

## WHY Hockey Players Should Play Lacrosse...

- Lacrosse and hockey are very **similar sports**.
- U.S. College **scholarship opportunities** in Lacrosse are available.
- Hockey players **excel** in Lacrosse.
- It's a great method to **increase physical fitness** in hockey's off-season.
- Team sports **build self esteem, respect, integrity and fairness**.
- Lacrosse **teaches leadership** skills.
- It helps prevent sport burn-out by playing a **new, fast-paced sport**.
- Players of **all fitness levels and abilities** can compete in Lacrosse.
- A player can **learn basic plays** and strategies.
- A player can learn to **play both offensive and defensive** positions and make a quick transition from defense to offence and vice versa.
- It reinforces the importance of **quickness and agility** around the net.
- Lacrosse **increases hand-eye co-ordination** when stick handling.
- It teaches players to **play with their head up** and to be more aware of their surroundings.
- Offensive **scoring skills are honed** by shooting at smaller targets and picking corners.
- **Defensive skills** are taught with individual and team concepts.
- Lacrosse teaches the **creativity of fakes, back passes and shots**.
- Lacrosse is run in **5-player units** and helps the hockey player practice playing a team concept.
- It is inexpensive to equip Lacrosse players as **most hockey equipment can be used in Lacrosse**.

## WHY Hockey Coaches Should Coach Lacrosse...

- It's a great way to **keep your hockey team together** all year round.
- Hockey coaches teach **similar strategies** of team play and special teams.
- Hockey coaches and players only have to look at players such as **Gretzky, Sakic, Shanahan, Ronning, Kariya, Nieuwendyk and Oates** as these great hockey players have one thing in common...they have all played Lacrosse and have used the experience to enhance their hockey skills. **You can share in their experience by playing Lacrosse!**

**HOCKEY: Canada's National Winter Sport**  
**LACROSSE: Canada's National Summer Sport**  
**Can you think of a better partnership?**

For more information about playing Lacrosse in your community, please call the...



Port Moody Lacrosse Association [www.portmoodylacrosse.org](http://www.portmoodylacrosse.org)