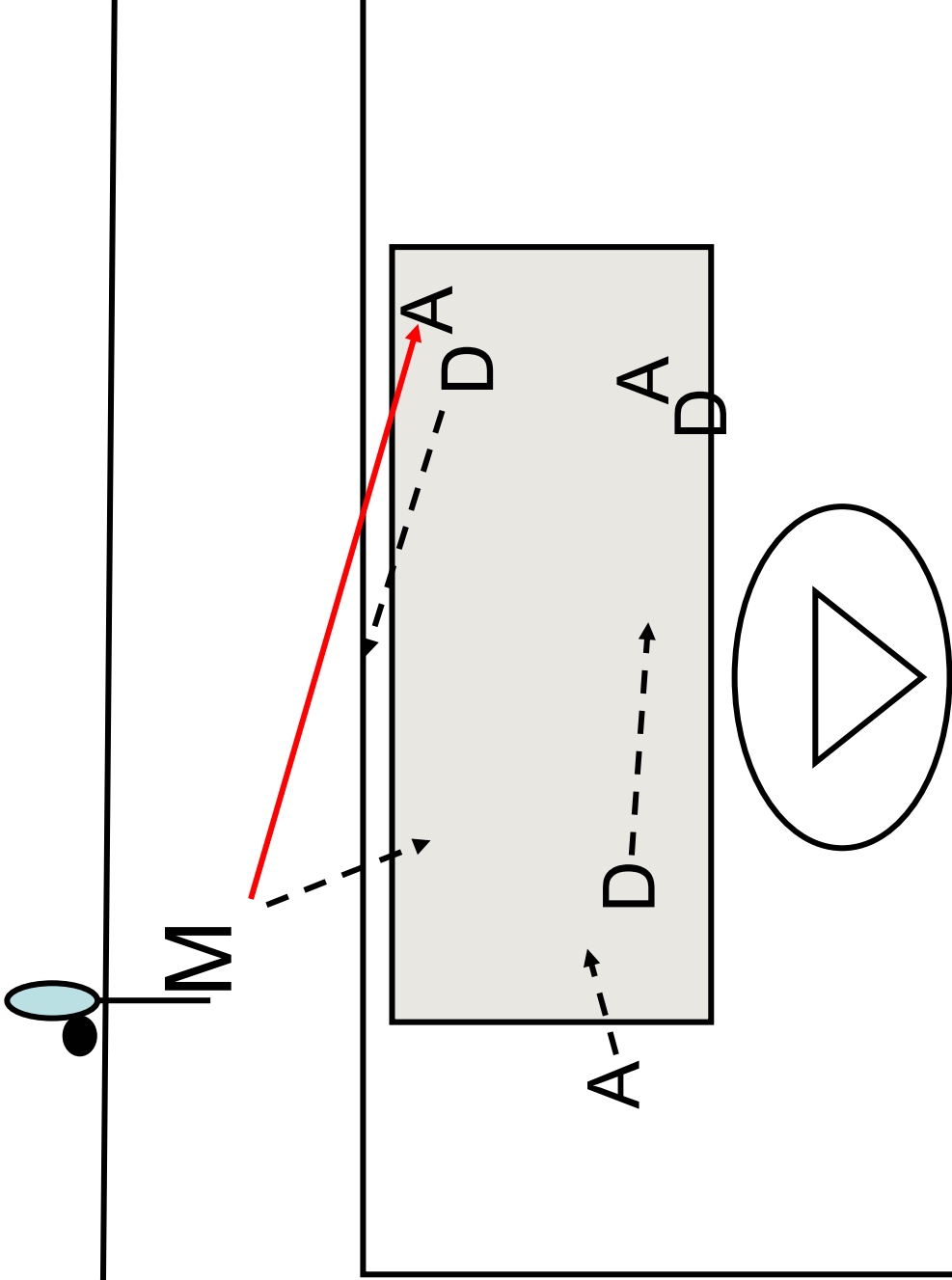
A D

Lift his stick or body check

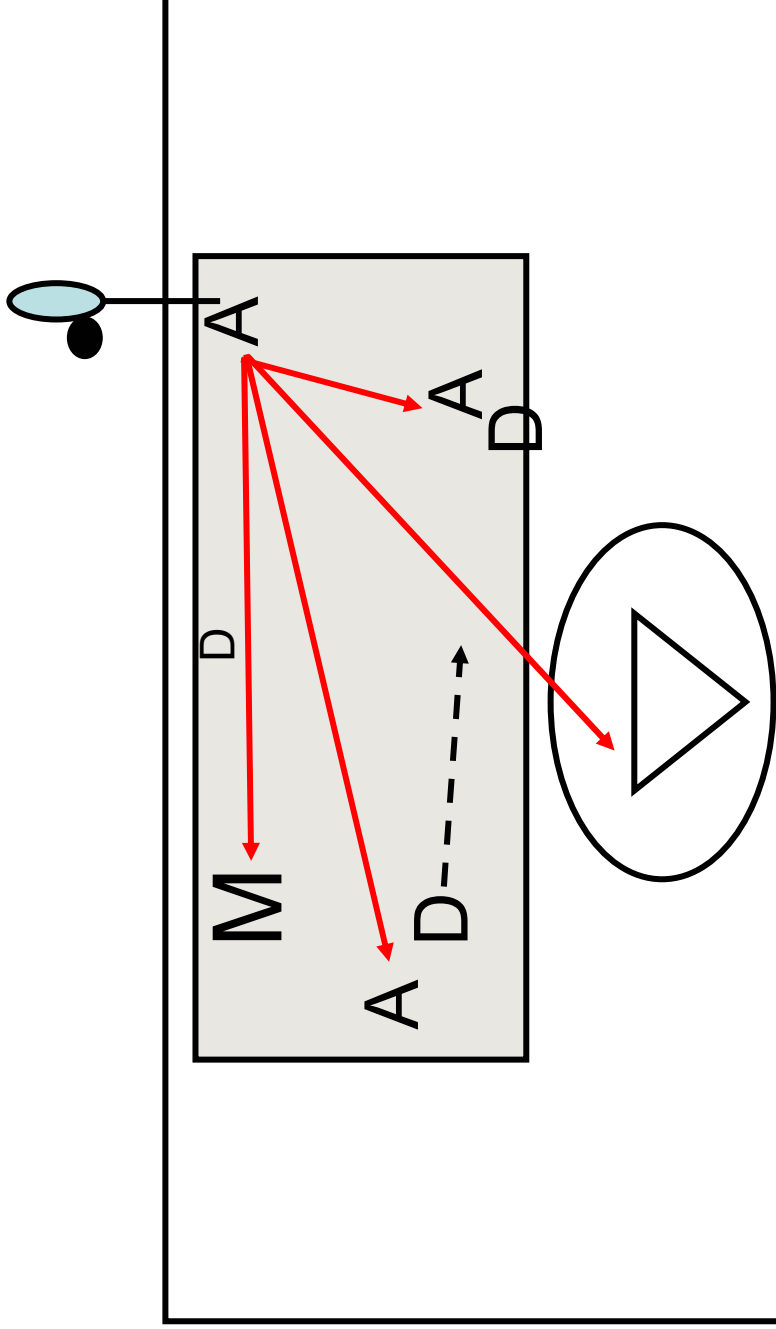
Protect the Goal First



# FAST BREAK(1)

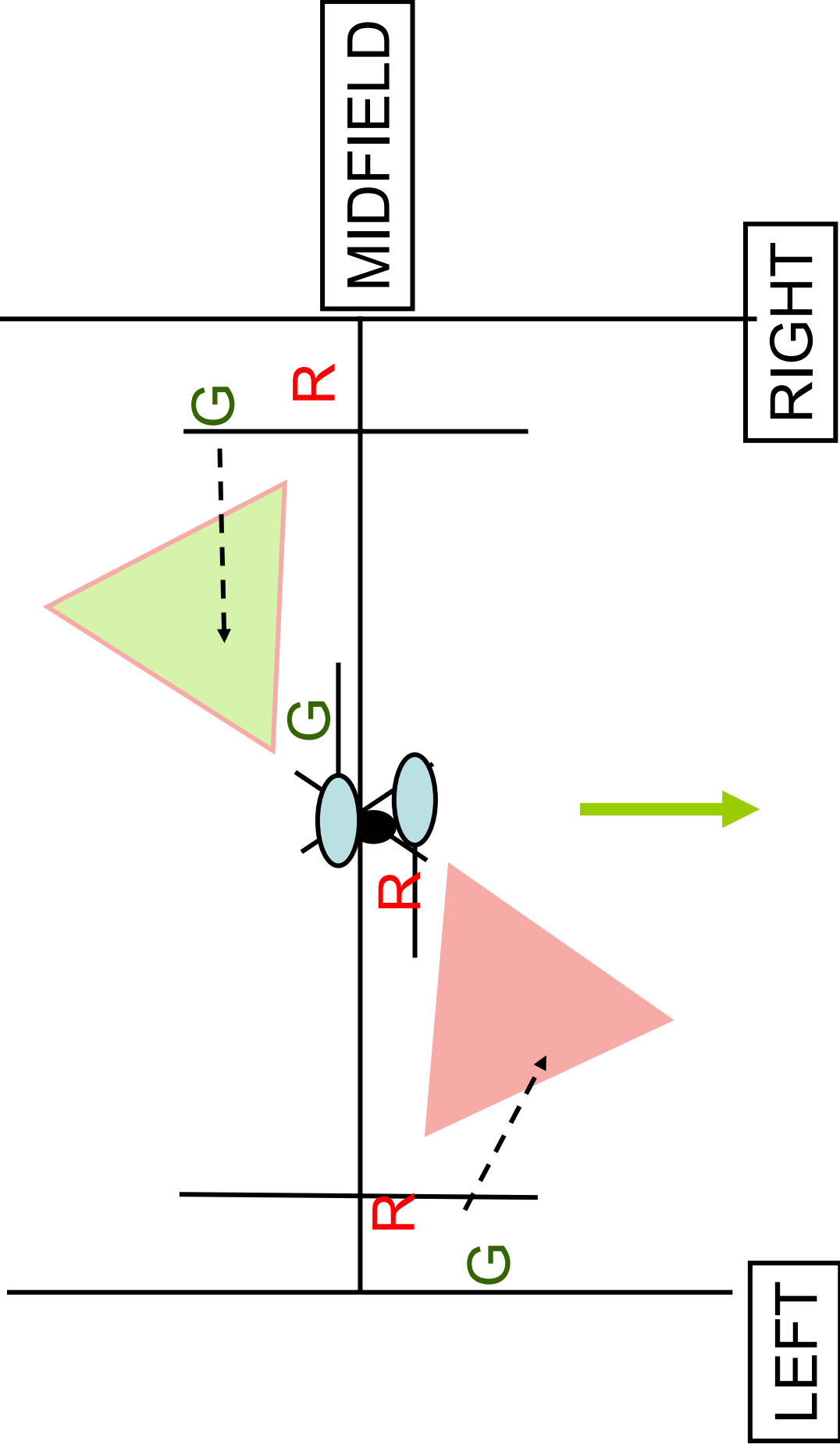


# FAST BREAK(2)

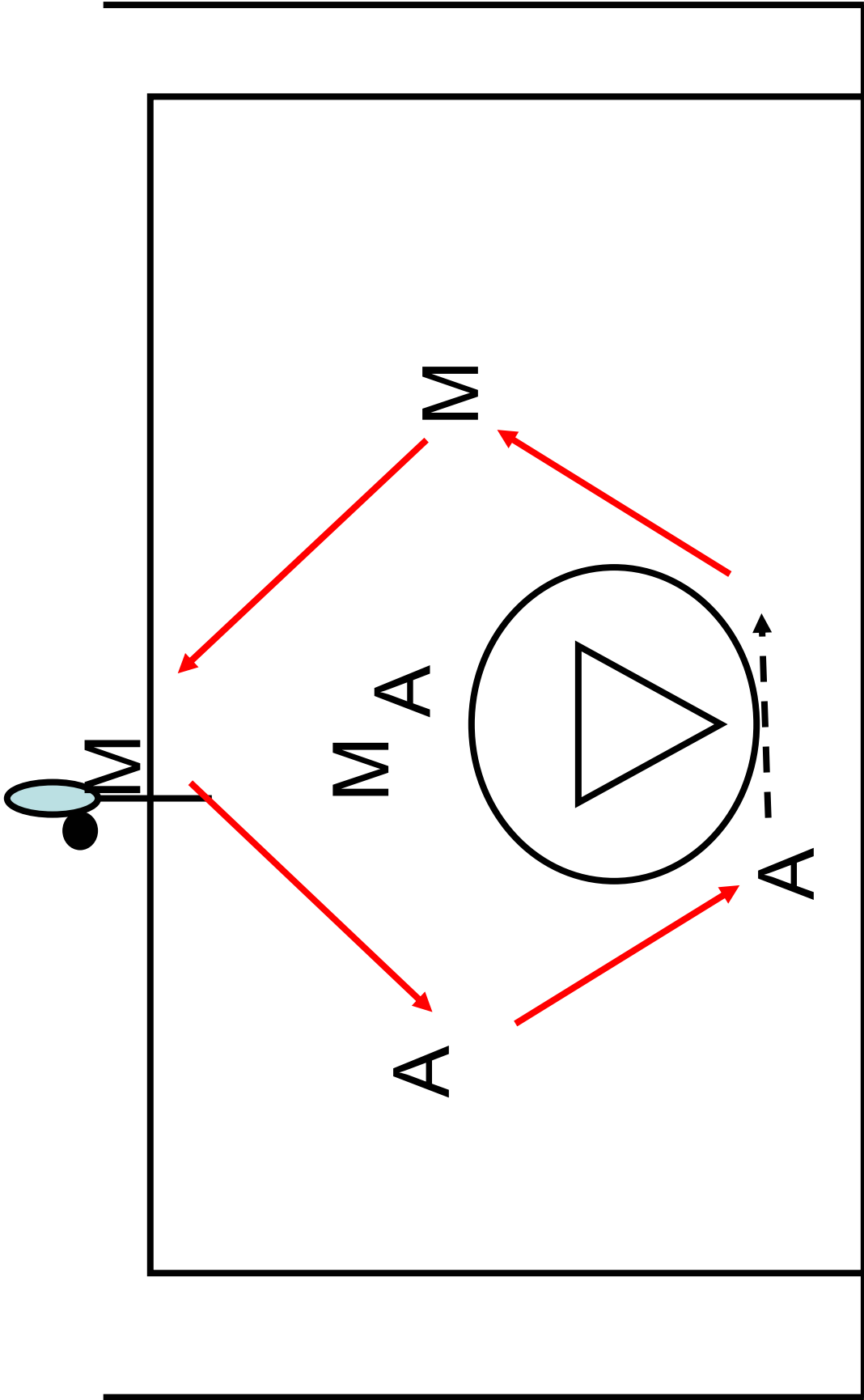


# FACE-OFF

our team is G

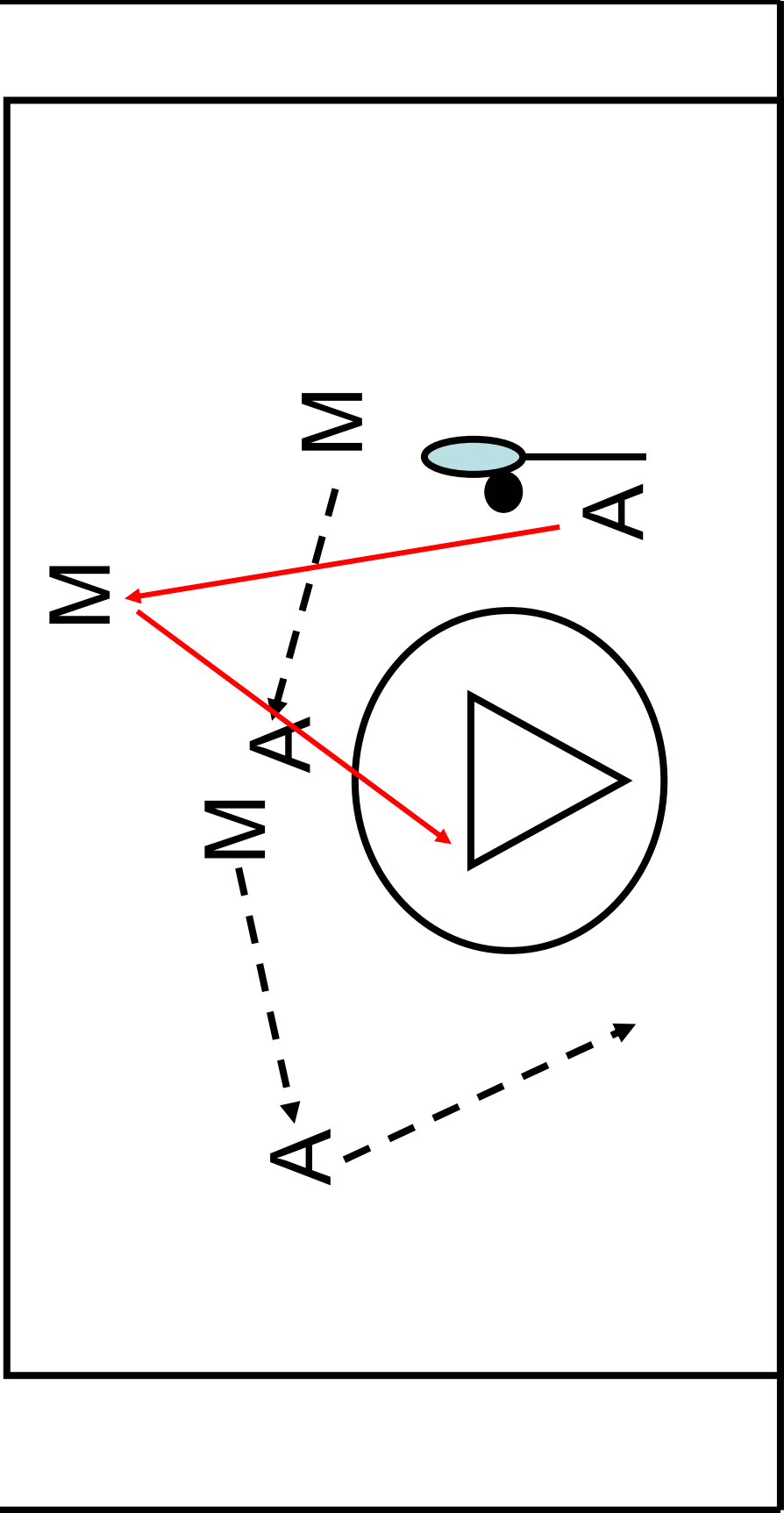


1-4-1



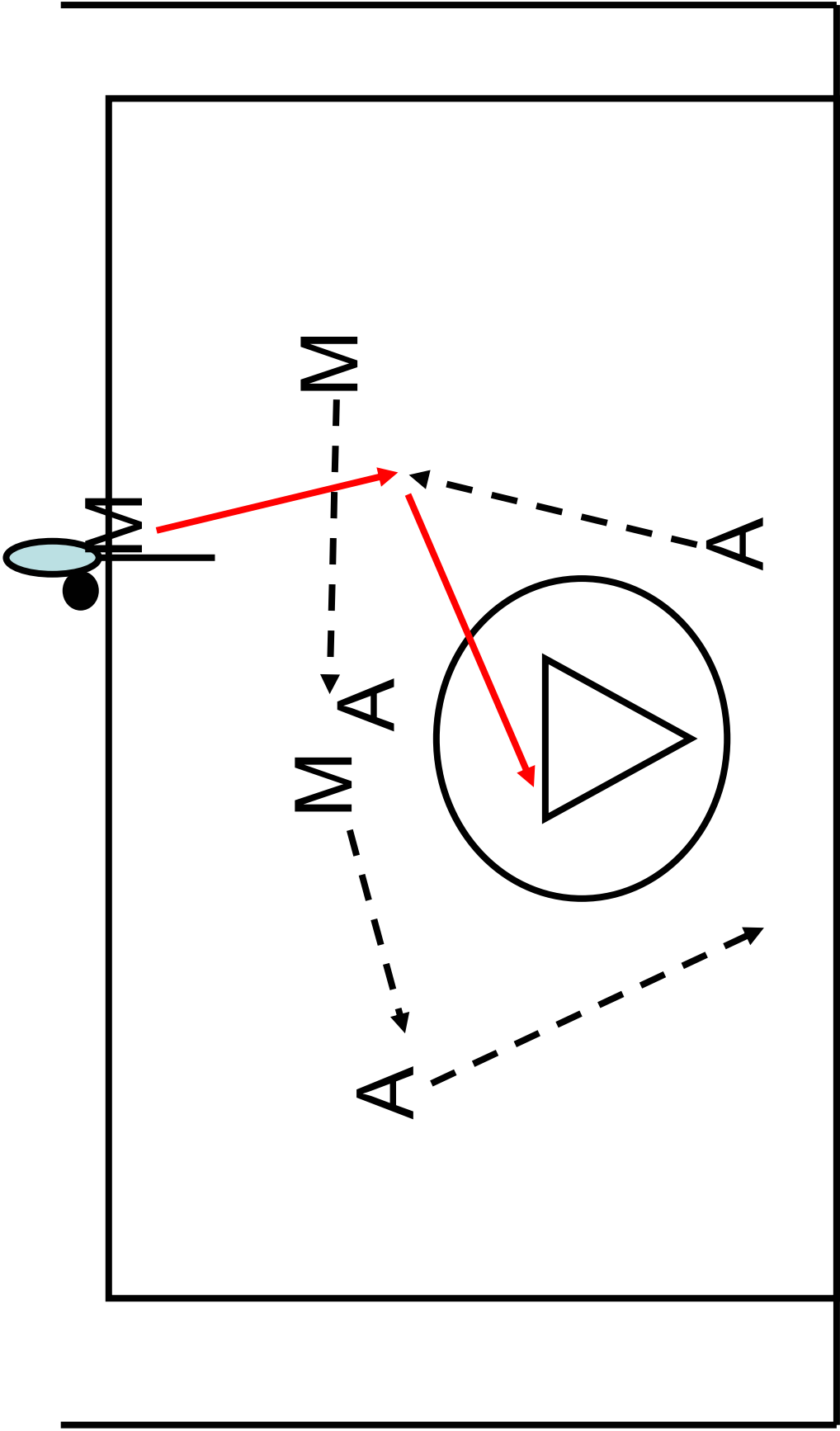
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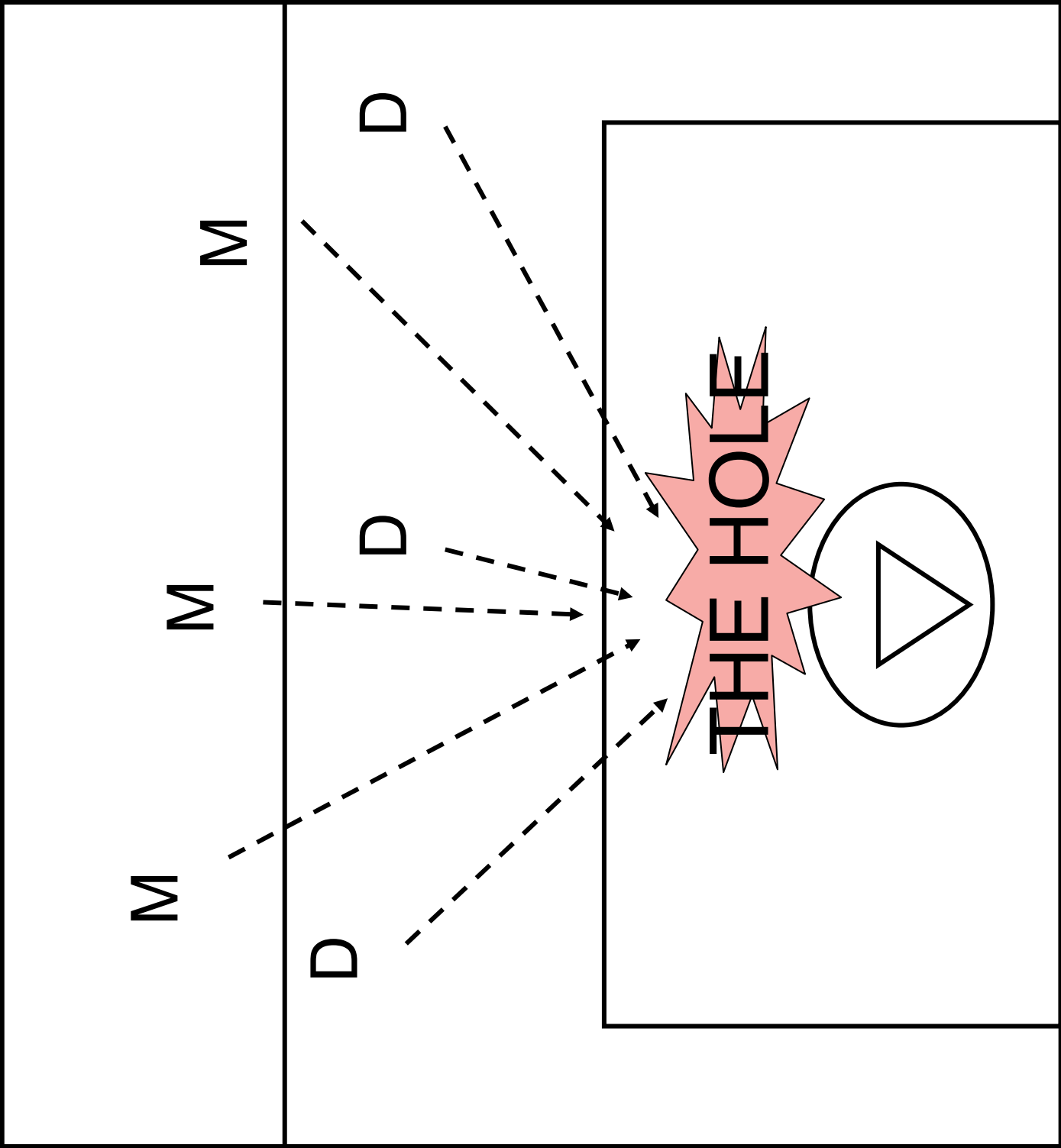
# TOP SHOT



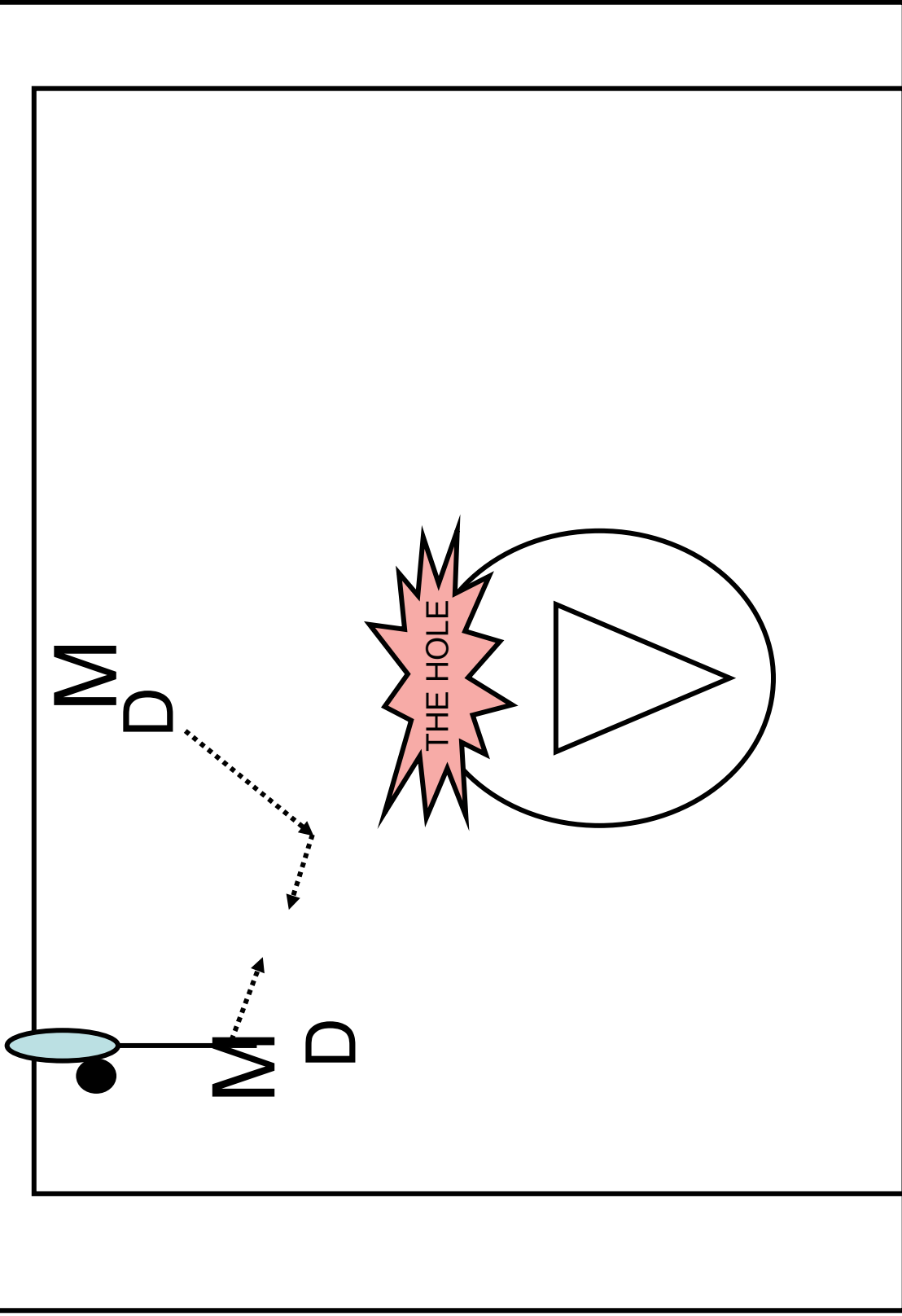
1-4-1

# BACKDOOR





# SLIDE INSIDE-OUT



GO TOO EARLY: THE COACH'S FAULT ----- GO TOO LATE: YOUR FAULT

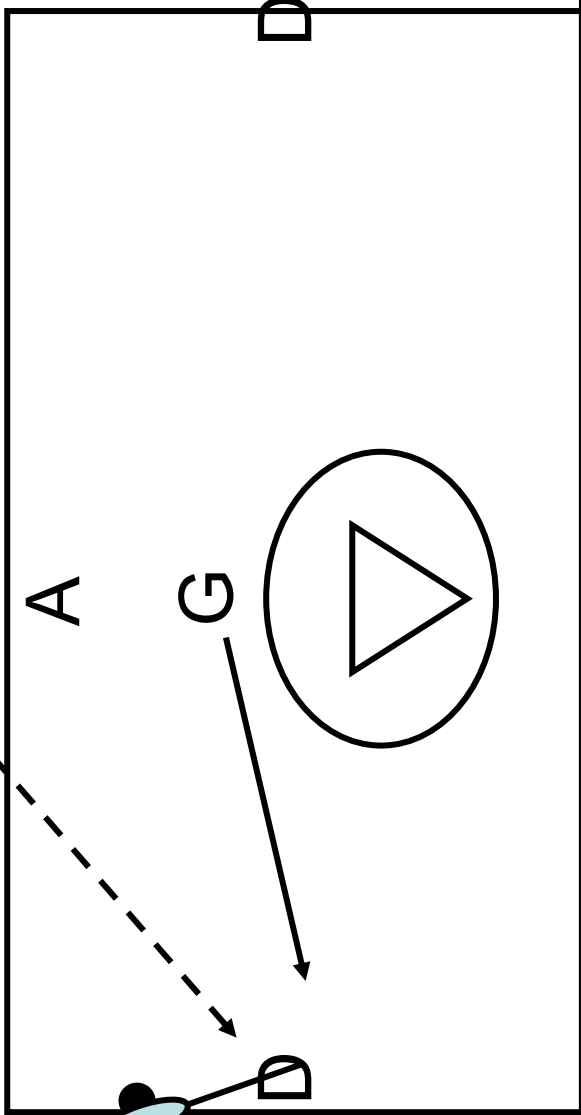
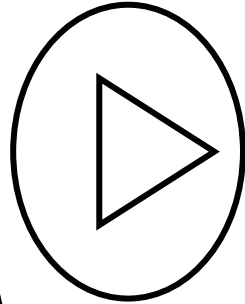
# RIDING

D  
A

A

A

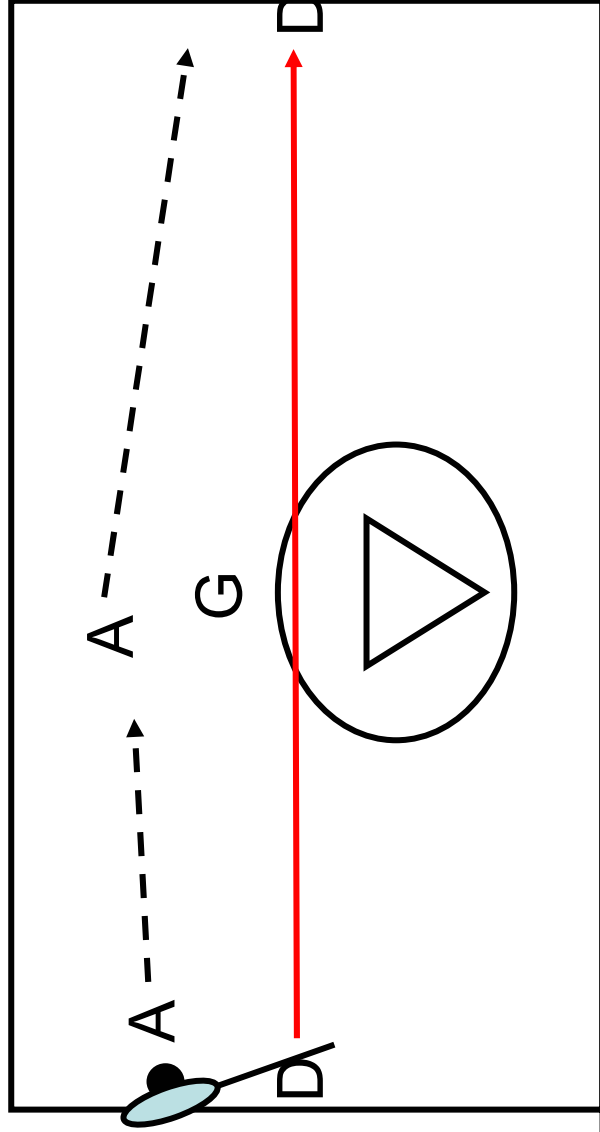
G



...more RIDING

D

A



# L-CLEAR

