Cork Girls Sixes Lacrosse Quick Reference

What is Sixes Lacrosse?

- 6 players vs 6 players (that includes the goalie so 5 runners and a goalie)
- Smaller field than 10 v 10 Lacrosse and that means more touches, more goals
- Quick game with lots of action and fast restarts

The Line-Up (Positions)

You'll usually see 5 field players + 1 goalie. All runners will attack AND defend but sometimes there are specialists (Defenders, Midfielders, Attackers, Draw Specialist)

- Goalie (G): Protects the net and starts play after goals
- Defenders (D): Help stop shots and win the ball back
- Midfielders (M): Run, pass, defend, attack — the engines
- Attacker (A): Looks to score and create chances
- Draw Specialist (DS): Competes against opponent's Draw Specialist during the draw (Beginning of each quarter). They try to win the ball for our team
- Bench: Players on the sidelines waiting to come in (we can substitute players at any time. One player runs off and their teammate runs on the pitch)

Terminology

General

- Pass: Throwing the ball to a teammate to keep the play moving
- Ground Ball: Scooping up the ball when it's on the ground
- Cradle: Carrying the ball in your stick while running to protect it (think rocking the ball in your stick back and forth or up and down)
- Feed: Passing to a teammate in front of the goal to set up a shot
- Shooting: Taking a shot at the goal to try to score
- Checking: The act of using your stick to dislodge the ball from your opponents stick (you may know this as a tackle)
- Save: When the goalie saves an opponent's shot

Offense - When we are trying to score a goal

- Cut: Quick run to get open
- Dodging: Beating your defender with a move
- Feed: Pass to a teammate in front of the goal
- Pick: Screening a defender to free a teammate.
- Woman-Up / Man-Up (when the defense did something naughty and they have to sit out for 30-60 seconds……We have an extra player and we play 6 V 5

Defense - When we are defending the other team from scoring a goal

- Slide: Helping a teammate on defense
- Check: Stick or body challenge (safely!)
- Mark up: Find / Stay on your player
- Woman-Down / Man-Down (when we did something naughty on defense and one of our team mates has to sit out for 30-60 seconds……The other team has an extra player and we play 5 V 6

Transition - The phase of moving the ball from one end of the field to the other

- Clear: Moving the ball out of defense
- Fast break: Quick attack after gaining possession
- Rally: Everyone hustles back on defense
- Draw: Starts the game (not after every goal!)
- Crease: Circle around the goal — only the goalie lives there
- Restart: Play starts FAST — be ready!

Safety

- Shooting Space: Don't block shots by putting your body in the direct line of a dangerous stick or ball; fouls can be called if unsafe (goalies can block the shot but they are wearing protective equipment)
- Dangerous Shots: Any shot taken in a way that could injure a nearby player may result in a foul
- Checking: Since we are all new, we want to keep everything safe and fun so we may at times make the decision to remove the checking element from a match or a drill

Field Terminology (Sixes)

- **Goal:** where teams score
- **Crease:** the circle around the goal — only the goalie may stand inside it
- **Goal Line:** the line the ball must fully cross to count as a goal
- **Midfield:** the center of the field where the draw starts
- **Sidelines:** the long boundaries on each side of the field
- **End Lines:** the boundaries behind each goal. Remember, you can go behind the goal.
- **Substitution Area:** designated area on the sideline where players enter and exit the field

Keys to Success

- Pass & move — don't stand still!
- Talk loud — communication wins games
- Hustle back on defense
- If you need a break, sub-out and send another team mate in
- Have fun
- Support your teammates! 💪