

Lacrosse Unit Exam

1. List three specific lacrosse skills needed in order to be a successful lacrosse player.
Answer: cradling, scooping, passing

2. Lacrosse originated in _____ where it was played by Native Americans.

- a. Europe
- b. South America
- c. North America **
- d. Asia

3. Men's lacrosse is a non-contact sport.
a. True
b. False **

4. The lacrosse ball is made of:

- a. Solid rubber **
- b. Horse hair
- c. Foam
- d. Tennis ball material

5. Which of the following positions are used in Lacrosse?

- a. Attack
- b. Midfield
- c. Defense
- d. Goalie
- e. All of the above **

6. A defensive player may reach into the crease with his stick to scoop a loose ball.

- a. True
b. False **

7. Who typically scores the most goals in lacrosse?

- a. Defensemen
- b. Midfielders
- c. Goalies
- d. Attackers **

8. All players may touch the ball with their hands.

- a. True
b. False **

9. Lacrosse is a similar game to basketball, soccer and _____ and requires quickness speed and endurance.

- a. Volleyball
- b. Cycling
- c. Hockey **
- d. Swimming

10. A goal in Lacrosse counts for _____ point(s).

- a. 1 **
b. 2
c. 3

11. Goalies stand in the crease.

- a. True **
b. False

12. Center face-offs are used after a goal and at the start of each quarter.

- a. True **
b. False

13. Goalkeepers may use any body part to keep the ball out of the goal.

- a. True
b. False **

14. There are technical fouls in Lacrosse.

