

The Lacrosse Revolution Of The 1970s And Richie Moran Big Red

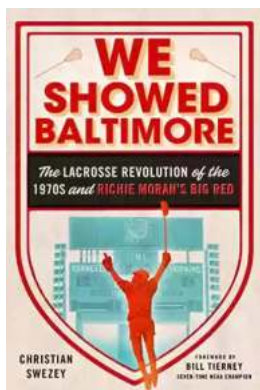


The 1970s witnessed a lacrosse revolution that forever changed the sport and introduced a new era of excellence and dominance. At the forefront of this revolution was Richie Moran's Big Red lacrosse team, a powerhouse known for their unparalleled skills and innovative strategies. From their groundbreaking techniques to their memorable victories, the Big Red lacrosse team left an indelible mark on the lacrosse world during this transformative decade.

The Rise of Richie Moran

Richie Moran, a lacrosse prodigy himself, was appointed as the head coach of Cornell University's lacrosse team, fondly referred to as the Big Red, in 1969.

Armed with a deep passion for the sport and a unique vision, Moran set out to revolutionize the game. He believed in empowering his players by instilling a strong sense of teamwork, encouraging creative playmaking, and fostering a supportive and inclusive team culture.



We Showed Baltimore: The Lacrosse Revolution of the 1970s and Richie Moran's Big Red

by Christian Swezey (Kindle Edition)

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Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 536 pages



The Big Red's Revolutionary Techniques

Moran and his coaching staff introduced several revolutionary techniques that challenged traditional approaches to the game. One of their most notable innovations was the implementation of the "fast break" strategy. This high-speed offensive maneuver caught opposing teams off guard, allowing the Big Red to quickly transition from defense to offense, leading to numerous scoring opportunities.

In addition to the fast break strategy, Moran emphasized the importance of precision passing, relentless ground ball pursuit, and agile footwork. These techniques, combined with a strategic zone defense, formed the foundation of the Big Red's dominance on the lacrosse field.

The Unforgettable Victories

Throughout the 1970s, the Big Red lacrosse team achieved unprecedented success. Their analytical approach to the game and dedication to continuous improvement allowed them to secure multiple Ivy League championships and reach the pinnacle of collegiate lacrosse.

One of the most memorable victories of the Big Red came in 1971 when they faced the formidable University of Maryland team, the reigning national champions at the time. Despite being considered underdogs, the Big Red executed their fast break strategy flawlessly, stunning the lacrosse community with a resounding victory. This triumph cemented their place in history as a revolutionary force in the sport.

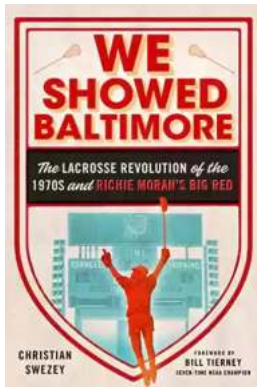
The Legacy That Lives On

The lacrosse revolution ignited by Richie Moran and his Big Red team had a lasting impact on the sport. Their innovative techniques paved the way for future lacrosse teams to push the boundaries and explore new possibilities. The fast break strategy, once considered radical, soon became a staple in lacrosse tactics.

Moreover, Moran's coaching philosophy and emphasis on teamwork and inclusivity left a profound mark on the lacrosse community. His leadership style inspired generations of players and coaches, ensuring that the lacrosse revolution of the 1970s continues to shape the sport to this day.

The Big Red lacrosse team of the 1970s led by Richie Moran was not only a force to be reckoned with but also a catalyst for change. Their commitment to innovation, teamwork, and strategic play revolutionized the sport and set new standards for excellence. Their legacy lives on, reminding us of the

transformative power of lacrosse and the indomitable spirit of the players who dared to challenge the status quo.



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In *We Showed Baltimore*, Christian Swezey tells the dramatic story of how a brash coach from Long Island and a group of players unlike any in the sport helped unseat lacrosse's establishment.

From 1976 to 1978, the Cornell men's lacrosse team went on a tear. Winning two national championships and posting an overall record of 42–1, the Big Red, coached by Richie Moran, were the class of the NCAA game. Swezey tells the story of the rise of this dominant lacrosse program and reveals how Cornell's success coincided with and sometimes fueled radical changes in what was once a minor prep school game centered in the Baltimore suburbs.

Led on the field by the likes of Mike French and Eamon McEaney, in the mid-1970s Cornell was an offensive powerhouse. Moran coached the players to be in fast, constant movement. That technique, paired with the advent of synthetic stick

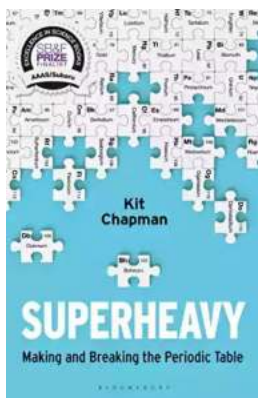
heads and the of artificial turf fields, made the Cornell offensive game swift and lethal. It is no surprise that the first NCAA championship game covered by ABC Television was Cornell vs. Maryland in 1976. The 16–13 Cornell win, in overtime, was exactly the exciting game that Moran encouraged and that newcomers to the sport wanted to see.

Swezey recounts Cornell's dramatic games against traditional powers such as Maryland, Navy, and Johns Hopkins, and gets into the strategy and psychology that Moran brought to the team. *We Showed Baltimore* describes how the game of lacrosse was changing—its style of play, equipment, demographics, and geography. Pulling from interviews with more than ninety former coaches and players from Cornell and its rivals, *We Showed Baltimore* paints a vivid picture of lacrosse in the 1970s and how Moran and the Big Red helped create the game of today.



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