

ZIMBABWE LACROSSE

COACHING GUIDE

G R O W T H E G A M E

HISTORY

Lacrosse is one of the oldest organized sports in North America, with roots that trace back as far as the 12th century. It was first played by Native American tribes, particularly the Haudenosaunee (Iroquois), as well as other nations across the Great Lakes and Southeastern regions. Known originally as "stickball," the game was much more than a recreational activity—it held deep spiritual significance, was used to settle disputes, and served as a form of training for warriors. These early versions of the game could last for days and involve hundreds of players across fields that stretched for miles. When French Jesuit missionaries observed the game in the 1600s, they named it "la crosse" because the stick resembled a bishop's crosier. Over the centuries, lacrosse evolved into a formalized sport with codified rules, beginning in Canada in the 19th century and spreading internationally. Today, it remains a dynamic and fast-paced game played at youth, collegiate, and professional levels—while still honoring its Indigenous origins.

BASICS

OBJECTIVE

The main objective of lacrosse is to score more goals than the opposing team by the end of the game. Players use a stick called a crosse to carry, pass, catch, and shoot a small rubber ball into the opponent's goal. At the same time, each team works to defend their own goal by blocking shots, checking opponents, and regaining possession of the ball. While the rules and field size can vary slightly between men's and women's lacrosse, the goal is the same: use speed, skill, and teamwork to control the ball and outscore your opponent.



DURATION OF GAME

In men's field lacrosse, each team has 10 players on the field: 3 attackers, 3 midfielders, 3 defenders, and 1 goalie. Women's lacrosse has 12 players per team, with slightly different positional roles.

Games are typically divided into four quarters, each lasting 12 minutes at the high school level and 15 minutes in college and pro play. There's usually a 10-minute halftime break and short pauses between quarters. If the score is tied at the end of regulation, the game goes into sudden-death overtime, where the first team to score wins. In some leagues or tournaments, multiple overtime periods may be played until a winner is decided.

NOTES

[illegible]

FOULS & PENALTIES

WOMENS GAME

In lacrosse, fouls occur when a player breaks the rules of safe or fair play. There are two main types: technical fouls and personal fouls.

- Technical fouls are less serious and include actions like holding, offsides, pushing, or interference. These usually result in a 30-second penalty or a change of possession.
- Personal fouls are more severe and involve illegal body contact, slashing with the stick, tripping, or unnecessary roughness. These can lead to 1-3 minute penalties, during which the offending player must serve time in the penalty box, leaving their team short-handed.

In women's lacrosse, body contact is more limited, and fouls like shooting space, dangerous contact, and stick infractions are more common. Repeated or flagrant fouls in either version of the game can lead to ejections. Understanding and avoiding fouls is key to maintaining team strength and playing safely.

TYPES OF FOULS

- 3 Seconds:

A defender cannot stay in the 8-meter arc for more than 3 seconds unless she is closely marking an opponent. Violating this gives the offense a free position shot.

- Shooting Space:

A defender cannot run into or remain in the path between a shooter and the goal unless they are actively marking. This is a safety rule to prevent injuries from close-range shots.

- **Dangerous Contact:**

This includes aggressive or reckless body contact, especially near the head or neck. It's considered a serious foul and can result in a yellow or even red card.

NOTES

[illegible]

FOULS & PENALTIES

MENS GAME

Men's lacrosse includes physical play, but there are clear rules to protect players and maintain fairness. Fouls fall into two categories: technical and personal.

- Technical fouls are minor infractions like offsides, holding, pushing, illegal screens, or interference. These typically result in a 30-second penalty or a change of possession, depending on who had the ball.
- Personal fouls involve dangerous or aggressive actions such as slashing (hitting with the stick), cross-checking, tripping, or illegal body checking (e.g., hitting from behind or above the shoulders). These result in 1 to 3-minute penalties, and the offending player must serve time in the penalty box, leaving their team man-down.

Repeated or particularly violent fouls can lead to non-releasable penalties (the player must serve the full time) or ejection. Understanding fouls is essential for staying on the field and helping your team stay at full strength.

TYPES OF FOULS

- Cross-Checking:

Using the shaft of your stick (held with two hands) to push, hit, or check an opponent's body illegally. It's not allowed to strike with the stick shaft when the hands are apart.

- Tripping:

Using your stick, hands, or feet to intentionally cause an opponent to fall or lose balance by blocking or hooking their legs.

- Slashing:

Swinging your stick forcefully at an opponent's body or stick in a way that could cause injury. This includes hitting an opponent's hands, arms, or head with the stick.

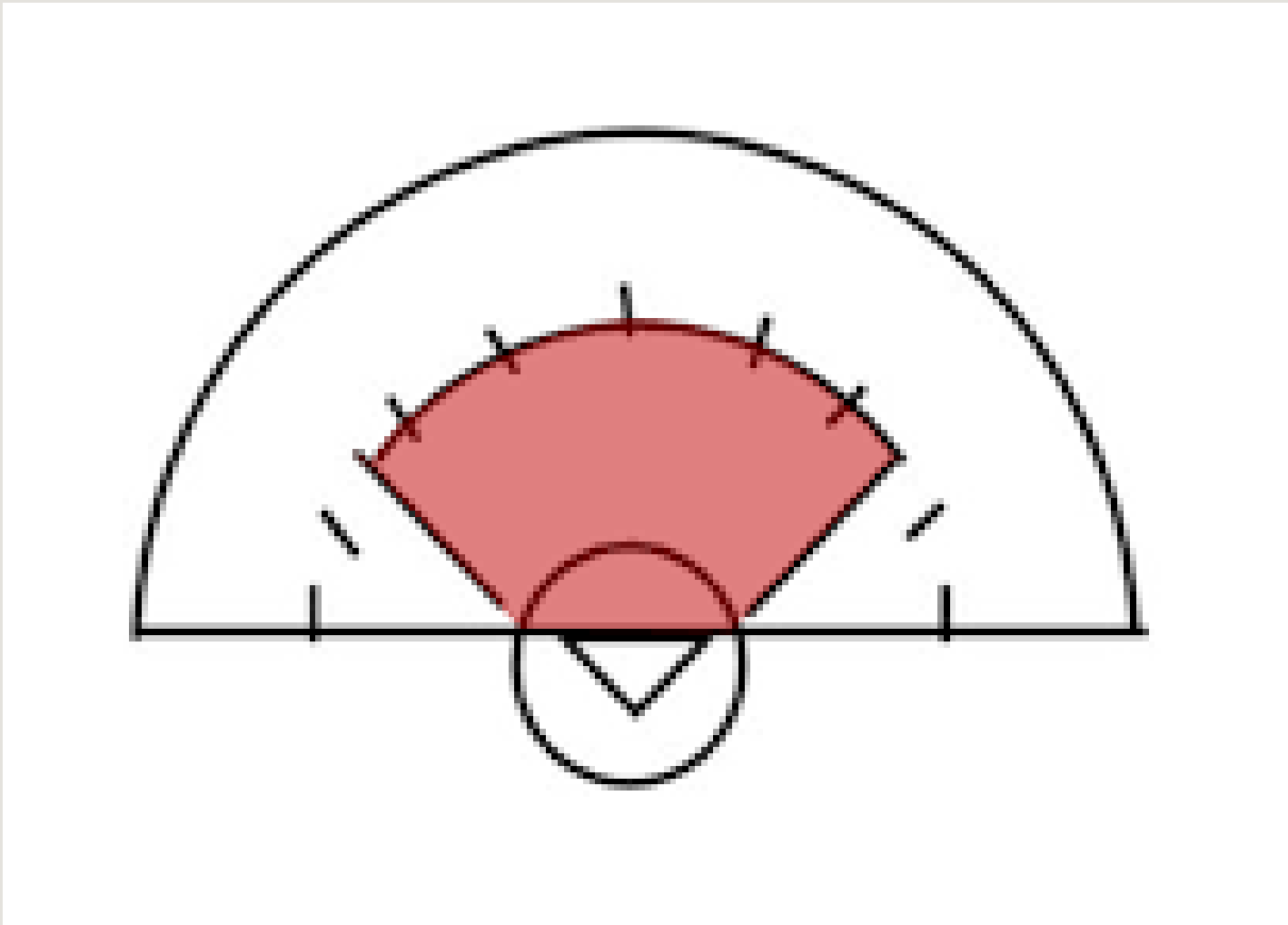
NOTES

[illegible]

FIELD LAYOUT

WOMENS GAME

THE 8-METER AKA “THE 8”



The 8-meter arc is a crucial area around the goal in women's lacrosse. It marks the boundary where many important rules apply. When an offensive player is inside or just outside this arc, defenders must avoid dangerous contact and respect the shooter's space to keep play safe. Defenders can't stay in the 8-meter arc for more than 3 seconds unless they are closely marking an opponent—this rule prevents clogging and encourages fair play. Additionally, fouls committed in this area often result in free-position shots, giving the attacking team a good chance to score. The 8-meter arc helps balance offense and defense while promoting player safety in women's lacrosse.

A women's lacrosse field is 110 yards long and 60 yards wide, slightly larger than a soccer field. It includes important markings like the midfield line, two 8-meter arcs around each goal, and restraining lines that organize play. Games start and restart after each goal with a draw at midfield, where two players compete to gain possession by flicking the ball into the air with their sticks. The full field layout supports fast-paced offense and defense, encouraging strategic movement and teamwork across the entire playing area.

THE FULL FIELD

