



North Shore Minor Lacrosse Association



## How Hockey Players Can Benefit from Playing Lacrosse

- Box lacrosse and hockey are very **similar sports**: both are played in a rink, five runners/skaters and one goal tender, players must develop great hand-eye coordination and stick skills, players must develop have the ability to see the floor and move the ball/puck to the right place at the right time, both games are physically challenging, both have professional leagues in Canada.
- Great players such as **Gretzky, Tavares, Sakic, Shanahan, Ronning, Kariya, and Nieuwendyk** all played lacrosse and have used the experience to enhance their hockey skills. Hockey players **excel** in lacrosse.
- Both games are run in **5-player units** and reinforce playing a team concept game.
- Players **learn plays** and strategies and **play both offensive and defensive** positions.
- Players learn how to make the quick transition from defence to offence and vice versa.
- Offensive **scoring skills are honed** by shooting at smaller targets and picking corners
- Both games reinforce the importance of **quickness and agility** around the net
- Both games **increase hand-eye co-ordination** when stick handling.
- Both games **teach leadership** skills.
- They teach players to **play with their head up** and to be more aware of their surroundings.
- Lacrosse helps prevent sport burn-out as hockey is now being played year round – lacrosse has a relatively short season running from March through June.
- Team sports **build self esteem**, respect, integrity, & fairness.
- Players of **all fitness levels and abilities** can compete in lacrosse and hockey.
- Lacrosse is a great method to **increase physical fitness** during hockey's off season.
- **Defensive skills** are taught with individual and team concepts.
- Lacrosse teaches the **creativity of fakes, back passes, & shots**.
- As a crossover sport lacrosse is inexpensive to equip players as they **use hockey equipment plus some specialized lacrosse equipment**.
- U.S. College **scholarship opportunities** for lacrosse are available and North Shore kids have won in previous years.