



Players on the Lacrosse Field

Each team has 10 players on the field at once (barring a penalty), at four different positions. The position breakdown is as follows:

One **Goalie**

Three **Defensemen**

Three **Midfielders**

Three **Attackmen**

The job of a **goalie** is to defend his team's goal against shots by the other team's offense. **Goalies** use sticks with a head about four to five times larger than a normal stick head, enabling them to catch or block shots with greater ease. The shaft of a goalie stick is normally about six inches longer than that of a regular field player. **Goalies** also wear a chest pad, helmet, gloves and throat guard to protect them from injury by hard shots.

Defensemen are charged with the task of guarding the opposing team's **attackmen** around the goal area. They play almost exclusively on the defensive half of the field, though they are permitted to enter the offensive half. **Defensemen** are allowed to use sticks that are about twice as long as those of **midfielders** and **attackmen**, giving them an advantage when closely defending a skilled offensive player.

Midfielders operate mostly in between the restraining boxes, hence the name **midfielders**. They play both offense and defense, and frequently run up and down the field. **Midfielders** are substituted in and out of the game often, as running up and down the field in full pads is very tiring.

Attackmen have the job of creating the majority of their team's offense. They operate near or behind the opponent's goal, and exclusively look to initiate offense through passing, dodging and shooting. **Attackmen** generally have the best stick skills on the team, and are normally the best passers and shooters. **Attackmen** play the majority of the game on the offensive half of the field, though they may enter their team's defensive half.

Teams are permitted to have up to four players on the field carrying long sticks, which are normally used by the defense. Many teams will employ what is known as a "**long-stick midfielder**" or "**LSM.**" These players normally occupy the midfield position on defense and for faceoffs, and substitute out of the game when their team gains possession of the ball in the offensive end. However, some are skilled ball-handlers and look to initiate the transition game for their team by pushing the ball up the field and into the offensive end

What **Position** Describes **You**? Again Youtube, and see how each position is played.