

LEVELED BOOK • J

Lacrosse

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Focus Question

What makes lacrosse a unique sport?



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Lacrosse players use a stick with a net on it to carry a ball.

A Fun Game!

The sport of lacrosse is **exciting** to play.

It is **ancient**, fast, and fun!

An Old Sport

Lacrosse comes from a **First Nations** team sport.

Tribes in North America played lacrosse hundreds of years ago.

It was an important game to them.



First Nations people first played lacrosse long ago. Their games could last for three days.



First Nations and other people play a lacrosse game in Canada over one hundred years ago.

Long ago, people from Europe
settled in North America.

They saw First Nations people
playing lacrosse.

The settlers liked the game
and started playing it.

Sometimes, they played
with First Nations people.

For a while, mostly settlers in Canada played lacrosse. Then, some schools in the United States began playing. Still, the game wasn't popular. The sticks used in the game were handmade and hard to get. Later, sticks were made more simply. Over time, people began playing the game across the country.



Lacrosse Today

Today, men, women, boys,
and girls play lacrosse.

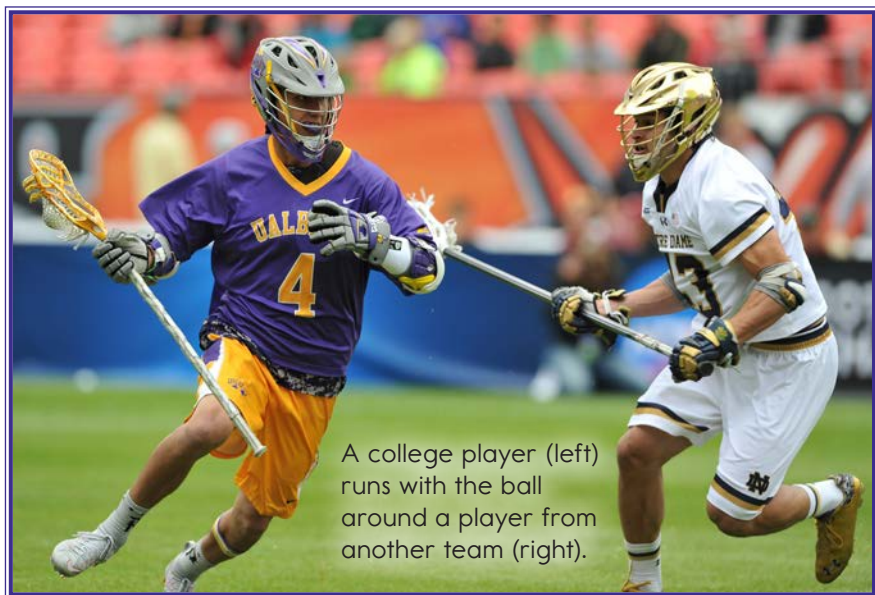
Lacrosse teams usually play outside
in a field.

Sometimes they play indoors.

This is called *box lacrosse*.

Lacrosse is popular in schools.

There are two leagues
in North America.



A college player (left)
runs with the ball
around a player from
another team (right).

Lacrosse is most popular in Canada and the United States.

People in England and Australia also play the sport.

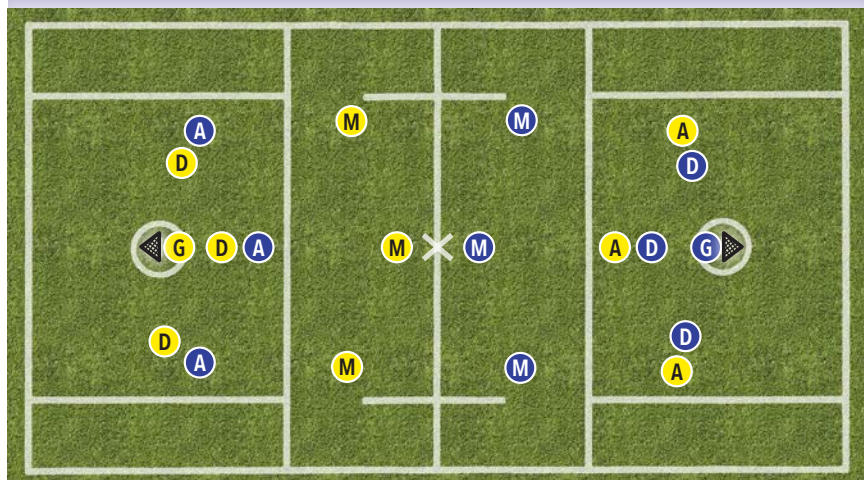
Today, lacrosse is catching on all over the world!



The United States lacrosse team (white) plays Canada (red) in a game.



Men's Lacrosse Field



- (A) attacker (G) goalkeeper
(D) defender (M) midfielder

Game Rules

A lacrosse field is about the same size as a football field.

A lacrosse game has two teams.

Teams for men have ten players.

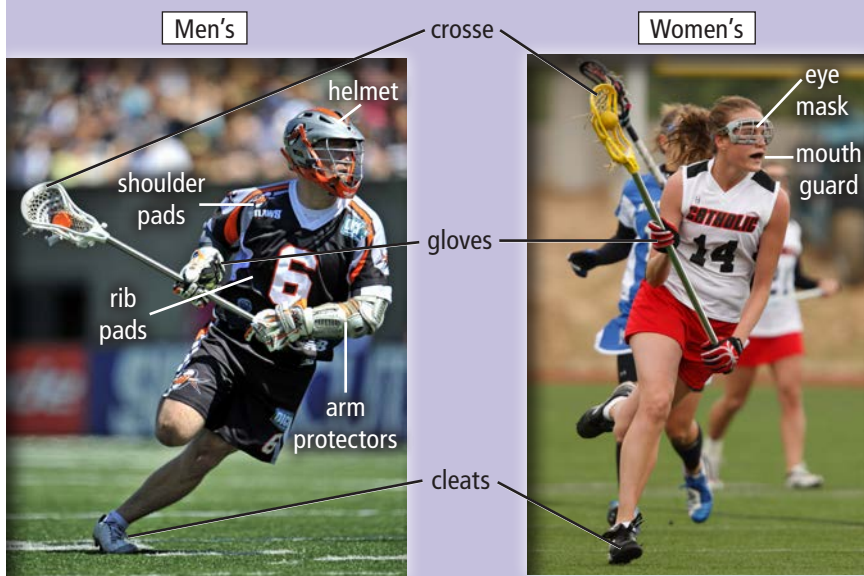
Teams for women have twelve players.

There is a net, or **goal**, at each end of the playing field.

A lacrosse stick has a **woven** cup at the end.

Players use the sticks to try to get a ball into the other team's net.

Lacrosse Equipment



Men and women have different rules for lacrosse. They wear different things to help protect them.

A game starts with one player from each team in the middle of the field. The ball is on the ground between the players. When the whistle blows, the game begins. The two players use their sticks to get the ball.



Two players are about to start a game.



When a player gets the ball, he or she runs to get to the net. The player can also pass the ball to another player using the stick. Each team tries to keep the ball.

One player on each team
is the goalie.

He or she stands next
to his or her team's net.

The goalie's job is to keep the ball
from going into the net.

If the ball goes into the net,
it is worth one point.

At the end of the game, the team
with the most points wins!



A goalie keeps the ball from going into the net.
Balls can move very fast.



High school teams play a game in Oregon.

Lacrosse Lives On

Now, more than ever, people love playing lacrosse.

It is a fun team sport that is exciting to play and to watch!

Glossary

ancient (<i>adj.</i>)	from a very long time ago (p. 4)
exciting (<i>adj.</i>)	causing feelings of joy; interesting and lively (p. 4)
First Nations (<i>n.</i>)	people who lived in present-day Canada before Europeans arrived, or the descendants of those people (p. 5)
goal (<i>n.</i>)	the place where a ball or puck must end up to score points in a game (p. 11)
settled (<i>v.</i>)	moved to a new place and made a home there (p. 6)
woven (<i>adj.</i>)	made with threads, yarns, or other materials (p. 11)

Words to Know

ancient

goal

exciting

settled

First Nations

woven

Front cover: A Massachusetts player runs with the ball in a game against North Carolina.

Title page: A lacrosse stick holds the lacrosse ball.

Page 3: High school teams play in Oregon.

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Correlation

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Connections

Writing

What do you think is the most difficult part of playing lacrosse? Draw a picture and write about it.

Social Studies

On a map of the world, label the continents. Color the parts of the world that play lacrosse today. Use the map in your book to help you.



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