

Intercrosse

History

Intercrosse is a modification of the original American sport lacrosse that dates back to the Native Americans of North America or Canada. Pierre Filion from Canada in 1982 wanted to create a sport based in Lacrosse, accessible to anybody, regardless of age or physical condition. This way, he wanted to encourage young generations to do exercise.

Intercross appeared in Europe in the 1980's. First in France and then gained popularity through Europe and the fact it's played in a sports hall, so you can play all year is an example. In the Czech Republic there are some international tournaments like Christmas Cup in Prague, and they dominate the World Cup along with Canada since it was founded. They have 8 titles and are the most recent Champions.

Basic Rules

- 5vs5 with goalkeeper.
- The official court size is 40 meters by 20 meters.
- The game has four periods of 12 minutes each with a two-minute break between the first and second and third and fourth and 10 minutes at halftime.
- No contact with body and body, or stick and body. You can't beat the ball with the stick like in baseball, and also not with the body.
- You can't be more than 5 seconds with the ball.
- When a player receives the ball he can either run or stay still (pivoting is allowed like in basketball), walking is a foul.
- When the ball drops on the floor, you can only pick it up with the stick.
- When you are running you have to grab the stick with both hands but catching, throwing or capturing is only with one hand.
- You can not enter the forbidden zone in front of the goal when attacking, only the defending team.
- Two people can't defend the same player.
- The attacking team must shoot the opponent's goal within 30 seconds.

Exercises done in class:

- 1- In pairs, in front of each other, one player will pass the ball with the hand and the other will receive with the stick. And they will change positions when said.
- 2- The second exercise is the same as the first, but they both will pass and receive with the stick. They can modify the distance based on their skill level.
- 3- The third exercise, still in pairs, they will pass the ball to the ground in front of the colleague, so he can pick the ball from the floor, and pass it back.
- 4- In this exercise, the players will form a line, half of the class on each half of the field. They need to run with the stick and pick up the balls that are placed near the goal, and shot it. The balls will be replaced by the teachers.
- 5- In this exercise , all the players will be in only one side of the field, and form 3 lines, behind the half line of the field. The ball will start on the sides, and they have to pass to the player in the middle, that will choose to each side to pass, the one that receives the ball, needs to shoot to the goal.
- 6- Formal game without the goalkeepers

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