

# How To Play Girls Lacrosse

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If you want to \_\_\_\_\_ Noun lacrosse, then you will need to know the basics. First, you need to have a \_\_\_\_\_ Noun stick. A lacrosse \_\_\_\_\_ Noun, mouth-guard, and goggles will also be helpful. You may be thinking, " \_\_\_\_\_ Interjection, I have no clue what I'm doing!" But don't worry, you'll get the hang of it. Being able to pass the ball is very important in lacrosse. Depending on which \_\_\_\_\_ Noun you throw with, you will hold the stick with that hand near the middle. Then your non-throwing hand will go at the bottom to steady the stick. You must have the ball in the pocket of the stick, then step with the foot opposite to your \_\_\_\_\_ Verb - \_\_\_\_\_ Present ends in ING hand. Bring the stick forward and \_\_\_\_\_ Adverb your body in a throwing motion aiming at your target. If you are throwing fast \_\_\_\_\_ Pronoun should make a BUZZ noise. Then you will need to know \_\_\_\_\_ Adverb to catch a ball. You want to stand with your dominant hand at the \_\_\_\_\_ Noun of the pole on your stick and the other at the middle. Watch the ball come \_\_\_\_\_ Preposition your stick and give with it like you're catching an egg. Also, you will want to know how to keep the ball in your stick when you run. That is called cradling. With the ball in your stick \_\_\_\_\_ Conjunction holding your stick like you are going to receive a pass, hold your stick near your ear. Then turn and move your stick to your nose. Continue \_\_\_\_\_ Pronoun cycle until you want to pass or shoot. Finally, being able to shoot the ball is critical. Hold your stick like you are going to pass, \_\_\_\_\_ Conjunction a shot is really just a \_\_\_\_\_ Adjective pass. \_\_\_\_\_ Adverb move in the \_\_\_\_\_ Adjective motion as a pass and aim to one \_\_\_\_\_ Preposition the corners of the goal and shoot with power! Then, \_\_\_\_\_ Interjection!, you made a goal! Now, you \_\_\_\_\_ Verb - Base Form \_\_\_\_\_ Adverb to play lacrosse

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