

**Founders Girls Lacrosse League
Playbook
Appendix**

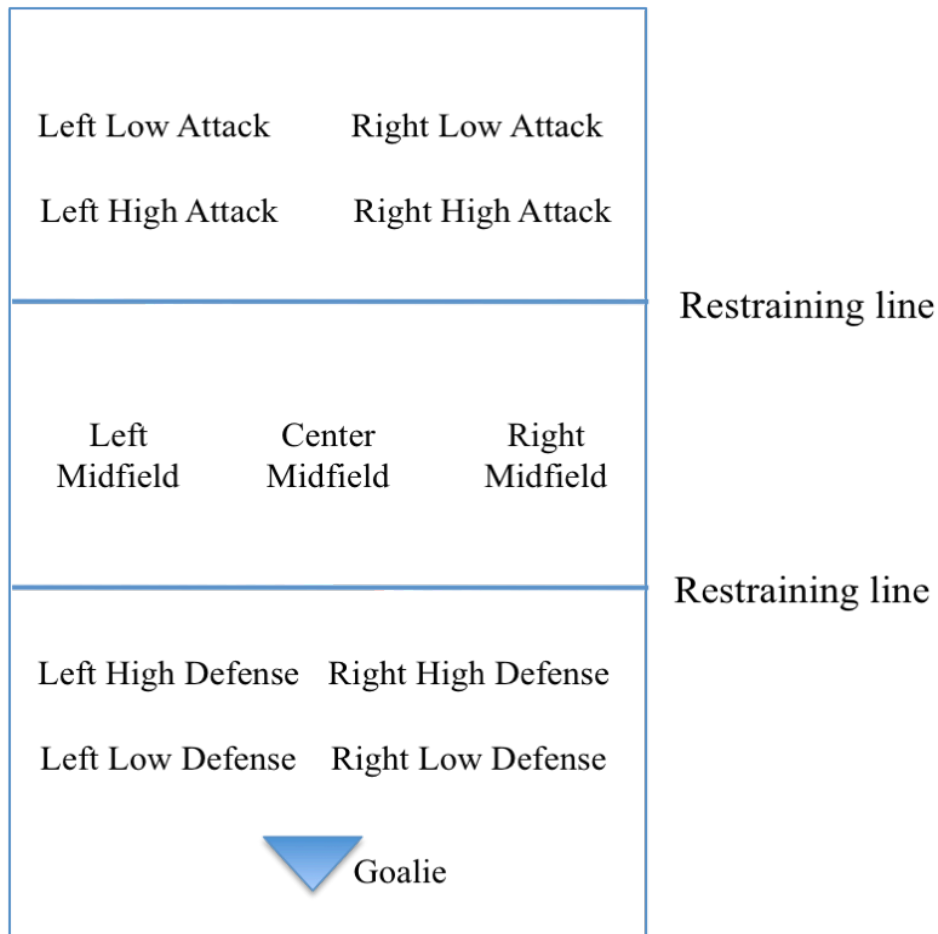
Revised December 1, 2009

Grades 5/6 : 12v12 Field Positions

Positions for Play

In girls youth lacrosse today, there is less emphasis on concrete names for positions. Players set up and play in areas of the field – attack, midfield and defense.

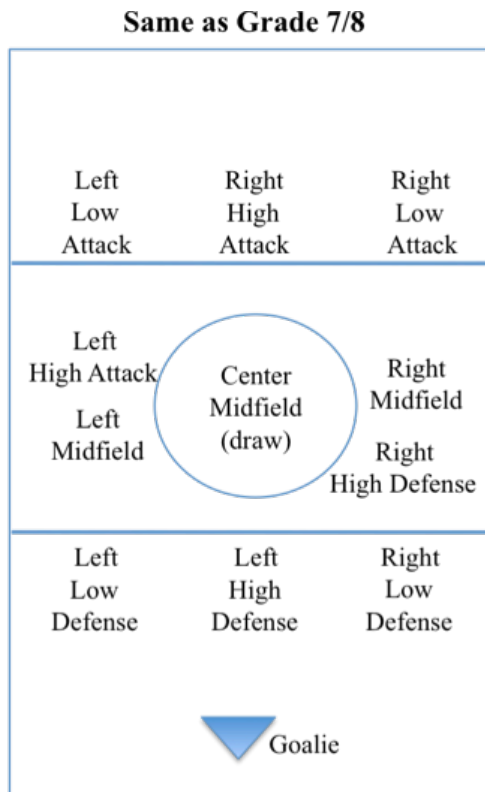
To provide coaches guidance on field set-up, FGLL supports the following position names for 12v12 play:



Line-up for the Draw

For the draw, officials will look for the correct number of girls in each part of the field. For the draw, coaches should have:

- 5 players between the restraining lines arranged as follows:
 - ⇒ 4 around the center circle with their feet outside of the circle (Left High Attack and Right High Defense will join Left/Right Midfield on the circle)
 - ⇒ 1 in the center of the circle taking the draw (Center Midfield)
- 3 players above the forward restraining line –
 - They can move down to the restraining line (like Grade 7/8) OR
 - Left/Right Low Attack can stay where they are and create a triangle
- 4 players (3 field players and a goalie) below the defensive restraining line
 - The 3 field defenders can come up to the restraining line (like Grade 7/8) OR
 - Low Defense can stay where they are and create a triangle



Restraining line

Restraining line

Low Attack/Defense stay where they are

