

**Tips for parents, players and coaches — 2024 RedHawks Season**

*First off, this summary is designed for players to review as a preparation for the ’24 season. Our goal, as RedHawks coaches is to provide the players with some of the basic principles of field lacrosse. This will make it easier to make “split second” decisions on the field. Lacrosse combines some of the on-court thinking of basketball (pick & roll); with many of the field tactics seen in soccer—especially when it comes to passing and field position. As players, this will also help you to appreciate some of the proven lessons as the game has evolved over the years.*

**An Introduction for Players**

1. Face-off — As you know, every game begins at the Face-off X where two players respond to the referee’s command of “down,” and then “set” followed by a whistle—the scrum begins. Each middy player then fights for the ball. The wing middy players approach and wait for the ball to be knocked free of the face-off X. A general scrum will determine which team wins the possession. The referee will call out “possession,” pointing to the offensive end of the team that won the scrum. Remember that RedHawks face-off players are generally the most aggressive middy’s on the field. Strength and stamina are key at the Faceoff X.
2. Man-ball-release — In lacrosse, getting a ground ball is one of the most important aspects of the game at all levels of play. This is a special skill, and something each player must master in order to properly play the game. It’s key when going after a ground ball to get down low and scoop the ball properly, always protecting the stick and scooping through. The most adept at ground balls use their bodies to properly “box out” the opposing player. This is similar to the technique in basketball, when one player “boxes out” another while in pursuit of a rebound. When two players are pursing a ground ball on the field, it’s important for one to yell out “I got man,” while the other hotly pursues the ball—calling out “ball.” Once the player with the ball yells out “release,” all the other players on the field are now aware that any additional contact will draw an interference call from the ref. This is classic lacrosse, and a scenario that each player should master.
3. Transition — Each player must master some basic dodges in order to be effective and avoid defenders, especially in offensive *transition* play. This is the point in play when teams are shifting from offense to defense (or defense to offense)—known as *transition* play. Players are changing quickly, and they need to adjust tactics from aggressively preventing opposing players to move it into position at the other end to score
4. Dodging—Unlike football, this happens very quickly (no commercial breaks). The key to being evasive on the field is a skill called dodging. The basic dodges at the all levels include the *split dodge; roll dodge* and the *face dodge.* The split dodge can be the most effective at the high school level. The player who is cradling on his right side must quickly shift to his left side — and literally “splits” the defender—who is still going after the ball on the offensive player’s right side. This is why we will be stressing catching, throwing, shooting and cradling on both sides. The best players are always adept at handling the ball on both sides. Next we have the roll dodge. In fact, it’s a very descriptive term. The player simply rolls off of the defender and changes direction. This evasive action is still useful at the high school level. It’s much more difficult to execute at the college level, given the incredible skill and agility of long poles at that level. The face dodge is perhaps the easiest to execute for any player. A right-handed player would simply move his stick quickly across his face; as if he were putting a sword into a sheath. This simple evasive tactic can confuse a long pole or short stick middy—making him over commit thus losing his defensive advantage.

Dodgers tend to go “north/south” and “east/west.” When you’re dodging going directly toward the goalie and the crease, that’s a north/south dodge. An east/west dodge is when the player is moving (directionally) toward the sidelines. Dodging is mission critical in lacrosse for a number of reasons. Players that are being “doubled” can escape, create some separation, and find a shooter who is on the crease in an open position. When a player has a potential shot we refer to that as a “look.” One of the most difficult skills for any player to master is when to take a shot—as *timing* and *angle* is everything in lacrosse. A player who hesitates is likely to get checked. A player with a bad angle is likely to miss the shot and turn over the ball. We instruct our players to get the best angle possible before shooting. Great dodgers tend to be great stick handlers and shooters. When they’re not setting up goals and gaining assists, they’re scoring goals. It’s a very important lacrosse skill that each of our players must master.

1. On-field communication—One of the least emphasized skills at the youth level is on-field communication. On defense the goalie needs to be shouting out the position of the ball at all times in order to protect the crease and avoid an open shot. Our goalies are being trained to literally scream out “top left,” “top right,” “bottom left,” wherever the ball is at any time, as this is especially critical in six-on-six play. If we’re not talking on defense we’re not in synch and thus vulnerable. Without this level of communication the defenders are literally “blind,” and not in position to slide or double a player who is threatening to score. Good goalies master this over time. It becomes an intuitive aspect of their game. In addition, defenders will be given communication cues in order to avoid allowing any open shooters to go one-on-one with the goalie. Things like “sliding to a potential shooter” will become second nature, as defense often determines the outcome of a game. Likewise, offensive players must be communicating on the field as well. Off-ball play is also mission-critical to the success of a team as well. By off-ball play we mean that each player has a job to do. They must be continually moving with their “heads-on-a-swivel,” attempting to get open to receive a pass, take a shot or draw a defender. Key skills here include moving to the ball and screaming out “help,” when a teammate is being doubled or is about to be stripped of the ball. Tapping the top of the helmet is a good way for a player with the ball to request a pick. The player who then sets the pick must remain stationary and avoid even a subtle movement, as a ref will cite a player who moves after setting the pick with an infraction (illegal pick violation or interference call).
2. The offense and defense has to be out there “chattering” all the time and keeping lines of communication wide open. If you watch a college or a professional game of lacrosse you will be impressed by how loud things tend to get on field. Catch a California Redwoods game if you want to see just how loud things can get. Long poles and defenders are constantly communicating the offensive status to one another; and the same is true of the offensive players.
3. Types of checks—Each player must master some basic checks. This is especially true of long poles and defensive middies. The first basic check is called the “poke” check. A version of this is the “poke and lift.” This is the same basic check that I was taught on Long Island five decades ago while using a wood stick made by the Mohawk Indians. Back then it was a lot more painful for the player who was the recipient of a hard poke check. It works very much like it sounds. The defender simply extends his stick and pokes the opposing player’s lower hand (on the glove) or the stick itself. The refined version involves poking and lifting—all done in one continuous movement. The lifting often helps to dislodge the ball and bring on a scrum or loose ball situation. This is considered a “turnover” and it’s something that we want to really practice.

Note: You cannot poke or slap check the lower hand once the player takes it off the stick. In regulation rules this would be considered a slash. That’s why attack players revert to one-hand stick possession and one-hand cradling. A slap check can also be a very effective way to dislodge a ball. The defender simply raises his stick up (slightly vertical) and slaps down hard on the offensive players stick or glove—again, as long as that glove hand is on the stick. This check upsets the cradling motion and throws the offensive player out-of-synch. The goal is always to dislodge the ball in the defensive zone, thus causing a turnover, and hopefully a successful clear down field. Players are never allowed to lead with their heads, due to the possibility of neck and head injuries. Once a defensive player lowers his head, he will be called for an infraction. Hitting a player on his “blind side” will also be called as a penalty. For example, a player who is running and awaiting an over-the-head pass cannot be taken out with a hit to his blind side. Knock down checks (highly physical play) will also be called. Finally, in a man/ball situation you can only screen out the man who is within 6 feet of the ball. In previous seasons that distance extended to 9 feet (3 yards). These rule changes are designed to avoid serious injuries to offensive players. Also, it’s in recognition of the big size differentials that we have at the youth lacrosse level. We have some players who weigh only 75 pounds being hit by kids who are closer to 150 pounds. So these rule changes are really less of an infringement and more of a protection for the smaller players. For the most part at the RedHawks youth level we have avoided serious injuries to our players. In past seasons we had the usual bruises and abrasions, but not serious head concussions or broken bones. Our goal as coaches is to maintain a good safety record and avoid injury. If a player sustains a severe abrasion or bruise during play, we will take him out of the game and start by “icing” the injured area. If pain persists it will be incumbent upon parents and guardians to take that player in for quick medical attention—including an MRI to assess severity and treatment options. Again—it’s our goal to avoid injuries but even with the new rule changes—lacrosse is still a very physical game.

1. Respecting the game, other players and coaches—It all starts with showing respect for the coach. This means that all players will be expected to show up for practices at the designated time, fully dressed and ready for action. In some instances where players are at work or the travel distance during a weekday practice is far, players will be given consideration. Once on the field players are expected to show respect for all of their coaches, including guest coaches who we will be bringing in from time-to-time. This means listening and not talking when coaches speak; never answering back or yelling at a coach; never demeaning another teammate or showing disrespect; showing a great deal of respect for opposing coaches, players and parents. The game of lacrosse is really about “respect,” which entails good behavior by all players both on and off of the field. We expect all of our players to also do well in school. Lacrosse tradition (going back well over 100 years of collegiate play) means that every player must give his best both on an off of the field. When I traveled with the Seneca Indians Golden Eagles road team (while in graduate school in Buffalo, New York), I learned that lacrosse is unique in that we want players to play their hardest, but after the game your former adversary is then your friend. Players share a common bond in their love of the game. So we *always* discourage “smack talk” or any sort of disrespect on the field. Win or lose, we will shake the hand of each opposing player and coach, and do our best not to “gloat in victory,” or “despair in defeat.” Our goal is to actively promote not only great *sportsmanship,* but also solid character development for each of our players.

**Offensive Formations**

1. One standard formation is the 3-2-1 or OPEN, which we play at the start of many games. This entails three middies up top, a left side and the right-side attacker on the crease and an attacker at the X position—or behind the net. We will encourage our attack players to move (motion triangles) to disrupt the defensive formation and draw different defenders to create a mismatch or two. Think of this like a standard basketball formation—only the point guard is the X attack player. Boys can dodge to the crease from the high post middy position; or dodge to the crease from the attack position—dodging east or west. Keeping three middies up top gives us an advantage when it comes to maintaining position, and avoiding a forced “turnover” by one of the opposing defenders. Additionally, we encourage our boys to move the ball clockwise and counter clockwise—the faster the better. The reason that we do this is force an error; draw a double on one of our offensive players—or generally play “keep away” with the defense. This also allows players to engage in off-ball play. We’re attempting to teach each of our players the advantages of off-ball play. We encourage them to never just stand there “flat-footed.” *So when a player doesn’t have the ball he’s either calling for it; drawing a defender; setting a pick; cutting to the crease for a look—or maneuvering into a position to take a good shot.* Remember—a good shot means that a player must have a good angle, an unobstructed trajectory path for the ball to travel and enough time (before being checked) to get the shot off.

So every player on the field (offensively) has a job to do each and every second that the ball is in the offensive zone. If they’re not moving—then we’re at a real disadvantage. Stationary offensive formations in 6-on-6 play are incredibly easy to stop and ultimately force a turnover. One of the most important skills for an offensive player to master is the “draw and dump.” No pun intended! In this scenario the offensive player goes to the crease or hole in an attempt to take a shot. This mostly happens with our middies. The skill is to know when you can’t get through—so you have to “draw” the defender, create separation (spacing) and look for the open man (dump). The open man now has a shot. We have players that are constantly drawing “doubles” and even “triples.” Some of our U14 players are generally the ones who draw multiple defenders. In this scenario, they will literally create a situation where we are temporarily a “man-up” for 3-4 seconds. Thus we have an open man to take a shot and score. This is something that we will be working on throughout the upcoming season, as most boys once in motion tend to stay in motion—until confronted with an immovable object (very large long poles). This is basic Lacrosse Physics. So the goal is to fine tune your skill set so that you can “get the assist.” Important: Assists in Lacrosse (setting up the goal) are even more *critical* as making the goal. Assists are considered points, and are equal to a goal when tallying stats for offensive lacrosse players. All coaches love players who can set-up goals just as much as a good “finisher.” We measure the success of defensive players by looking at the number of ground balls, turnovers, critical checks and clears—moving the ball from our defensive zone to the offensive zone. Obviously, we measure the success of a goalie by the number of saves—which are the shots on goal that are stopped by the keeper.

We have several other formations that we have developed over the years, and this year we will have our Captains come up with new names. This will apply to all four teams (U8, U10, U12 and U14). These include the following:

* Canada Formation — When one of the top middies yells out “Canada” it’s an instruction to invert the middies with the attack. This is similar to a box lacrosse “interchange.” The center middy generally initiates this formation, inverting with the attack player at X. Next the two remaining attackers invert with the two wing middies (left and right side). The attack/middy invert can take place only after the center middy and X player have inverted. The middy and attack players are responsible for setting picks as this formation change occurs. Once complete, the boys are once again in our 3-2-1 formation. We initiate Canada for several reasons: a) create confusion especially when being played man-to-man; b) create off-ball movement and mismatches; c) place a strong middy in a position to drive closer to the crease—get a look and possible shot/goal.
* Brooklyn Formation — This is our standard 1-4-1 set and it can be “lethal” when abruptly executed from our standard 3-2-1. We named it after the bridge, because it’s fat in the middle—and easy to remember. In Brooklyn, our two wing middies slide down to the crease and continually switch to add confusion. The two adjacent attackers pull wide, in position to pose a shooting threat. The X attack player remains in position. The advantage of this formation is that the X attack can now feed four potential shooters on the crease. The disadvantage of this formation is that we can “jam the crease,” thus drawing defenders. This formation works best when facing zone coverage by an opposing team.
* Long Island Formation — This is standard a 2-3-1 formation, which includes two middies up top, three attackers at the left, center and right of the crease; and one attack player below the goal line extended (imaginary line that extends east/west from the actual crease line). The attacker at X draws the attention of the defenders and goalie, thus allowing for lots of movement among the two top middies and three potential shooters (awaiting a possible feed) on the crease. The crease attacker moves about in multiple directions, shifting north to south and east to west. Generally he’s the player most adept at *quick sticking*. There are multiple possibilities with this sort of formation. This formation is not seen much in California, so many teams will not know how to adjust quickly. Again, this was one of the most popular formations on Long Island. Schools like CW Post and Adelphi (NCAA, D2) used this one for many years. Our Red Hawks High School California Champions (1998) used this formation often—not surprising given Coach Joe Vasold hailed from Long Island.
* Our 2-2-2 Formation — This is something that many coaches really likes and set plays often run off of our 2-2-2. There are two attack men lined up adjacent to the goal line extended, and two middies up top with two other players in between.

It opens up lots of offensive possibilities and creates a dynamic offensive thrust—opening up lanes for dodging and quick strikes from above the GLE.

*It’s important to note that each of these formations are designed to be complimentary and we should seamlessly shift from one to the next. Playing lacrosse at a higher level requires that each player functions almost as an on-field coach—and remains in complete synch with his team mates in anticipation of the next move at all times. Those players who master the highest level of the game exhibit what we refer to as a “High Lacrosse IQ.” Generally, these are the players that become team captains and the other boys look up to them…*

**Transition Offense**

* Teams are constantly in “transition” as play shifts from one end of the field to next. When in transition from defense to offense there is a great opportunity to score a goal, because the opposing defense is generally “unsettled.” This opportunity to make a transition goal occurs directly after a winning face-off, a successful clear, or a quick turnover at the midfield or in the attack zone of the opposing team.
* We are encouraging our players to move quickly when in transition to exploit the unsettled nature of the opposing defense. We encourage quick passes following a face-off. We encourage attackers to move off-ball and get in a position to get a look. So one scenario might be to have an attacker literally “camp out” on the crease; while the middies are moving down field on the left or right side. When moving down field on the left side of the goalie, the attacker must be positioned on the opposite side. A second attacker must back up the potential shot at X, in order to avoid a turnover and potential successful clear (transition) by the other team. D1 teams like Maryland, Notre Dame and Syracuse are masters of transition play. These teams move very quickly and invariably exploit their “unsettled” opposing defenders. We will be working throughout the season to improve our transition play. During scrimmages, we’re especially impressed with middies and attack that can execute a “Tic, Tack, Toe.” This is when a middy sends a quick pass to an attacker on the crease—and that attacker unselfishly sends the ball to another attacker on the opposite side of the crease who finishes—scores the goal. This simple move is almost impossible to stop.

**Standard Defense**

* Our standard defense has been man-to-man. Coaches are constantly working with the players to perfect the “slide,” a necessary maneuver that has been working extremely well in previous seasons of RedHawks play. Every version of a slide entails long pole defenders switching quickly to cover the free man who is well positioned to shoot. Most defensive formations that we face involve man-to-man coverage, which works pretty well at all levels of youth Lacrosse. On occasion we can incorporate some version of a “zone defense,” which is similar to what a zone defense looks like in football or basketball. Players are assigned a piece of real estate, and slides are choreographed to cover all possible contingencies.
* Man-down-defense — As in the past our RedHawks coaches will work with the boys on our version of the “box-in-one” defense in man-down situations. Once again, this is a zone defense that places a good deal of emphasis on keeping the crease clear of dodging middies or menacing attackers. All three of our regular long poles, plus one additional pole will be well versed in man-down situations.
* 10 Man Ride — Our U12 and U14 defensive coaches have the option to work on the 10-man ride as a regular part of our effort to “disrupt” the opposition when attempting clears. This is a very active and aggressive defensive strategy to force turnovers and keep the ball out of our defensive zone. Getting the opposition to turnover the ball is an integral part of our defensive strategy. Teams that have trouble winning face-offs and clearing the ball are destined to lose.

**Clears**

* The clear is an essential part of field lacrosse, and requires great precision with long pole passes to the adjacent middies as they take the ball onto the offensive side of the field. Each of our goalies must be well versed in getting the ball back into our offensive end of the field. Our defensive clearing efforts should be successful at least 80-90% of the time. Being successful 9 out of 10 attempts is the goal. Every lacrosse team is essentially a “man-up” during the clearing process, as the goalie is the seventh man involved in the effort. Good clears are based on accurate and quick passing, along with swift movement down field.

Our clearing game is only going to get better, as we are challenged by very aggressive “rides” from the opposing attack and middy players (opposition’s offensive unit).

**Rides**

* The classic ride involves the offensive team attempting to “turn over” the ball and keep it in the offensive zone. This happens each time an opposing goalie makes a save and attempts to clear the ball using his long pole defenders and short pole middies. It also occurs when the defensive team picks up a ground ball and attempts to move the ball into the offensive zone. The reason that we place such emphasis on the ride is that many goals happen in transition as discussed previously. So when our offensive team loses the ball in the opposition’s defensive zone, it’s our objective to keep the ball from moving quickly down field—allowing the opposition to quickly score a goal while our defense is “unsettled,” or not correctly positioned and in close proximity to the goal. When attack players harass the clearing team—at the very least—it slows down the offensive threat from the opposing team. In the best-case scenario we can actually force a turnover and get another chance at scoring a goal in our offensive zone. So this skill (riding) is the one time that attack players get to play defense in an effort to force a turnover. Our coaches have been teaching the boys to stay behind the clearing defenders—in an effort to disrupt the opposition’s riding process.

**What our players can do to improve their Lacrosse IQ’s**

So our main objective is to illustrate the strategic thinking behind the game of lacrosse; allowing parents and players to better understand what’s going on through the course of the game. For example: As coaches we might yell out “yellow” to our players when they take possession of the ball when we’re in a man-down situation.

Why do we do this? Statistically, many goals are scored during man-up situations. The opposing team has a one-man advantage. The same situation exists in hockey. By calling yellow, we’re instructing our players to hold onto the ball—literally stalling a bit until we return to an “all even” situation. Thus we’re neutralizing the oppositions’: 30 second to one-minute man-up advantage. Some would argue that by going to “yellow,” you’re eliminating the opportunity to score a “short-handed” goal. This is true. But statistically, far fewer short-handed goals are scored vs man-up goals. In a given season a team would be lucky to score 3-4 short-handed goals—all season. Yet typically, teams are likely to score 40-50% in their man-up situations. So it comes down to managing the odds—which become very critical at the high school elite level when one or two goals can decide the outcome of a game.

*Parents have often asked what can we do to help a player learn more about lacrosse and improve his overall skill at the game?*

This is a good question and one that requires a little bit of reflection. As each of our boys moves up to elite play, they have to take into account their overall skill set. This includes proper passing, catching, shooting, ground balls, defensive play, dodging, and cutting to the crease. Once a player has mastered all of the basics—and this is true for roughly 90% of our team members, we next require them to develop all of these skills on their left side (assuming they’re right-handed) as well. The key to lacrosse is developing a wide array of learned skills—and then fine-tuning these skills—and making it increasingly more difficult for the opposing team to “guess” what’s going to happen next.

For example, often times an opposing coach will call out to his team that one of our players has no “left hand,” or lacks skill with his “right hand.” In elite ball, a player with only one strong hand is much easier to defend against. Add a little dexterity to the mix, and a player becomes increasingly more difficult to stop. That’s why we perform drills that foster play—on both the left and right side.

Here’s a list of few more things that each player should consider in an effort to improve his overall performance and understanding of the game:

* Wall drills — In the early days of lacrosse, a very wise coach would have us banging on the walls at our high school handball court. Lacrosse is unique in that you are required to “master” your stick skills before becoming adept at playing the game. This requires a great amount of time and energy on the part of the individual player. Simply bouncing a ball against a wall—and practicing both left and right side stick handling—goes a long way in preparing a player for live action on the field. The most common mistake made by young players includes things like “over cradling,” underhand shooting and not learning the proper way to use a lacrosse stick. As players encounter more aggressive and experienced defenders, these poor stick handling habits are exacerbated. Stick skills are fundamental to the game. Teams that play really smart and have players with exceptional stick skills will always beat the more athletic yet inexperienced teams. In lacrosse muscle matters—but finesse is what determines the final outcome.
* Attendance at practice — We’ve had really great support from all of our parents last year. Each and every player on our U14 team has shown dramatic growth and improvement. We encourage you to get your player to each and every practice—as you can rest assured that the opposition is encouraging the same support from all of their parents as well. In elite play, practice can determine what actually happens on the field.

Playing other sports (basketball, football & soccer) — US Lacrosse has noted that players can improve their skill by playing other sports in the off-season. A lacrosse player can learn a great deal about strategy and spacing from basketball. A point guard is nothing more than an X attack player. Football helps to condition the boys to the physical aspect of the game. The Indian name for the game literally translates into “bumping hips.” I can assure you that the boys are doing a great deal more than bumping hips while on the field. It’s a tough physical game that requires great stamina, physical agility, mental toughness and courage. Soccer players tend to understand the importance of “field presence,” always anticipating the next move of an adversary.

Wayne Gretzky was once quoted as saying: *“A good hockey player plays where the puck is. A great hockey player plays where the puck is going to be.”*

The same is true for lacrosse. The great players always know where the ball is going, and have an amazing understanding of the dynamics of the game. This is a key component of developing a high Lacrosse IQ.

* Become a fan! (ESPNU, NCAA Div. I) — We’ve been encouraging the boys to watch collegiate lacrosse on ESPNU. Please see our Resource section to see schedules for collegiate and professional games. Generally, these games occur on Saturdays, when we are on the field playing. For the past few years I’ve been making sure that I record the major games—like when Syracuse, Denver, Ohio State, Maryland or Notre Dame are playing. Younger boys are very visual and seeing the older players is an excellent way to learn the subtle aspects of the game.
* Box Lacrosse — This year we’re introducing Fall Box Lacrosse with the help of Coach Gavin Herr, our new president and GM. Box Lacrosse has had an enormous impact on the field game over the three decades. Team Canada defeated a top-flight American team in the FIL International Championship held in Denver. The Iroquois came in third outlasting a very feisty team from Australia. Both Team Canada and the Iroquois are made up of box players, mostly from Canada and Upstate New York (Iroquois Indians). Teams like Denver (’15 NCAA D1 Champs) are incorporating exciting box tactics (picks, 2-man game, fast paced off ball play) that are essentially transforming the game—especially when it comes to dynamic offense. Canadian players are showing up on all of the major NCAA teams (all divisions), and the trend will continue to impact how the game is played.
* Work on your weaknesses while fine-tuning your strengths — Each year we tell out players the importance of “fine tuning” the skills that have made them *elite* players. But there are also those areas that require improvement. If you’re a right-handed attack player with great skill think of ways that you can build ambidexterity. Remember—you’re never too old or too good to avoid using a bounce back or playing wall ball.
* Fitness and conditioning matters — During the regular season it’s no understatement when we tell you “only the fit survive.” We encourage summer tournament play in that five games in two days at varying venues requires strength and conditioning training. If you’re a middy you’ll run a few miles per game whiled dodging and being obstructed by some pretty determined long poles. In the final analysis often times a game or tournament championship is determined by which team is the most “fit,” and capable of going the distance.
* Don’t think “me” but think “we” — It’s impossible to over emphasize the importance of “team play” when it comes to Lacrosse. That’s why we stress that assists are in many ways more important than getting goals. The individual who sets up the play is helping the team win and go on to victory, exhibiting an unselfish and admirable style of play. The best teams are always those teams that are made up of a tight-knit group of unselfish players.
* Participation on elite travel teams —Elite teams are an excellent way to have a player gain exposure to some of the top competition in Northern California and quite arguably the West. There is no substitute for playing against teams that include other elite players. Essentially, every team in the gold or platinum division in the major tournaments represents the “best” in youth competition. California has grown as a real source of great players, and now almost every NCAA team (all divisions) have a few players form the Golden State. We also need to point out that some of the top collegiate recruiters are on hand at many of these tournaments, and scholarships are available to top-notch players.
* Becoming a student of the game — We encourage all of the boys to learn and read about the origins of the game—going back to the days when the Iroquois tribes (Mohawk, Seneca, Cayuga, Onondaga, Oneida and Tuscarora) played to eliminate the need for conflict. Lacrosse was believed to be a gift of the Creator—and a way for young warriors to transition into manhood. It is one of the only games played today that was actually handed down to us by our Native American forbearers. Iroquois Indians today carry on their traditions throughout New York State, Quebec and Ontario, Canada. The game has grown over the past 100 years, and is now the fastest growing game in North America. The Canadian version (Box Lacrosse) was the National sport of Canada, and is played in every province. The Woman’s version of the game became popular in England, where it was refined, and has also become one of the more popular sports in the NCAA.

*Hopefully—this useful tips section will help you understand some of the things that we do on the field, and give you a far greater appreciation for the game of Lacrosse. As RedHawks coaches, the enthusiasm of the players is the best psychological payback that we could possibly get. Let’s do this RedHawks players! Thanks for respecting the game as parents, players, coaches and fans…*