A DIFFERENT GAME.
A WELL-ROUNDED ATHLETE.

HIGH SIERRA LACROSSE | TRUCKEE MEADOWS

A parent's guide to spring lacrosse for girls and boys.

Does your child enjoy a fall or winter sport? When the calendar allows, spring lacrosse offers another way to move, think, compete and connect. The goal isn't more pressure. It's a fun new game to play.

MOVE • COORDINATE • THINK • CONNECT

What players practice	What that looks like
Move	Start, stop, change direction and respond to an opponent.
Coordinate	Track a moving ball and control a stick while managing footwork.
Think	Find open space, recognize pressure and choose the next play.
Connect	Call for the ball, help teammates and respond to coaching.

FAMILIAR CHALLENGES IN A NEW GAME

Your athlete enjoys…	They may recognize…
Basketball	Cutting, spacing, passing options and help defense.
Football / flag football	Creating separation, tracking passes and pursuit angles.
Soccer	Support angles, off-ball runs and changes of possession.
Ice hockey / field hockey	Passing lanes, support play and protecting dangerous space.

LACROSSE OR BASEBALL / SOFTBALL?

Both are great choices. Lacrosse is about moving through shared space with teammates and opponents during live play. Baseball and softball are about batting, throwing, fielding, base running and situational decisions. They're different challenges, and both are worth playing.

Pick the one your child is excited to try, with supportive coaching and a schedule your family can manage. A second sport should add fun and variety while leaving room for rest.

SUCCESS BEYOND THE SCOREBOARD

A new team is a chance to learn a role, take feedback and contribute. Good coaches build those habits on purpose. The aim is a wider athletic foundation and one more reason to stay in sports.

A SMART SEASON INCLUDES RECOVERY

Spring lacrosse works best when it fits your athlete's calendar, not piled on top of a full one. Leave room for rest and time away from each sport. Boys' and girls' rules differ, and youth contact rules vary by age.

Every athlete grows at their own pace. The skill comparisons here are ways to see the game, not promises; good coaching and having fun matter most.

Sources: USA Lacrosse: Athlete Development | USA Lacrosse: Specialization | AAP: Overuse & Recovery

EXPLORE SPRING YOUTH LACROSSE • GIRLS + BOYS

https://www.hsll.org/programs/spring-youth

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