

## 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, & 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 defence 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, & 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**

**B.C. Lacrosse Association Office**

**(604) 421-9755**

**Toll Free (887) 788-BCLA**