

# LEVEL 2

## WOMEN'S INSTRUCTIONAL CLINIC WORKBOOK

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US LACROSSE  
COACHING  
EDUCATION  
PROGRAM



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US Lacrosse was founded on January 1, 1998, as the national governing body of men's and women's lacrosse. Although US Lacrosse has only recently emerged within the national lacrosse community, a closer look reveals an organization which represents the past and the future of the sport.

US Lacrosse is the result of a three-year strategic initiative to unify all national lacrosse associations in an effort to unify human and financial resources, as well as maximize the efficiency and effectiveness of lacrosse promotion and development. The result is an organization which combines the contributions and talents of individuals formerly involved with a number of independent national constituencies, such as the Lacrosse Foundation, the United States Women's Lacrosse Association, the National Junior Lacrosse Association, the United States Lacrosse Officials Association, United States Lacrosse Coaches Association, United States Club Lacrosse Association, the Central Atlantic Lacrosse League and National Intercollegiate Lacrosse Officials Association. US Lacrosse provides a leadership role in virtually every aspect of the game throughout the United States, and offers a number of programs and information services to its national membership and more than one million lacrosse enthusiasts throughout the country.

[www.uslacrosse.org](http://www.uslacrosse.org)

## **Acknowledgements**

US Lacrosse would like to thank all those who have contributed to the US Lacrosse Level 2 Coaching Education Program women's game curriculum and clinic content. The Level 2 program is a collaborative effort of some of the great minds across the nation. The sport of lacrosse is a passion for all of them, and this Level 2 programming is a direct result of that passion. Special thanks to Jane Pirie, Kristen Murray and Joanna Lignelli for their contributions to the development of the program. Thank you to all the hard workers at US Lacrosse, who have worked to make the Level 2 programming the best it can be, and to those who will continue to drive the program forward. As a collective group we can all say the Level 2 programming is something to be proud of and will make a positive impact on the sport of lacrosse.

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# Introduction

Welcome to the Coaching Education Program Level 2 Instructional Clinic. This clinic is your “next step to excellence” in your coaching education journey.

## Level 1 covered two central themes:

- Teaching the basic lacrosse skills
- How to be a double-goal coach

## Goals and Objectives for this Clinic

The goal of this clinic is to help you develop all of your players into the “complete player.” This is done by linking the skills learned in Level 1 with the tactics and strategy taught in Level 2. In this clinic you will learn strategies that will allow your teams to play lacrosse at a higher level. Three sections of this manual outline concepts of defense, midfield and offense.

The fourth section of this manual addresses practice planning. Understanding how to plan productive practices that enhance the players understanding of lacrosse tactics is critical for the Level 2 coach. You will understand why you do specific drills and not just how to run them. In the end your players will become “complete players” and have a higher understanding of women’s lacrosse.

## What do you remember learning at the Level 1 Instructional Clinic in the following areas?

- Coaching Philosophy/ Positive Coaching
- Practice Planning and Drill Design
- Communicating with Players
- How to Teach Lacrosse Skills



## SECTION 1:

# Coaching Defense

### Introduction

There are many types of settled defenses a coach can implement. Player-to-player or “man-to-man” defense is a basic defense to start with for your team. This defense builds on the basics: individual defensive skills, good communication, and team play. Teaching player-to-player defense will help players develop their individual skills, learn how to talk to and work with their teammates to limit opponents’ scoring opportunities, and initiate their offense by creating caused turnovers and saves.

### Overarching Principles of Defense

- Develop effective communication and teamwork within the defensive unit
- Breakdown the roles of the on-ball and off-ball defender to teach team defense
- Limit opponents’ scoring opportunities and start the offense with caused turnovers

### Key Terms and Knowledge Points of Defense

- Define Defenders Responsibilities and Communication
- Goal Side
- Ball Side
- Sliding
- Crashing
- Resetting and Bumping

### Introducing Player-to-Player (Man-to-Man) Defense

#### *Principles*

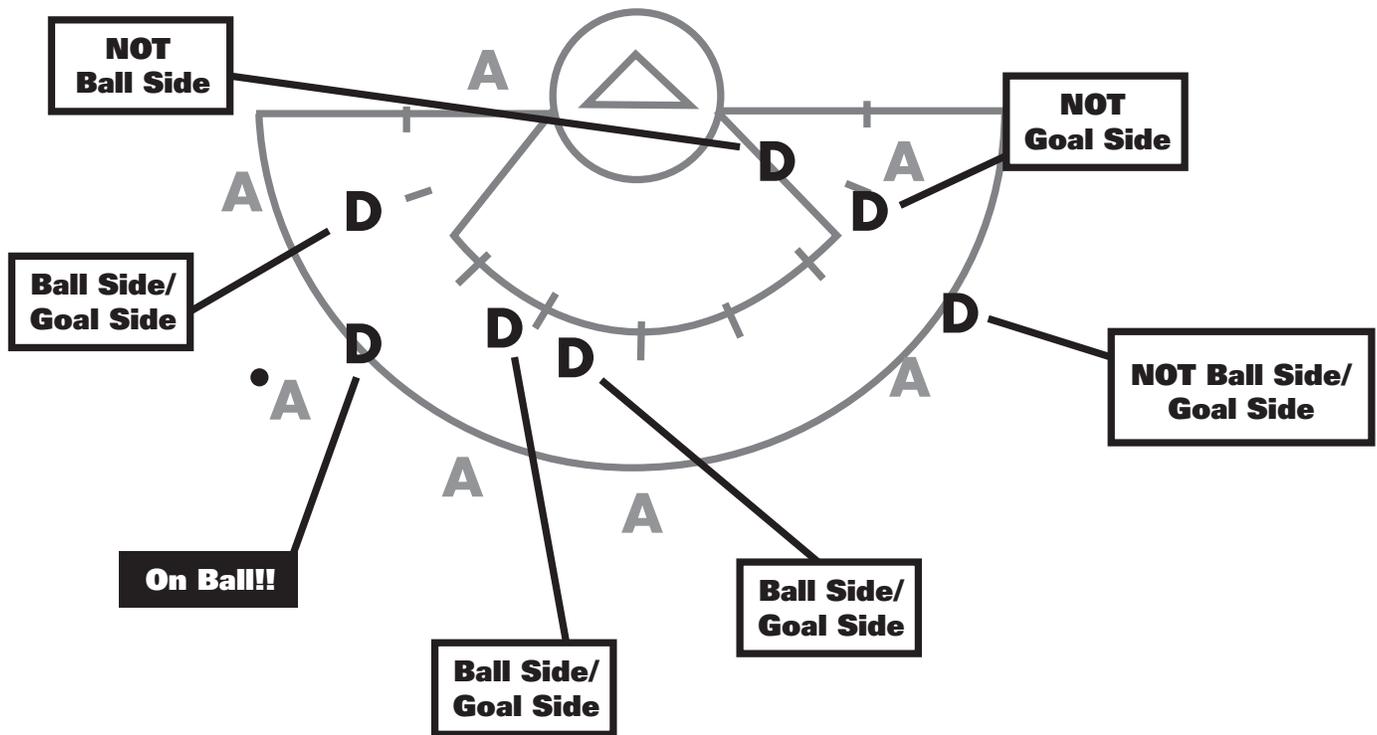
- Players must establish proper defensive positioning on and off ball
- Players must know their role as an on-ball and off-ball defender
- Players must anticipate and react based on their role

The general concept behind player-to-player defense is that each defensive player is responsible for matching up with an offensive player on the opposing team. The on-ball defender must be able to contain her player when she is challenging to the cage until her teammate can slide to double team the ball carrier. Double teams and slides are the defensive tactics in player-to-player defense that put pressure on the offense and, ultimately, limit shots, generate caused turnovers, and start the offense.

### Breaking Down the Roles of On- and Off-Ball Defenders to Teach Team Defense

A good starting place for teaching the player-to-player defense is defensive positioning on and off ball. Each individual defender positions herself **ball side** (e.g., between their opponent and the ball) and/or **goal side** (e.g., between her opponent and the goal). This ball-side, goal-side positioning allows defenders to cover both passing lanes and lanes to the goal. Defenders must have their sticks up and in the passing lanes. Defenders position their top hands at least two-thirds of the way down their sticks so they can cover as much space as possible and use their feet and body position to direct the path of the offensive player. Off-ball defenders can take one hand off of their sticks as they keep their sticks straight up and in the passing lanes. This makes the defender seem bigger and not only allows her to better cover the passing lanes, but also allows her to be in better position to quickly release to double team and slide or help.

## Ball Side/Goal Side Diagram



## Introducing Defensive Terminology

*(Define defenders responsibilities and communication)*

### Defensive Terminology Principles

- Players must communicate to coordinate and execute team defense
- Players must use clear and concise language

Communicating is the single most important thing defenders can do for each other. Communicating enhances defenders' ability to anticipate as well as react quickly and effectively as a unit. A group of defenders who are confident in their skills and are able to verbally direct each other will take more risks, function as a cohesive unit, and, ultimately, achieve at the highest competitive levels. A group of defenders who lack confidence in their skills and are unable or unwilling to communicate with each other will take less risks, play more like individuals than a group, and are at risk for defensive breakdowns.

Coaches and players can create a list of defensive terms that the team can use consistently on the field to enhance overall performance levels. Remember to **keep it simple** – defenders don't have time to speak in complete sentences in competitive situations. For example, a defender does not have time to say, "I am marking the ball. I am forcing her left. I need a double team, 1st and 2nd slide to come from the right," when her mark is actively driving to the cage.

To help you begin building your team's defensive terms, we have provided a sample of the defensive terminology used by two women's lacrosse teams\*.

\*Terminology provided by Johns Hopkins Women's Lacrosse Coach, Janine Tucker

### Base Communication (All Levels)

Here's what is said:	Here's what it means:
I Got Ball	I have the ball carrier guarded
Got Your Right, Help Right	I have your right side help, I will double
Got Your Left, Help Left	I have your left side help, I will double
Got Your 2	I'm your second slide if you go
Double	I'm doubling the ball
Slide	Slide to help, double and protect
Crash	The ball carrier is in the 8, everyone find ball and stop ball
Reset	The slide or crash is over, everyone find a player to guard
Bump	Tells a fellow defender to bump or move over to another player close by in the defense
Shot	A shot has been taken on goal, defense look for the rebound
Clear	The goaltender has the ball and the defense should break out for the clear



## Advanced Communication (High Levels)

Here's what is said:	Here's what it means:
I Got Ball	I have the ball carrier guarded
Ball's in the 2	I have the ball carrier and the location is in the two spot
Hot	I'm the First Slide
2nd	I'm the Second Slide
3rd	I'm the Third Slide
Bring Her	I'm waiting to double, bring the ball carrier to me
Double	I'm doubling the ball
Step Right	Step up field with your RIGHT foot on a 45-degree angle
Step Left	Step up field with your LEFT foot on a 45-degree angle
Hold	Hold your player where she is, or I don't need help
No Slide	I'm in good positioning on ball and don't need a slide
Ball Side	Position yourself between the player you are marking and the ball
Goal Side	Position yourself between the player you are marking and the goal



## The Role of the On-Ball Defender, 1 v 1 Defense

### Keys to On-Ball Defense or 1v1 Defense Success:

- 1) Establish defensive position
- 2) Dictate the direction of the ball carrier to take an option away
- 3) Pressure the ball handler by maintaining good defensive contact and looking to check and block a pass, force a pass or dictate direction

### Establish Defensive Position – The Defensive Stance

A defender's main objective is to control her offensive opponent with a strong, balanced defensive stance. A strong defensive stance is the key to effective defensive positioning and to "containing" or controlling an opponent.

#### *To have a strong defensive stance, a defender needs to:*

- Maintain her "center" with balanced body weight, knees slightly bent and butt tucked in - similar to being in a sitting position
- Maintain her balance by keeping her feet and hips under her shoulders
- Keep her arms "away" and her elbows "locked" in a bent position
- Take short quick steps, not long strides to ensure balance
- Keep her stick under control and positioned between 11 o'clock or 1 o'clock
- Step up right or left to take away an option from the attacker (do not stand directly in front of her).

If a defender keeps her core centered – shoulders, chest and hips – and keeps her attack player in between her shoulders, she will be difficult to beat.

It is the on-ball defender's job to establish position and dictate the direction of the ball carrier by stepping up to her right or left side. Therefore, on-ball defenders must hedge out to the ball with their stick taking away the lane to goal and establish body contact. The defender wants to take something away by limiting a lane to cage, forcing the attacker to drive to their non-dominant side or in the direction of a double team. Once the on-ball defender is able to contain her opponent, she wants to continue to pressure the ball handler by maintaining contact and looking for opportunities to check or block a pass.

### Coaching Tip

Stress to your on-ball defenders what their defensive stance should look like. Sitting on a stool, elbows locked with two hands on the stick and maintaining legal contact with her knuckles or forearm. Define where she should be looking; at the mid section of her opponent's body and she should be communicating that she has ball.

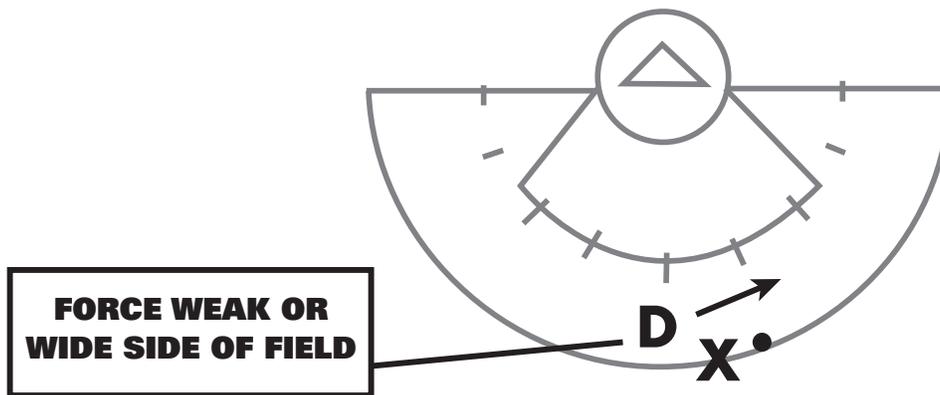


## Dictate the Direction of the Ball Carrier to Take an Option Away

Once your team can establish proper defensive positioning and a proper stance, your team should always look to take options away from the offense. Taking away the dominant hand, desired direction, or even a specific player in the zone will cause confusion and challenge the offense to execute in areas they may have not prepared to do so. The two most common defensive 1v1 strategies are to take away strong side and force weak, or to take away inside and force wide.

### Take Away Strong Side and Force Weak:

Defender will position on opponent's strong side and force her to run to her weak side. Defender must step up to seal off a move to the opponent's strong side.

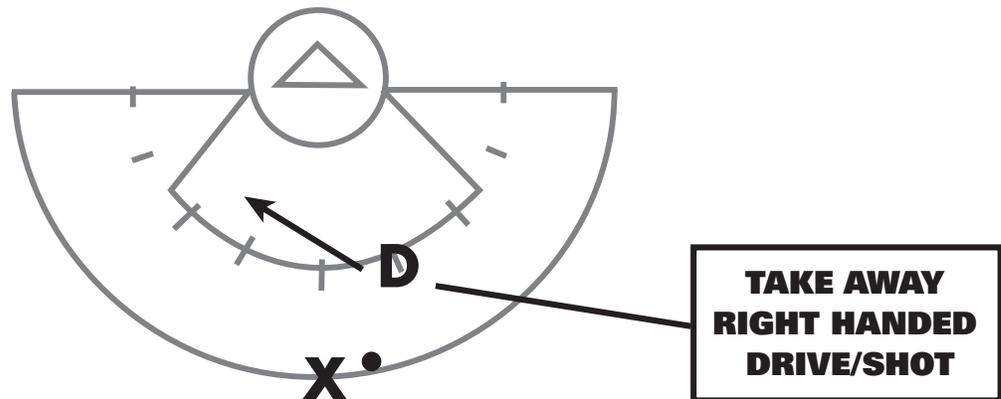


Note: This diagram assumes the attacker is left handed and is being forced to her weak (right) side.

Note: Everyone on the ball will force each player to their weakest hand

### Take Away Inside and Force Wide:

Defender must position to take away either the strong side or center of the field. (Defender must step up to seal off a move to the inside of the field.)



Note: Divide the field in half and force the ball carrier to the outside (wide)

Tip: Choose your defensive philosophy and stick with it! Youth coaches may want to force weak handed while high school coaches may want to force outside. Choose what works best for your team.

## **Pressure the Ball Handler (Maintaining Contact and Look to Check and Block)**

The defender must maintain good defensive contact with the ball carrier and keep pressure on. Her stick is up and ready to block pass or make check while maintaining body positioning. It is important that individual defenders understand that it is the team's job, not the individual's responsibility, to get the ball.

### **On-Ball Defense Common Errors & Corrections**

**Error:** No communication between players resulting in attackers not being covered.

**Correction:** Begin by having the goaltender communicate to the defensive unit where the ball is in relation to the "hot spots" on the field. Then layer in communication by individual defenders, "I've got ball", "I'm hot left", etc. Remember this will take time, challenge your team to learn the defensive communication terms and understand when to use them.

**Error:** The defensive unit is all talking, but no one is listening. This is a common problem and you can usually see it when a player communicates one of the terms for example "bring her" and the on ball player does nothing.

**Correction:** Set up the defensive unit on the field, ask the attackers to begin to attack the cage. Then stop the play when you see the lack of "listening" occurring. Ask the defenders what they heard? Ask the defenders what they should do?

Ask the defenders if they are really listening. Then challenge them to listen harder. As the coach stopping the play every so often and asking defenders furthest away from the ball what they are hearing can be a powerful teaching moment. You can test your team's listening skills by checking in on them and simply asking them what they are hearing.

**Error:** Defender is square to her opponent and doesn't dictate direction in order to take away option or defender does not step up to deny move to the strong side or inside. Instead, defender opens up hips, drop steps to allow move to the strong side/inside.

**Correction:** Require player to force towards a specific direction.

### **Effective Drills to Practice On-Ball or 1 v 1 Defense**

*The following drills will aid your team's success when building effective on-ball defense:*

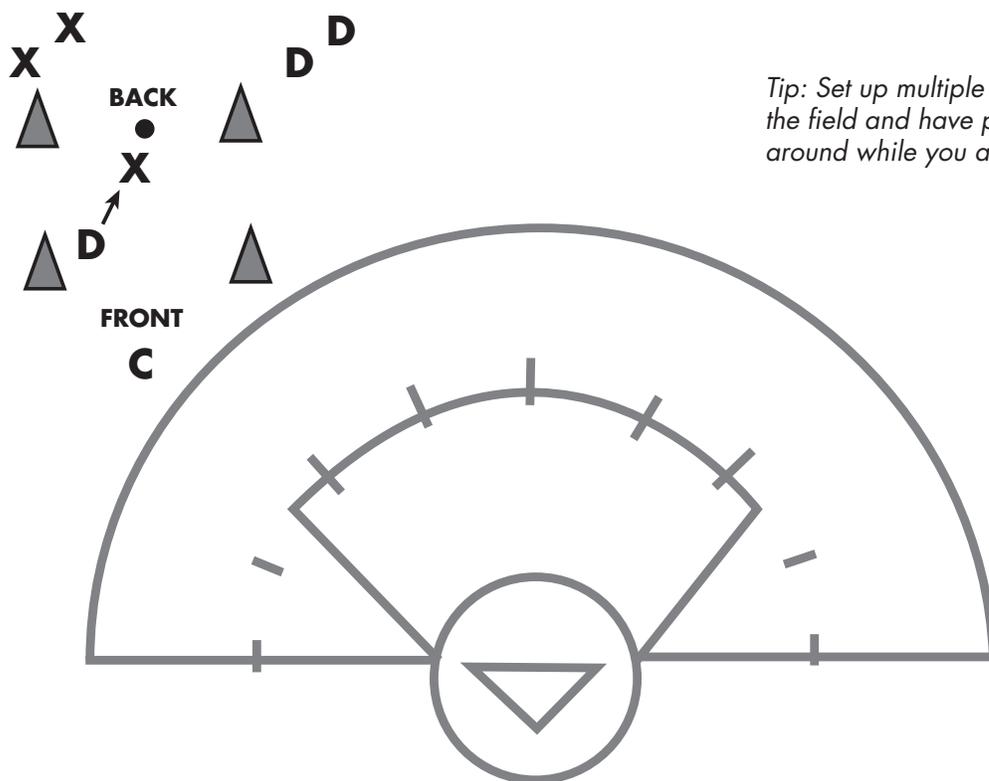
- Force Box Drill
- 5 points 1 v 1's
- Canadian 2 v 2 Ground balls

## Forcing Box Drill

*Objective - This drill is excellent for teaching players 1v1, 2v1 and 1v2 (double team) tactics and skills on both offense and defense. The objective is to either keep the player on offense in the box or force them outside the box at certain areas.*

### Description of Drill - Execution

Set up 4 cones about 5 to 10 yards apart in a box. The front of the box represents the goal. Start the person on offense with the ball at one cone, and the defender on defense at a different cone. On the coaches whistle the defender tries to force the attacker out one side of the box or the back of the box. The attacker tries to cross the goal line. Make all players play attack and defense.



### Skills Practiced

- Dodging
- Cradling
- Defense Positioning
- 1v1, 2v1, 1v2
- Forcing

### Variations/Progression/Increased difficulty

*(As your players improve their skills incorporate the following...):*

1. Attacker has to get to one cone, defender keeps them from getting to that same cone.
2. Attacker has to get to one side.
3. Attacker has to get to two sides - larger area for defender to cover.
4. Defender starts on opposite side of which way the attacker wants to go.
5. Add 2nd defender to practice doubles.

## 5-Point 1 v 1's Drill

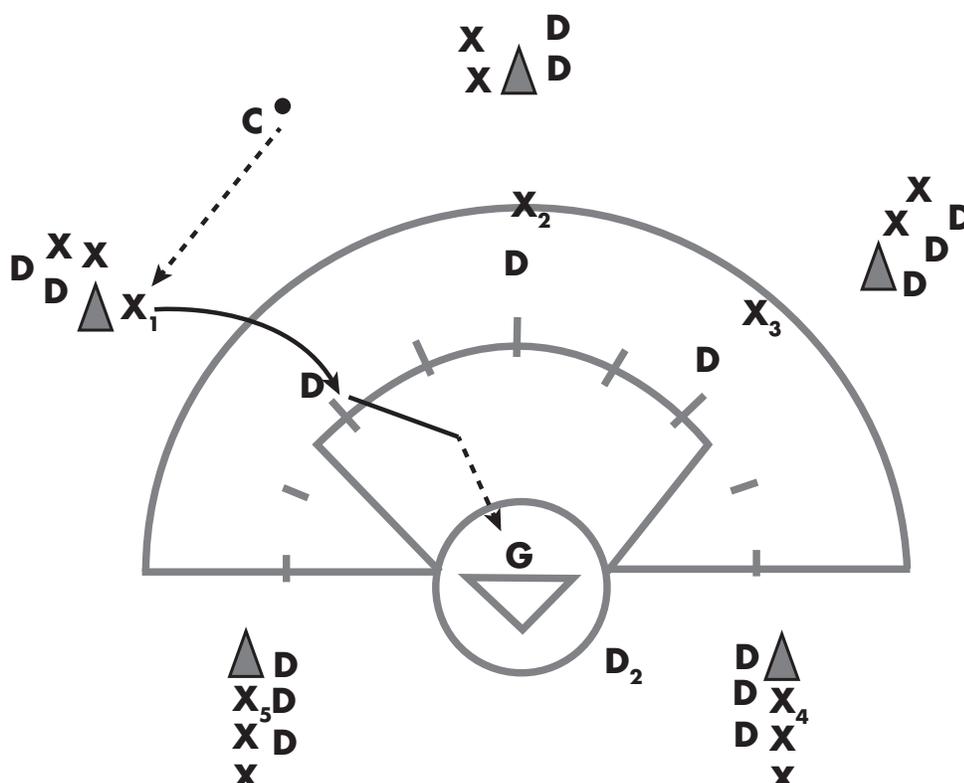
*Objective - This drill is excellent for teaching players 1 v 1 tactics and skills on both offense and defense. The objective is to either beat your player to the goal for a shot, or to defend in proper form and cause a turn over or a low angle shot.*

### Description of Drill - Execution

Set up 4 cones around the 12 meter, one at X (Behind the cage) and one at the top or Point. Then have 2 other cones out wide. Have a line of both offense and defense at each cone. The offensive player will be going 1 on 1 with the defender.

The coach starts each 1 on 1 by throwing the ball to the offensive player at each line, you may also roll the ball to start with a ground ball. The player will gather the ball and go to goal, taking the defender 1 on 1. The coach should give each 1 on 1 4 -5 second to develop into a shot or take away, after that a double whistle should blow and end the 1 on 1.

After each 1 on 1, the coach will throw to another line and start that line. Have the players on offense rotate clockwise and the defense rotate counterclockwise, so that you get a different mix of players going 1 on 1 each time.



*Tip: Roll the ball to the 2 players on the cone and it is a competitive ground ball. Whoever gets the ball is on offense.. whoever does not is on defense.*

### Skills Practiced

- Dodging
- Cradling
- Defense Positioning
- 1 v 1

### Variations/Progression/Increased difficulty

*(As your players improve their skills incorporate the following...):*

Vary the locations where the 1 on 1 will start. You may also have the goaltender clear out each save, or even clear each goal to a breaking defender. This can work on a re-break situation.

# Canadian 2 v 2 Ground balls

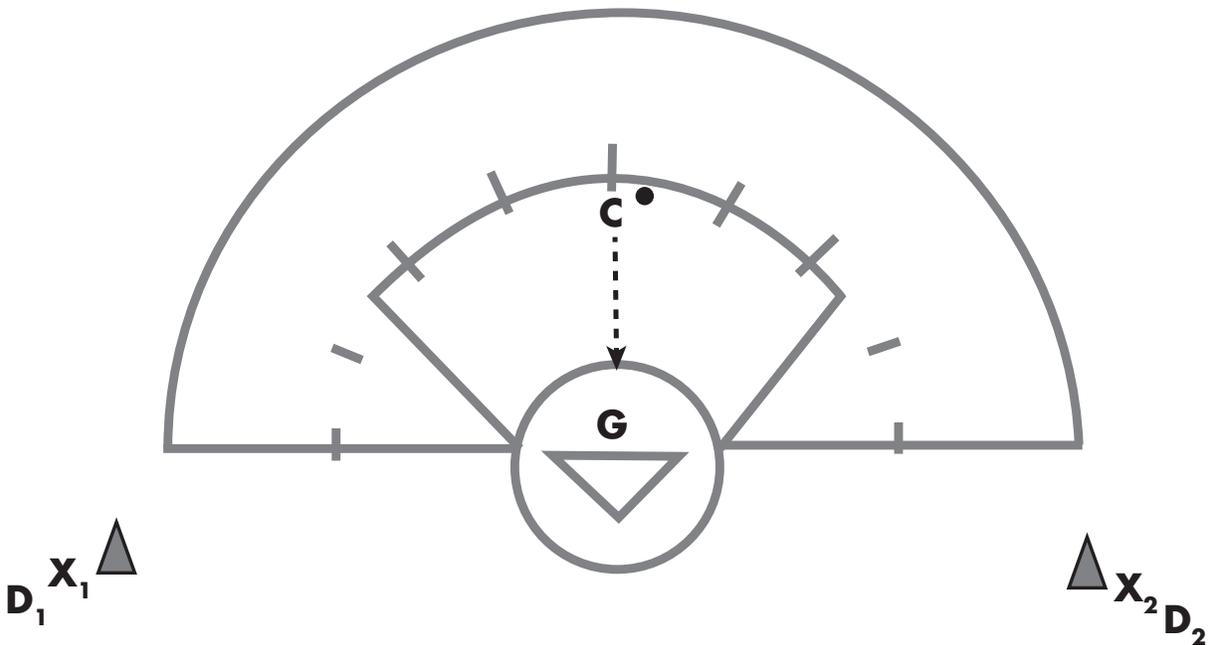
*Objective - To focus players on ground balls in game like situations. The drill forces players to communicate, gain possession under pressure, and then go to goal.*

## Description of Drill - Execution

The coach will be at the top of the attack zone with a bucket of balls.

(2) Lines of players in white will be behind the cage with (2) lines of players in red (one line of each color per cone).

The coach will roll out a ball and one red and one white player will go after the ground ball. Players use communications to indicate possession of the ball and then the team with the ball is on offense and the team without goes on defense to become a 2v2. The drill ends with a shot, save, or clear.



## Skills Practiced

- Ground Balls
- Communication
- Ball Movement
- Conditioning

## Variations/Progression/Increased difficulty

*(As your players improve their skills incorporate the following...):*

Have the goaltender clear all saves or goals back to the defensive team and work on re-breaking up the field after a player shoots.

Also, have the coach add players by yelling "plus 1" at random times to increase the 2 v 2, into a 3 v 3.

## Double Teams

Double teams are another defensive building block for successful team defense, especially the high pressure defenses that are played at the high school and collegiate levels. Successful double teams enable the defense to stop a drive to goal and put intense pressure on the ball carrier at designated spots on the field or at specified times. The goal of a double team is to stop a drive to goal and/or create a turnover. Double teams are another skill that was introduced in Level 1.

### Keys to Double Team Success

- 1) Communication
- 2) Body and Stick Positioning
- 3) When to Double

### Communication for the Double Team

Defenders must be able to communicate to initiate and execute a double team. Players must use a common vocabulary and utilize communication to instruct one another about timing, location, corrections, and duration.

Here's what is said:	Here's what it means:
"I got ball"	Communicated by defender marking the ball carrier
"Help Left" / "Help Right"	Communicated by defender who is adjacent to the on-ball defender
"Bring Her"	Communicated by defender who is in a position to double, telling on-ball defender to force ball carrier in that direction
"Double"	Communicated by both defenders when a double team is initiated
"Stick" or "I got Stick"	Communicated by defender who is on the stick side and will look for the check
"Body"	Communicated by the defender who is not on stick side and will hold body positioning and not look for the check

### Body and Stick Positioning

The on-ball defender must maintain 1v1 positioning while the doubling defender approaches with her stick in the passing lane to deny pass to the opponent she is leaving.

Defenders form a "V" to force opponent to the middle between them. Defenders must "pinch" the ball carrier as she attempts to drive in the middle by stepping in to shut down the path between them. When the ball carrier makes a move to one side, the defender on that side must step up to deny the outside move. The other defender must maintain contact on the opponent's back shoulder – **"chase the back shoulder."**

Defenders should look for the check and must always maintain body positioning. Defenders should stay on the double team until the pass is made or a turnover occurs.

## When to Double

The timing and need or desire to double the ball carrier should be determined by the coach based in the defensive strategy/philosophy or out of direct need based on the location of the ball carrier and the isolation that may be occurring.

Doubling out of need would be automatic for any team when there is a drive to goal. The help defender to the right or the left of the ball will slide to the double and look to stop the ball and double until the ball is passed, shot, or taken away.

***In team strategy and philosophy, teams may double anywhere on the field including:***

- Any drive in the 8-meter arc
- Anytime the ball is at the outside hash mark or wider
- Anytime the ball goes behind the goal cage
- Anytime the opponent stalls

## Coaching Tip:

As a coach you will need to assess your team and individual player abilities when developing a doubling strategy or philosophy. If your team has speed, doubling away from the arc would be an option. If your team lacks speed, you will want to keep your players in tight and double before the ball gets to the 8-meter arc. Consider having certain players on your defense hunt double teams in situations or in set plays to keep the offense on the defensive!

## Double Team Common Errors & Corrections

**Error:** No communication.

**Correction:** Communication must be practiced and the coach must insist that defenders talk in all drills.

**Error:** Defender opens up and allows opponent to drive to the outside. This often will result in the defender picking off her teammate who is doubling, thus allowing a free drive to goal.

**Correction:** Defenders must step up to deny a drive to the outside and force the ball carrier to the middle of the double team.

**Error:** Defenders don't maintain body contact which gives the attacker room to split the double. Correction: Make contact and chase the back shoulder

## Effective Drills to Practice Double Teams

***The following drills will aid your team's success when building effective double teams:***

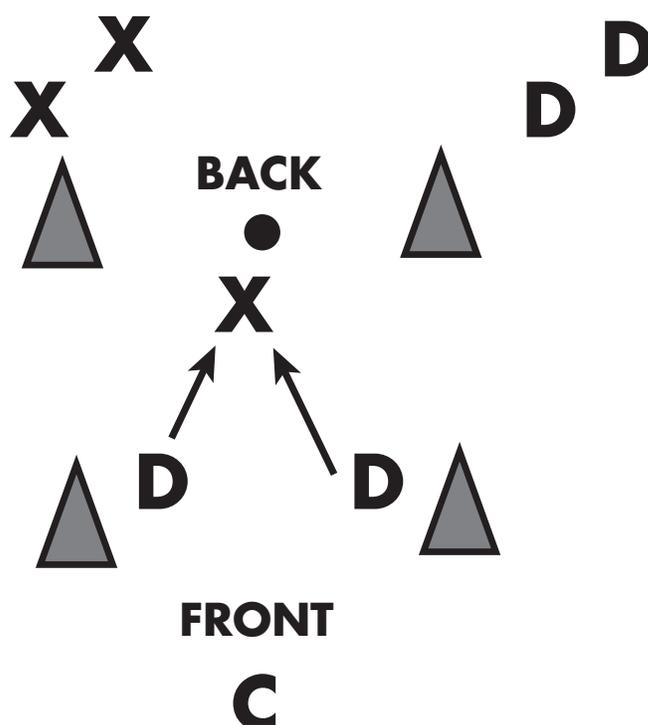
- 1v2 Forcing Box Drill
- 1v2 around the arc from top, elbows, behind
- Alley/Ground Ball Drill

# 1 v 2 Forcing Box Drill

This drill is excellent for teaching players 1v1, 2v1 and 1v2 tactics and skills on both offense and defense. The objective is to either keep the player on offense in the box or force them outside the box at certain areas.

## Description of Drill - Execution

Set up 4 cones about 5 to 10 yards apart in a box. The front of the box represents the goal. Start the person on offense with the ball at one cone, and the defender on defense at a different cone. On the coaches whistle the defender tries to force the attacker out one side of the box or the back of the box. The attacker tries to cross the goal line. Make all players play attack and defense.



### Skills Practiced

- Double Team
- Communication
- Dodging
- Cradling
- Defense Positioning
- Forcing

### Variations/Progression/Increased difficulty

*(As your players improve their skills incorporate the following...):*

- Add more players on defense or offense and make the other person on their own work harder to accomplish the goal.
- Increase the size of the box.

# 1 v 2 Drill

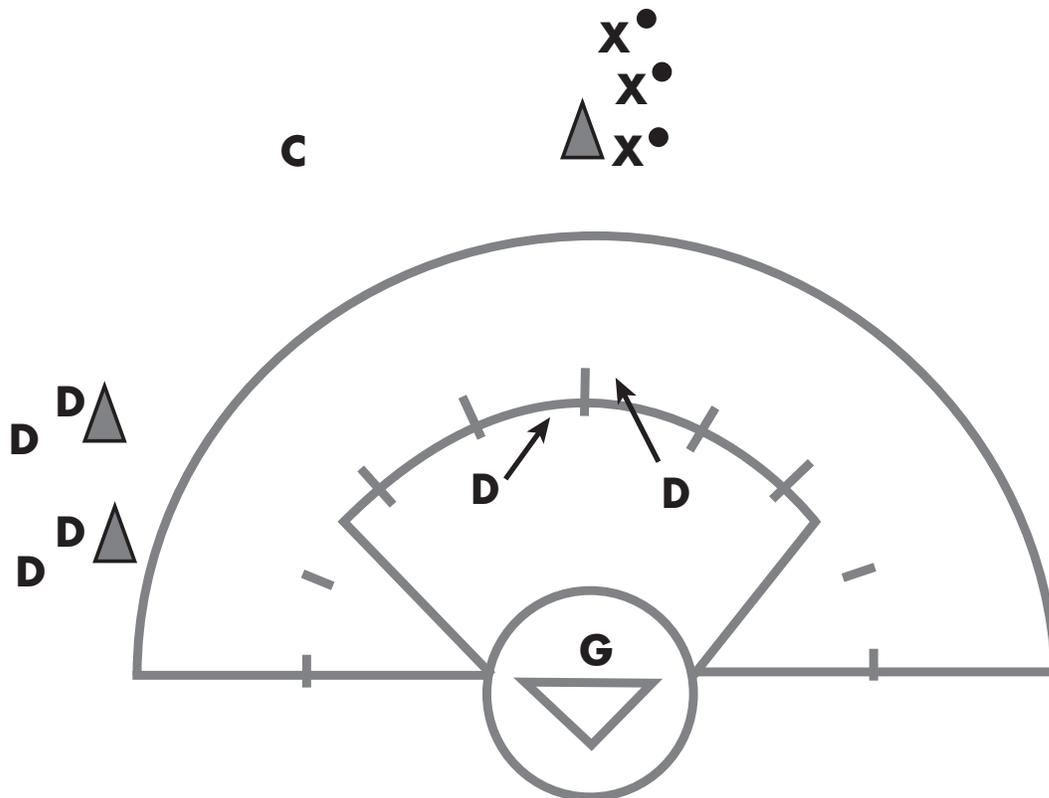
Objective - Drill that has one attacker against two defenders.

## Description of Drill - Execution

Have 1 player on offense go against 2 players on defense.

The coach can start the ball from a ground ball or a pass into the players.

Player go until there is a goal, save, clear or whistle.



## Skills Practiced

- Double Team
- Communication
- Stick Handling
- Defensive Positioning
- Forcing
- Dodging

## Variations/Progression/Increased difficulty

*(As your players improve their skills incorporate the following...):*

- Add a second attacker to make it 2v2 after a period of time.
- Add a 3rd defender to make it a 2v3 so they communicate the double once movement occurs.
- Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

## Defending Cutters

Defenders must be able to defend the cutter in the 8-meter arc to deny a cut to goal and prevent a feed and high percentage shot on goal. This is another individual skill that is an essential building block for successful team defense.

### Keys to Defending Cutters

- 1) Identify a Cut to Goal vs. an Outlet Cut
- 2) Communication
- 3) Positioning

### Identify a Cut to Goal vs. an Outlet Cut

Cuts to goal are threatening cuts through the 8-meter arc that, if successful, could result in a feed and a high percentage shot on goal. These cuts must be defended aggressively to deny the cut/feed.

Outlet cuts are cuts to the outside which if used do not put the ball in a threatening high percentage shot position. Outlet passes generally do not need to be defended as aggressively as a cut to goal.

### Communication

"I got cutter" - when a defender is leaving her position to defend a cut to goal, she needs to communicate this to her teammates.

### Positioning

The defender should defend a cutter in the 8-meter arc **as if she has the ball**. Momentarily, the defender will not maintain her off-ball defensive triangle positioning and she will only see her opponent while she is cutting in a threatening position. As soon as the 8-meter arc cut has been denied, the defender must re-establish her off-ball defensive triangle so that she can see her girl and the ball.

The defender wants to deny the cutter the path to goal by stepping in front of the cutter into the space that she wants to cut to. Defender's stick should be up and stick to stick with the cutter. The goal is to make her change direction and disrupt the flow of offense.

### Defending Cutters Common Errors & Corrections

**Error:** No communication.

**Correction:** The defender must communicate when she is leaving a help position to mark a cutter in the 8-meter arc. Insist that your players call "cutter" when they are defending someone cutting through the 8-meter arc.

**Error:** Attacker gets in front of the defender, causing defender to chase or follow cutter through the 8-meter arc.

**Correction:** Defender must step in front of cutter to deny path into the 8-meter arc. Defender will player cutter as if she has the ball.

### Effective Drills to Practice Defending Cutters

*The following drills will help your team learn to defend cutters:*

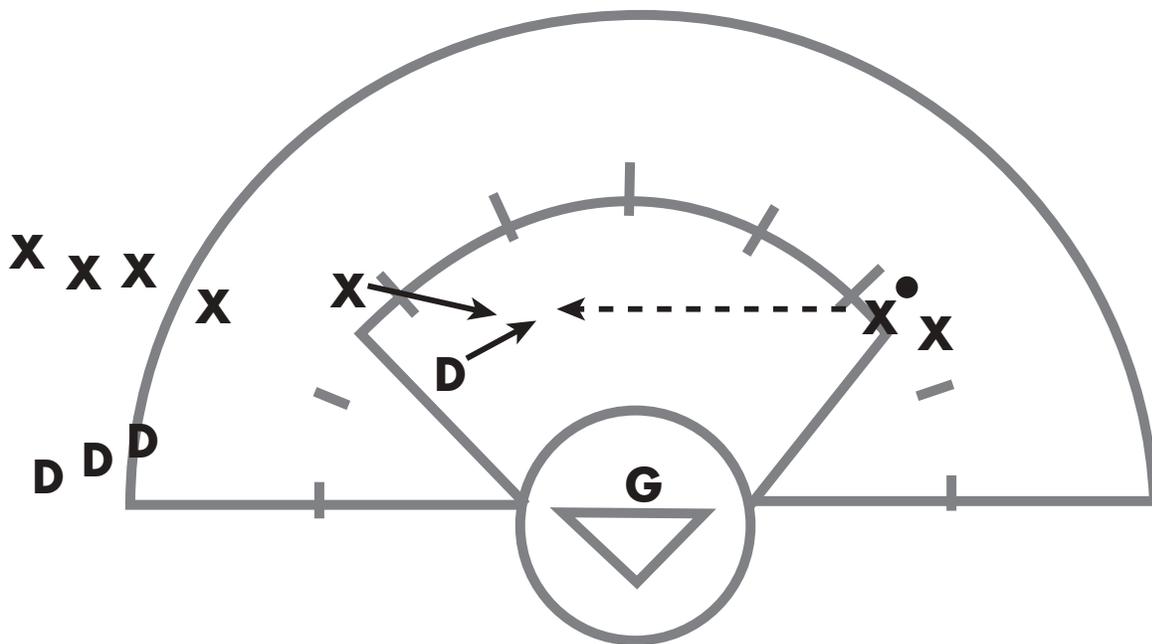
- 1) Denying Cuts Drill - Mobile Coach
- 2) 5 v 5

# Denying Cuts Drill

Objective - To work on denying multiple attacker cuts through the 8-meter arc.

## Description of Drill - Execution

Begin the drill by making 3 lines. 1 line of defense near the goal line extended, a line of attack at the top of the elbow of the 8-meter arc, and a feeding line at the opposite elbow. The objective of the attacker is to cut hard through the 8-meter arc towards the feeder. The defenders job is to deny the cut so there is no passing lane. Attackers can back door or cut in front of the defenders if they are over playing. In this drill the defender will stay for 3 attacking cuts but there will be a new attacker each time.



## Skills Practiced

- 1 v 1 defense and attack
- Denying cuts and passes defensively
- Defensive Positioning
- Defensive Footwork
- Conditioning

## Variations/Progression/Increased difficulty

*(As your players improve their skills incorporate the following...):*

After you deny the cuts on one side, switch to the other side. Also you can build the drill to a 2v2 and a feeder. This way defenders will be forced to work together in a game like situation.

## The Role of the Off-Ball Defender

It is the off-ball defenders job to defend her mark and pursue double teams and slides that will ultimately lead to defensive stops. Therefore, off-ball defenders must position themselves at appropriate angles so they can see both the ball and their player which allows them to mark their girl and puts them in a position to double team and slide.

For player-to-player defense to be effective, off-ball defenders must see the ball and see their girl (the defensive triangle). If they do not see both because they are either too focused on their match-up or too focused on just the ball, they risk making mistakes that often result in a goal. Encourage off-ball defenders to hunt the ball! They are looking for knockdowns and interceptions. Off-ball defenders need to adjust their defensive triangles in relation to their mark and the ball. Teaching defensive triangle positioning will keep defenders from having swivel-heads, where they are constantly turning their head to find either the ball or their girl.

## Keys to Off-Ball Defender Success

- Mark up player-to-player with attackers
- Body Position in good angles to see both ball and girl – **defensive triangles**
- Stick Positioning
- Communication
- Deny cutters path to goal
- Cause turnovers by looking for interceptions, knockdowns, and checks
- Finish the Play

## Body Positioning – Defensive Triangle

Defenders must position themselves to see both the ball and her girl. Defenders must be ball side (closer to the ball than her opponent) AND goal side (closer to the goal than her opponent.)



## Stick Positioning – Be Big!

Off-ball defenders should hold their sticks in one hand with the hand at the bottom of the shaft. Sticks are up and in the passing lanes or in towards the middle of the 8-meter.

## Communication – Be Loud!

Successful team defense hinges on each player knowing her responsibilities and communicating them loudly with her team. The defense needs to have a common terminology. The coach needs to teach the lingo and the volume.

### Base Communication (All Levels)

Here's what is said:	Here's what it means:
I Got Ball	I have the ball carrier guarded
Got Your Right, Help Right	I have your right side help, I will double
Got Your Left, Help Left	I have your left side help, I will double
Got Your 2	I'm your second slide if you go
Double	I'm doubling the ball
Slide	Slide to help, double and protect
Crash	The ball carrier is in the 8, everyone find ball and stop ball
Reset	The slide or crash is over, everyone find a player to guard
Bump	Tells a fellow defender to bump or move over to another player close by in the defense
Shot	A shot has been taken on goal, defense look for the rebound
Clear	The goaltender has the ball and the defense should break out for the clear

## Deny Cutters Path to Goal

Preventing cutters from passing through the 8-meter arc without a defender will save your goaltender a lot of stress. Defending a cutter within the 8-meter arc is a skill that can prevent an offense from finding success.

## Double Team the Ball and Pressure the Ball Carrier

When double teams present themselves, you must never let the opportunity go to pressure the ball and force the offense to react. The advantage of an offense is in the ability to set up a settled attack. By forcing and dictating the game to the offensive team your defense will place the offense in situations they are not prepared to handle at that moment.

## Cause turnovers by aggressively looking for interceptions, knockdowns and checks.

Body positioning, footwork and stick positioning are important for off-ball defenders.

## Finish the Play

Teach players the difference between disrupting offensive play and finishing the defensive play by demanding that players collect every ground ball in the critical scoring area and clear immediately. Often defenders admire when they disrupt the offensive play with an awesome check or knockdown and don't hunt the ground ball. Encourage them to "finish the play" and come up with the ground ball after they dislodge it.



## Focus on the Goaltender

Define the goaltender's role in each drill. It can be as simple as, "make the save and be the vocal leader". Or it can be more specific, "communicate and look for an interception if you feel you can pick off a pass. " Just don't leave the goaltender in her cage as you focus on the defenders. As you prepare practice and set up your drills you may find it helpful if you write down what you want the goaltender to do in each drill.

You may also look to empower your goaltender in drills and have them talk and communicate with your defense. Use terms like "force out", "double" and "crash" that goaltenders can call instruction to her defenders. Empowering your keeper will build teamwork.

*Tip: End every drill with a goalie clear. That will teach your team to react to change of possession and get your goalie more involved.*

### Defense Common Errors & Corrections

**Error:** On-ball defenders are not in good defensive positioning; they are not taking something away from the attackers and are playing too passive.

**Correction:** Focus on the defenders positioning. Are they just "marking" their attackers or are they aggressively limiting the attackers' offensive opportunities. It can be something as simple as the off-ball attackers hedging with sticks up to take away passing lanes, or asking them to step up quicker and establish contact with the ball carrier.

**Error:** On-ball defenders are not stepping up and making legal contact.

**Correction:** Breakdown on-ball defenders roles for them. Focus on anticipating the pass and stepping up and making contact first with their knuckles or forearm with their stick positioned at 10 o'clock or 2 o'clock.

**Error:** Off-ball defenders are passively marking the cutter and following her through the 8-meter arc.

**Correction:** Off-ball defenders need to be disrupting the cutters, turning them off their cutting routes and not giving them opportunities to receive a feed. Encourage your defenders to step across the path of the cutter to disrupt her.

**Error:** Off-ball double teams and slides are too late.

**Correction:** This occurs when defenders don't realize or react quickly enough to the double team or slides. Encourage adjacent defenders to anticipate the dodge and slide earlier. Also encourage defenders two away to "push" their teammate toward the double team.

## Effective Drills to Practice Off-ball Defense

**The following drills will aid your team's success with off-ball defense:**

- 1) 5v5 – with a dodge ball
- 2) 2 Minutes to Success
- 3) Red Raider Drill (shown on page 29)

## 5v5 Drill (Use a Dodge Ball and No Sticks)

Objective - Drill that has players work 5 on 5 in the half field – Use a Dodge Ball And No Sticks!

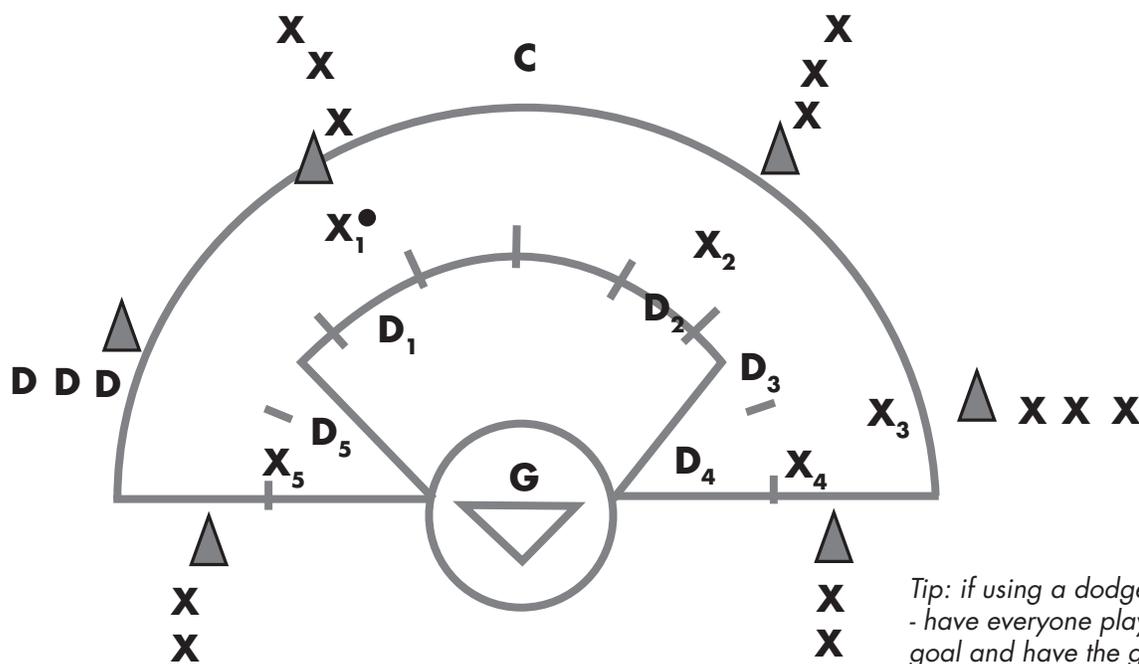
### Description of Drill - Execution

Have 5 players on offense go against 5 players on defense.

The coach can start the ball from a ground ball or a pass into the players.

Have the offensive players pass the ball once and wait for the defensive shift before they make another pass. Make sure ALL defenders see the ball and their girl. Increase the speed of the ball movement as players understand. Add cutting as defenders improve.

Player go until there is a goal, save, clear or whistle. Use a dodge ball to force the offense and defense to work hard and focus on position an games play – less stick work required.



*Tip: if using a dodge ball - have everyone play in goal and have the goalie play defense. It's fun and everyone gets an appreciate of the goalie's role.*

### Skills Practiced

- Defensive Positioning
- Defensive Communication

### Variations/Progression/Increased difficulty

*(As your players improve their skills incorporate the following...):*

Add Sticks and Balls. Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

## 2 Minutes To Success Drill

Objective - Drill that has players work 7 on 7 in the half field with a time limit to hold the ball or cause a turn over.

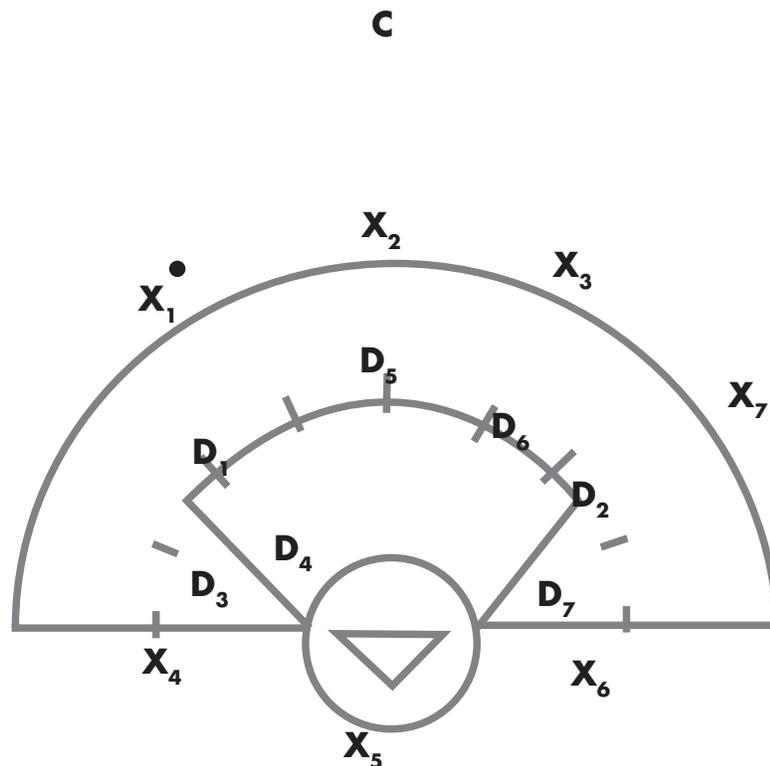
### Description of Drill - Execution

Have 7 players on offense go against 7 players on defense.

The coach can start the ball from a ground ball or a pass into the players.

Players on offense have 2 minutes to hold the ball and not turn it over to win the drill. The defense will work on chasing, checking, and double teaming the ball to cause a turnover within the 2 minutes.

Offense cannot go past half field.



### Skills Practiced

- Defensive Positioning
- Work on pressuring ball carrier
- Shutting down adjacents
- Double teams
- Communication
- Stall

### Variations/Progression/Increased difficulty

*(As your players improve their skills incorporate the following...):*

- Have your players on defense clear all takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.
- Shorten or increase the time with improvement.

# Defensive Slides, Goal Circle Slides, Crashing

## Slides

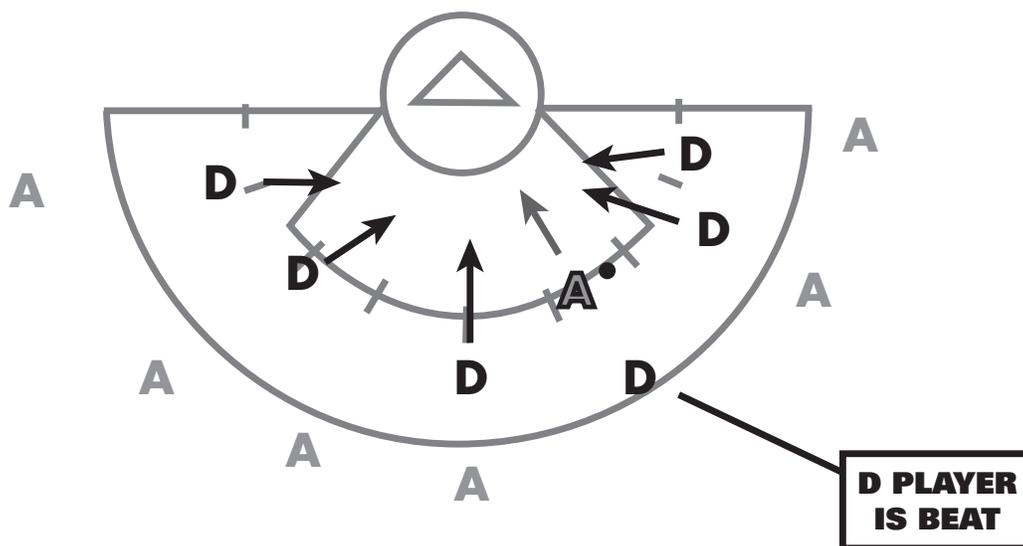
Each off-ball defender must be in position and prepared to slide from her mark to defend an attacker driving to goal or an open attacker cutting to goal. Off-ball defenders must always be aware of the adjacent attacker, the ball as well as their own attacker. Slides occur frequently in settled defense, with the defender farthest from the ball generally marking two attackers to allow a double team on the ball. Successful settled defense depends on successful slides and this requires the entire defense to work together as a unit to execute the slide, stop the ball carrier from driving to goal, and reset after the successful slide.

## Goal Circle Slide

Crease defense and goal circle slides are an important part of settled defense. Defenders must understand the three-second rule and shooting space rule. Goal circle defenders must be sure to move themselves into a position to assist the defensive players above the goal line extended (GLE) and not jeopardize the position they have on the attack players behind the cage, all while knowing their relation to the ball and the cage.

## Crashing

The defensive crash is used when an offensive player beats her on-ball defender and has an open lane to goal. Someone, usually the goaltender, will yell "Crash!" to alert the defense to collapse in the arc and converge on the ball carrier. Crashing is also used on 8-meter arc free position shots to defend against the shot.



## Key Points to the Defensive Slide, Goal Circle Slide, and Crashing

- 1) Understand Three Second Rule
- 2) Understand Shooting Space Rule
- 3) Communication
- 4) Positioning

## Understand Three Second Rule

As we learned in Level 1, a defensive player may not be in the 8-meter for more than three seconds if she is not within a stick's length (marking) an opposing player.

If an attacker (with or without the ball) behind the goal is within the tangents of the goal circle, the goal circle defender is exempt from 3 seconds as long as she remains within the tangents of the goal circle in front of the goal circle. If the attacker is outside the tangents of the goal circle, the defender may only be inside the 8-meter arc for no more than 3 seconds.

## Understand Shooting Space Rule

As we learned in Level 1, shooting space violation occurs when an attacker has the ball in the critical scoring area, has the ability and is looking to shoot. A defender may not be between the shooter and the tangents of the goal circle unless she is within a stick's length of an opposing player and marking her.

If the attacker behind the goal has the ball, no shooting space violation occurs. If the attacker behind the cage does not have the ball, the goal circle defender is an off-ball defender who must be aware of shooting space while guarding the attacker who is behind. (The three second rule would still apply here as well.)

If the attacker with the ball is looking to shoot, the goal circle defender must stay out of shooting space. The goal circle defender can move into/through shooting space if the ball carrier does not have an opportunity to shoot.

## Defensive Communication

Defense must be communicating before, during and after a slide. Each defender should communicate her position and role each time the ball is passed on offense. Truly great defensive teams communicate like they are having a conversation on the field.

### Coach Tip:

Telling your defense to talk is not sufficient. You must tell them what to communicate or what to say is a perfect form of coaching. Be sure to explain to your team what you need communicated when conversation fails. You must practice communication!

## Defensive Positioning

Off-ball defenders need to be in defensive triangle – hedged toward ball-side and toward the goal/8-meter arc – able to see the ball and her girl. The off-ball defender's stick is in the passing lane as the defender slides to the open player. The defenders stay on the double and in their slide positions until they cause a turnover, the ball is passed or a reset is called.

## Defensive Slide Error Detection and Correction

**Error:** No communication.

**Correction:** Practice communication with drives/slides/resets in 5v5 drill with a big ball, no sticks.

**Error:** Defender sees only her girl and not the ball and therefore misses the slide.

**Correction:** Remind players to be in defensive triangle position and hedge to ball side.

**Error:** Help defender is late to double the ball.

**Correction:** Defenders need to anticipate double and make sure to hedge to ball side and 8-meter arc. Defender should not line up even with attacker.

**Error:** Slide defender misses the secondary slide.

**Correction:** Defender needs to anticipate the play and be hedged to ball side on the 8-meter arc.

**Error:** Defenders hesitate on slides.

**Correction:** Defenders must commit to the slide, knowing that the ball in the 8-meter arc area and an open cutter in the 8-meter arc area is most dangerous. Off-ball defenders should leave the two attackers farthest from the ball guarded by one defender.

## Effective Drills to Practice Slides, Goal Circle Slides, and Crashing

**The following drills will aid your team's success with Slides, goal circle Slides, and Crashing:**

- 1) Goal Circle Drives
- 2) Red Raider Drill with big ball
- 3) 5v4



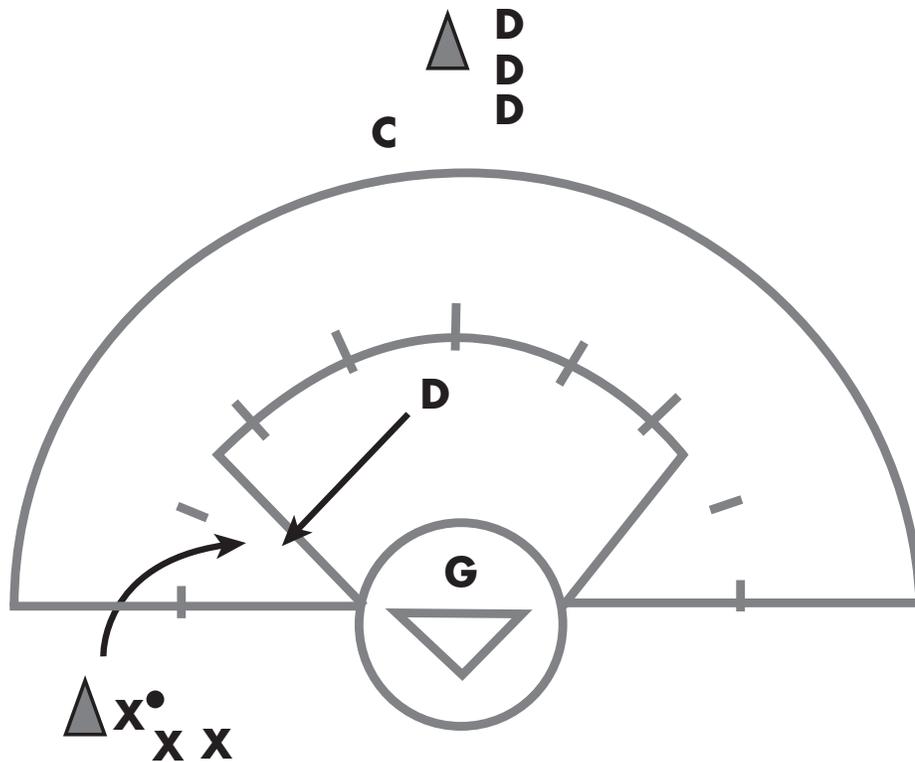
# Crease Drive 1 v 1

*Objective - This drill is excellent for teaching players 1 v 1 tactics and skills on both offense and defense when a drive comes from behind the cage. The objective is to either beat your player top side to a good shooting angle, or to defend in proper form and cause a turnover or a low angle shot.*

## Description of Drill - Execution

Set up a line of players goal line extended and to the side of the goal and a line of defensive players above the 8-meter arc. An attacker with the ball starts behind the goal circle and a defender starts in front of the goal circle. On the whistle, the defender drops in the 8 and works to defend the goal circle drive from the player behind the goal with the ball. Defense must work on forcing out and wide.

Add additional defensive players to work into a double team option or game situations as needed.



### Skills Practiced

- Dodging
- Defense Positioning
- Goal Circle Defense

### Variations/Progression/Increased difficulty

**(As your players improve their skills incorporate the following...):**

Vary the locations where the 1 on 1 will start behind the cage. You may also have the goaltender clear out each save, or even clear each goal to a breaking defender. This can work on a re-break situation.

# Red Raider Drill

*Objective - This drill is excellent for teaching players to crash and force players away from the goal.*

## Description of Drill - Execution

Make a large square (15x15 at the smallest) with 4 cones. One cone in the middle of the square as the "goal". One offense player (red) at each cone. 1 defense player (blue) at each cone defending the offense player (red).

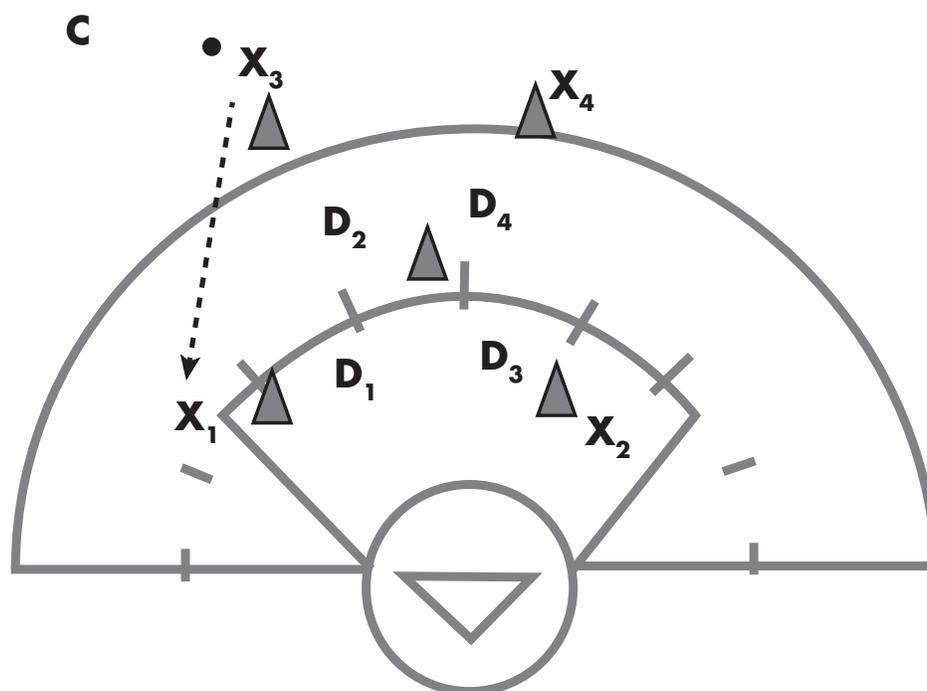
Red must pass the ball around the outside of the cones at least one time. Once all players have touched the ball they may attack the square with the ultimate goal to touch the cone in the middle (goal) with their foot.

Blue must react and communicate accordingly as the ball is moving around the outside of the square - they should allow red to make the pass (don't deny the pass). Make sure they see ball and player!

Once Red is allowed to go to goal, Blues goal is to prevent red from touching the cone by crashing and helping.

## Progressions:

1. No sticks for anyone - just a gator ball
2. Offense with sticks, Defense with noodles
3. Offense and defense with sticks - no checking
4. Offense and defense with sticks - with checking
5. Remove a defender and run as a 4v3. Defense must shift and make sure the ball and adjacents are covered. No skip passes allowed by offense.
6. 4v3 and allow skip passes
7. Move to around goal (2 behind the cage) and allow drive to real goal. Don't forget to end with a defensive clear!



- Skills Practiced**
- Dodging
  - Cradling
  - Defense Positioning
  - Forcing
  - Crashing
  - Communication

## Variations/Progression/Increased difficulty (

**As your players improve their skills incorporate the following...):**

Adjust the size of the square based on skill level (larger square for less skilled, smaller square for more skilled). Making the square smaller can also be a part of progressions.

## 5 v 4 Drill

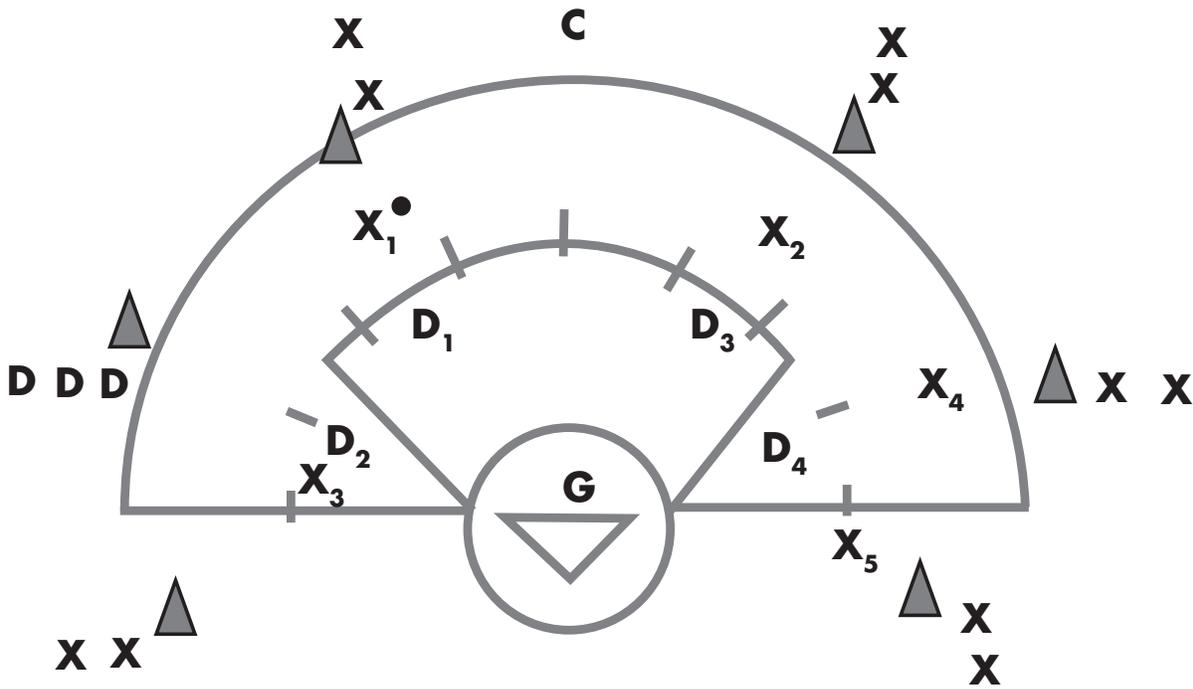
*Objective - Drill that has players work 5 on 4 in the half field. You can work either 5 on 4 with the offense up a player or the defense up a player.*

### Description of Drill - Execution

Have 5 players on offense go against 4 players on defense.

The coach can start the ball from a ground ball or a pass into the players.

Play goes until there is a goal, save, clear or whistle.



### Skills Practiced

- Stick Handling
- Ball Movement
- Defensive Positioning
- Slides
- Communication

### Variations/Progression/Increased difficulty

**(As your players improve their skills incorporate the following...):**

Switch and have your defense go up with 5 players and the offense work with 4 players.

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

## Resetting / Bumping

Resetting and bumping are used after a defensive slide or crash has been executed in order to enable the defense to get back to their player to player defensive positions. Communication for a reset will usually come from a goaltender or a designated defender.

### Key Points to the Resetting/Bumping

- 1) Communication
- 2) Reset Options: Bumping, Doubling Reset
- 3) Maintain Defensive Positioning

### Communication

Goaltender or designated defender will call for a reset by calling - "Reset!"

Defender who is guarding 2 players must communicate this to the team loudly - "I got two!"

All other players should find the open player they need to bump to and then reset the defense.

### Reset Options:

**Bumping** – defenders bump toward the defender who is guarding two attackers.

**Doubling Defender Reset** – defender who is doubling will drop into the 8-meter arc and then toward the defender who is guarding two attackers in order to pick up one of those attackers. 3 seconds can come into play if the player dropping in the center doesn't find the open player quickly and get out of 3 seconds.

### Coaching Tip:

**Inside-Out** – all defenders who are resetting or bumping should move into the 8-meter arc and then back out to an open attacker.

### Maintain Defensive Positioning

Defenders must maintain proper off-ball positioning. It is essential that defenders see the ball and their girl and have their sticks up so that they are in position to block or intercept passes as they transition back to player to player defense.

### Resetting/Bumping Error Detection and Correction

**Error:** No communication.

**Correction:** Take away sticks and use big ball to focus on communication in drills.

**Error:** Attackers are open inside the 8-meter arc for a feed on reset.

**Correction:** Defenders must drop into the 8-meter arc first on a reset, then out to pick up open attackers. Priority should always be to look inside the 8-meter arc first, then outside the 8-meter arc.

**Error:** Defenders are slow to reset.

**Correction:** The reset will take practice, practice, practice. Defenders need to anticipate the play.

### Principles

- Bumping: Go to the closest attacker and BUMP a teammate toward the next player until everyone is covered. Push each other in the right direction. Do not Bump to bump. You must practice and communicate to your teammates.
- Reset inside out: Always step into the 8-meter arc first and then out toward your player. The 8-meter arc is the hot zone and the most dangerous area; protect it at all times.
- Keep your stick, head and eyes up: You might have the chance to knock down or intercept passes during the reset. Hunt the ball.
- Do the easy: The reset doesn't always go as planned. No matter what, players must run the shortest distance to an opponent, protect the 8-meter arc, and take away the most dangerous passes. And ALWAYS, ALWAYS play the ball. Never leave the ball carrier without pressure. Never leave the closest attacker to the goal unguarded.

# Role of the Goaltender

## Focus on the Goaltender

Having a goaltender who is a vocal leader is critical to the success of the defense. Goaltenders are positioned to see most of what is going on in the defensive end and should be taught to develop strong communication skills. Have your goaltender go to watch college games. Ask her to chart how many times the goaltender communicates with her defenders. See if she uncovers how important the goaltender is and that she is the hub of defensive communication.

## Communication

The goaltender is the quarterback on the defensive side of the ball. She's the only person who can see the whole field and at the very least should communicate where the ball is on the field.

## What to Communicate

1. Ball position as the ball moves around the field.
2. As the ball carrier behind the goal drives to the goal circle and is on the pipe (GLE), the goaltender should yell, "Drive!" to let the defender know the ball carrier is moving from behind the goal to above GLE where she may be able to shoot.
3. Goaltender should also tell the players who is "hot" (help defender who will be the first to slide to ball carrier), who is "one" (defender who will slide to pick up the offensive player left open when the "hot" defender slides) and who is "two" (defender who will slide to pick up the offensive player when the "one" defender slides).
4. In a fastbreak situation, the goaltender should communicate to defenders who needs to drop down toward the 8-meter arc and tell defeders who needs to pick up teh ball carrier.
5. In clearing the ball off of a shot, the goaltender should yell, "Break!" to let her defenders know that she has the ball and they need to break out.

**There are many instances where a goaltender can communicate, such as calling the defensive set or letting the defense know if the offense is in a motion or spread, for example, but that depends on the experience of your goaltender. The most important thing is that you want your goaltender to stop the ball and get the ball back to the offense.**

**BACK RIGHT**

**"X"**

**BACK LEFT**

**RIGHT**



**LEFT**

**TOP RIGHT**

**CENTER**

**TOP LEFT**

## Defending Shots on the Run

In warm-ups, most shots are taken while the shooter is standing still, but in a game very few shots are taken from a static position. Most shots come while the shooter is on the run, dodging a defender or while moving away from pressure.

What to work on: the goaltender should maintain ready position and move along the “arc” while keeping good position. The tendency is for a goaltender to get out of position while the shooter moves.

### Drill:

**Have a shooter move from the “right front” position to the “left front” and have the goaltender simply take small steps moving along the arc to demonstrate how small the steps are in relation to the ball carrier’s movement.**

Then, have the shooter dodge and shoot on the run. Things to watch for:

- Goaltender is too far out of position. Have the goaltender take smaller steps as the shooter moves.
- Goaltender steps to the side and doesn’t come out to the ball. Have the goaltender maintain her ready position and keep her weight on the balls of her feet so she can step towards the ball.
- Incorrect stepping motion. Many times this occurs because the goaltender begins to get anxious and moves her feet too much in anticipation of the shot. Instead, the goaltender should keep her composure and limit her feet movement to just small steps and a strong step to the ball when the shot is taken.



## SECTION 2:

# Coaching the Midfield Breakouts, Clears and Rides

## Coaching the Midfield

**“Lacrosse is the fastest game on two feet. But only if the ball is in the air.”**



## Introduction

“Lacrosse is the fastest game on two feet.” This quote only applies if the ball is in the air and not on the ground or being carried by a player. The ball moves faster by passing it up the field than it does by a player running with the ball in her stick. Offensively creating fast breaks, clearing a zone, getting out of defensive pressure and getting the ball up-field to score goals requires teamwork, communication, speed and quick thinking by all players on the field. Knowing where players are cutting to receive a pass, cutting to get open, passing accurately, catching on the run and knowing where to run when possessing the ball are vital to creating goal scoring opportunities.

Alternatively, pressuring the ball with the same principles; teamwork, communication, speed and quick thinking; can cause turnovers and slow down a fast break. Understanding how to re-defend is important to a well balanced game plan.

## Overarching Principles of Midfield:

- Understand offensive breakouts, goal keeping and defense zone clears and defensive re-defend
- Provide guidelines to teach each midfield component, offensive and defensive
- Demand that players respond quickly to changes in possession

## Midfield Terminology and Execution

### Midfield Terminology Principles

- Players must communicate to coordinate and execute midfield tactics
- Players must use clear and concise language

Communication is very important in the midfield game for lacrosse teams and players. When attempting to clear or defend in the midfield area, it is the team that understands what the goal is through communication, which will accomplish success. As a coach you must provide your players with a basic understanding of terminology you will be using, and be sure you utilize those terms when instructing. The basic utilization of the terms will begin to trigger certain actions and plays on the field as your team begins to understand the terms.

**To help you begin building your team's midfield terms, we have provided a sample of the terminology used by a women's lacrosse team.**

### Basic Communication (All Levels)

Here's what is said:	Here's what it means:
Breakout	Players moving to spots on the field to make themselves available to move the ball down the field.
Clears	The act of moving the ball down the field and transitioning from defense to offense.
Show and Go	Cut for the ball to receive it on the go. Run immediately up field.
Reverse	During a clear, "reverse" will be called on the field to signal the need to throw the ball across or backwards in order to get the ball over to the other side of the field to clear in a successful manner.
Re-defend	Defending the clear and not allowing the ball to transition or slowing the ball in it's movement down the field.
Backside Doubles	Doubling the ball carrier from all angles including coming from behind the ball to double, slow down the transition and cause turnovers
Match Re-defend	A player-to-player re-defend, where your offense each guard a defensive player as they try to clear.
Drop Zone	A zone re-defend that requires your offense to drop back to midfield and the restraining lines to force the defense to clear the ball in a slow manner while your team covers key areas of the field.

## Midfield Execution (Passing and Catching in the Midfield Area)

Players need to pass and catch to each other when they are at varying distances apart. They need to do so on the move and at full speed all over the field to move the ball quickly away from the defense and up the field to create scoring opportunities.

**Goals:** Players will learn to pass and catch on the move quickly to each other when they are at varying distances from each other.

### Midfield Execution Principles

- Run through passes and catches. Do not stop!
- Show for the ball. Know where you are open and ask for the ball in the open position.
- If you don't get the ball, sprint and re-cut.
- After the catch, pivot away from defense and move up the field quickly to look for the next pass. Sprint forward!

**Points of Emphasis:** Cutting back for the ball, passing and catching on the move, running through passes and catches, timing of cuts (re-cut if player drops the ball).

### Effective Drills to Practice Midfield Execution Principles

*The following drills will aid your team's success when building effective midfield execution principles:*

1. Weave between the Restraining Line Drill



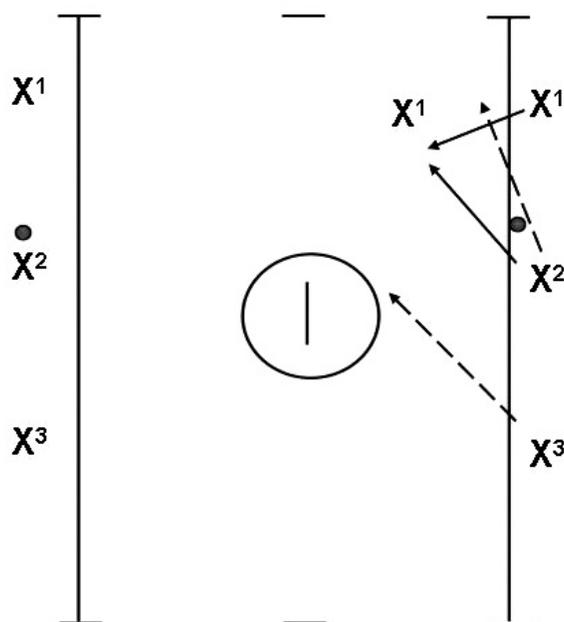
## Weave Between The Restraining Lines Drill

*Objective - The Weave between the Restraining Line is another fast-paced, high-intensity drill that focuses on stick work and transition passing. Players will learn to lead their teammates with the ball so speed is never sacrificed.*

### Description of Drill - Execution

A line of three players is set up on each restraining line facing the middle of the field with right hand up. There should be approximately 15 yards between each player. Depending on the player's skill level, a coach can adjust the spacing between each line. The remaining players should fill in behind each line and a ball must always be with the player in the middle line.

The ball begins in the middle line with X2 and she passes to X1, who is angling in towards the middle. After X2 passes the ball, she immediately sprints behind X1 to fill in the outside lane. As X2 receives the ball, X3 begins to "angle" in to put herself in a better passing lane to receive the ball from X1 with left hand up. X1 sends a leading pass to X3 and then immediately sprints behind her pass to fill in the outside lane X3 initially occupied. X3 then passes to X2, who receives right handed, and the pattern continues through the opposite restraining line, at which point the next group begins their weaving pattern.



### Skills Practiced

- Ball Movement
- Communication
- Transitions
- Catching and Throwing with both hands

### Variations/Progression/Increased difficulty

**(As your players improve their skills incorporate the following...):**

Another variation of the Weave between the Restraining Lines is simply eliminating the weave component and shortening up the passes to get more touches on the ball. The second component begins in the same way as the first component but the lines are slightly closer to one another. Each player remains in the same "lane" and does not weave behind their pass as they did in Component 1. X2 begins with a leading pass to X1. X1 passes back to X2 (also a leading pass) and then she immediately turns, gets her hips and shoulders around, and gets a quick leading pass off to X3. This continues until they reach the opposite restraining line and the next group starts.

# Understanding Field Zones and Breakout Set Up

When their team gains possession of the ball by a turn-over or a goal keeper save, players need to understand where to go to receive a pass, support the ball carrier or make space for others to cut or run through. Breaking the field into 4 zones helps create space for cutters, passing and ball carriers and makes it more difficult to defend.

The break out is the beginning of transition play. Once a team gains possession, regardless of where the change in possession occurs on the field, all players quickly break into passing lanes to begin transitioning the ball into the offensive end of the field. Each one of a team's 12 players is responsible for creating offensive opportunities every time her team gains possession. It is your responsibility, as the coach, to teach players how to move into correct spots on the field in order to quickly and effectively transition the ball into the offensive below the restraining line.

## Keys to Field Zones and Breakout Success

All players will learn to break out quickly into a different space within different zones and maintain that space to support the ball and move the ball quickly up the field. Know what zone they should break to.

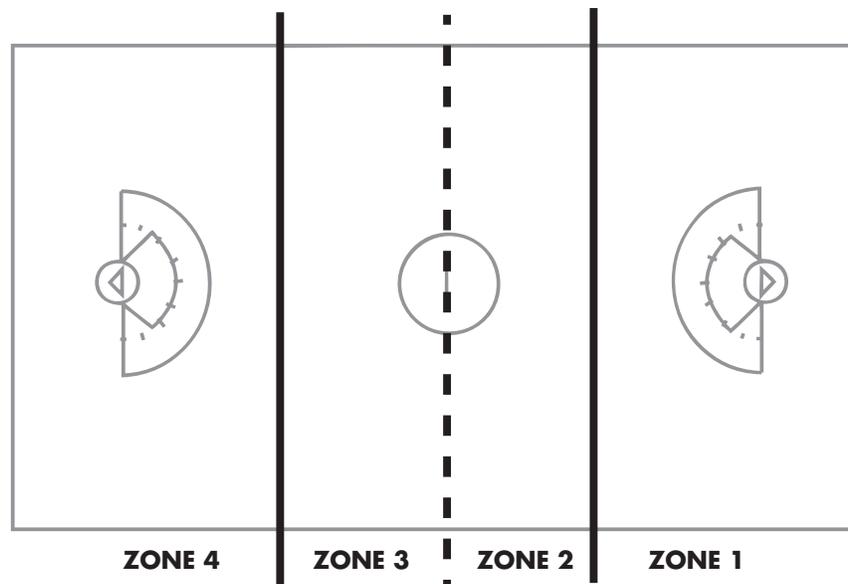
### Teaching the Breakout Key Points:

- Players must break into open passing lanes, positioning in varying layers on the field
- Players must break into zones on the field to help spacing and increase passing options, support the ball in all sides, including behind

### Zone Set Up

You can simplify the transition process for your players by breaking the field into 4 Zones (See diagram 1).

Diagram 1

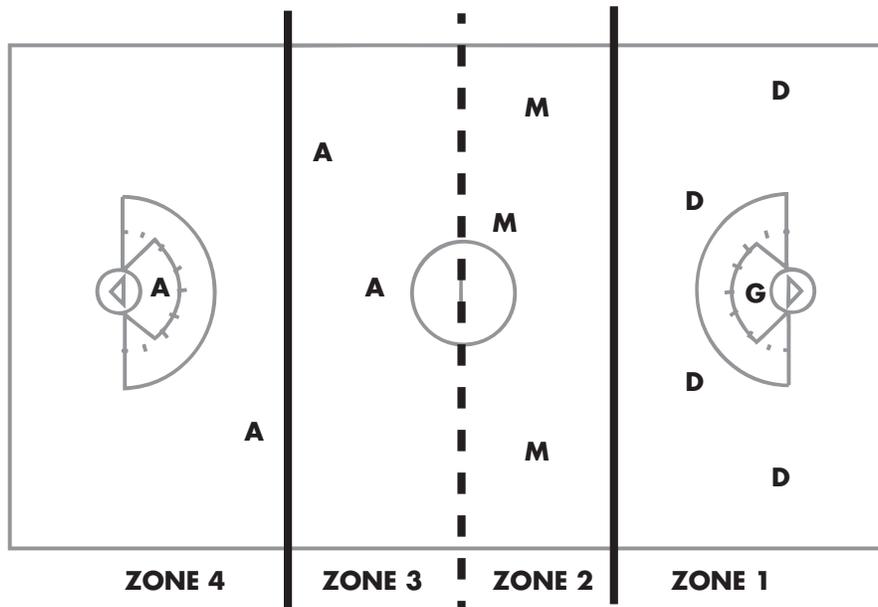


- Zone One extends from your team's defensive goal line to the defensive 30-yard line (e.g., restraining line).
- Zone Two extends from the defensive restraining line to the 50-yard line.
- Zone Three extends from the 50-yard line to the offensive restraining line.
- Zone Four extends from the offensive restraining line to the offensive goal-line-extended.

## Player Set Up in the Zones

For every breakout, a specific number of players need to position themselves in each of the four zones to maintain proper spacing on the field (See diagram 2).

Diagram 2



- Zone One: five players, including the goalkeeper
- Zone Two: three players
- Zones three and Four: two players

## Field Zones and Breakout Common Errors & Corrections

**Error:** Two or more players break into the same area or too many in one zone which allows fewer defenders to defend more players. Also causes confusion among cutters and passers.

**Correction:** Put cones on the field in the exact spots you want players to break out towards and cut from so they can visually see the distance between them and other players and know where to go.

## Effective Drills to Practice Field Zones and Breakouts:

**The following drills will aid your team's success when building effective Field Zones and Breakout:**

1. Use a white board to show the zones while standing on the field (SLIDE 25). Quiz them on how many should be in each zone.

**Points of Emphasis:** Specific amount of players within each zone and spread out within the zone. Players move as the ball moves.

**Drill Progression:** Show players on the white board how they should shift and move as the ball moves to support the ball on all sides, including behind the ball.

## Coaching Tip:

As players learn new tactical concepts their actual speed of play may decrease because they are thinking about what they are supposed to be doing instead of doing it. Be patient when introducing the breakout. Make sure your players can conceptualize their role in the transition attack. Drill the basic concepts several times and you will eventually see a quick reaction and true speed from all of your players as they execute the breakout after a change in possession.

The ideal scenario is to pass the ball first to the sidelines, drawing defensive pressure away from the middle of the field, then move the ball toward the center to push a fast break.

Often, the ball carrier on the sideline is pressured and has no option in the center of the field. She needs passing options behind her as well as on the back side (e.g., opposite side of field).

The first and most ideal situation, once the ball has moved from the sideline back to the middle of the field, which typically happens around the 50 yard line, is to push the fast break by attacking the cage from the middle of the field.

A second option is to move the ball down the side of the field and behind the goal to get right into the a motion offense.

If the ball carrier has one player to beat, she should beat her by moving forward and dodging hard past her. After executing the dodge, the ball carrier needs to lead with her stick, keep her eyes up, and move the ball to an open teammate. It is not uncommon for the ball-carrier to slow down and lose momentum when she is approaching a defender. By doing so, she allows her opponent to establish defensive position. If there is one defender to beat, encourage the ball handler to go right at her!

Off-ball players have an important role in the breakout even when they trail the ball carrier. For example, defenders who have broken into zone one and are positioned to be trail and backside passing options are responsible for watching the ball carrier's back and communicating oncoming pressure. They must let their teammate know when pressure is coming, especially when the pressure is looking to check from behind.

When breaking out, off-ball players often turn their backs to the ball carrier and run away. Encourage off-ball attackers to ALWAYS "see and show". More specifically off-ball players need to keep the ball carrier in their line of vision so they can support the ball handler and anticipate the next pass. Seeing and showing for the ball is of critical importance especially when the ball handler is under pressure.

**The key to a successful breakout is having multiple passing options in each zone and passing the ball ahead to the open player. The ball moves faster in the air than it does running it. An effective breakout, with the ball moving quickly in the air, often leads to a goal scored out of the transition offense.**

## Coaching Tip:

The ball moves faster when passed, rather than run, down the field. You can illustrate this point by selecting the fastest player on the team and having her run the ball against four players, positioned in each zone on the field, passing the ball in the air. See which strategy scores first.

## Coaching Pointers for Attending to Goaltenders When Teaching the Breakout

1. Work with your goaltender to get her comfortable outside of the cage. As the breakout develops she may need to leave the cage to allow players to get down field into their positions.
2. Help your goaltender see the field, make sure her eyes are up and she is seeing more than just the open player to whom she could potentially pass.
3. Encourage your goaltender to act as a field player on the clear. She may pass the ball and then need to be an outlet to get the ball back if the receiver gets trapped or you are switching fields/direction.
4. Help to define what your goaltender is looking for; her first pass on the breakout and the next pass in the transition.
5. Develop your goaltender to quarterback the breakout, she will be in position to see the field and communicate to her teammates.

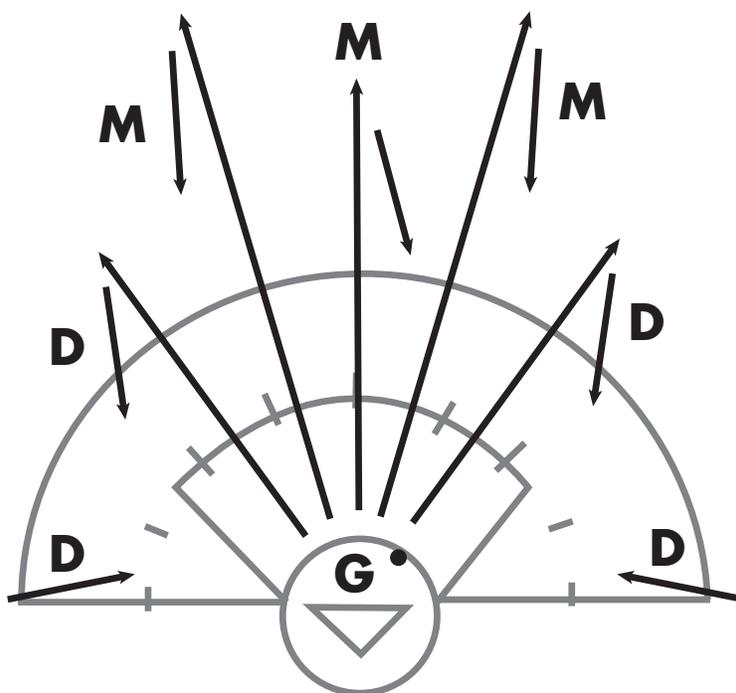
# Clears

Once your team gains possession of the ball their primary goal must be to clear the ball from the defensive zone as quickly and efficiently as possible to avoid defensive pressure and create a scoring opportunity.

## Keys to Clearing

- Players break out immediately on the goaltender save while looking back to the goaltender
- Players communicate clearing routes and are ready for a pass to start the fast break
- Players quickly transition to attack to create a man-up situation

Clearing the ball is the beginning of a team's offensive push. Teams can develop and practice specific clears that will help spark their transition game, beat an opponent's ride, and result in goals scored out of transition play.



### Key Points:

- Move quickly to zones 1 & 2 and cut back for the ball
- Maintain width, varying layers, shifting zones and support as the ball moves
- Sprint to cut lower than the ball and back to it
- Switch fields on a back pass. Don't forget you can use the goaltender on a back pass or field switch!
- Players in zones 3 & 4 must not stand on the restraining line and wait for the ball. Set up in either a box or diamond to vary levels and create space to cut. Once the turn over occurs, players in zones 3 & 4 must be moving and cutting to other spots (they can screen on a switch!) to occupy defenders.

When introducing the clear to your team, it is important to keep it simple and build off of the principles that guide the breakout. The diagram above illustrates a simple clear that emphasizes the low defender cutting along the goal-line extended and angling back for the ball, allowing her to see pressure coming. The players break out in a balanced pattern, seeing the ball, maintaining good spacing, and giving the goalkeeper a number of passing options. This simple clearing system allows you to build the clear regardless of the distance and accuracy of your goaltender's actual clear. It is always good to keep a low defender close to goal as a safety in case of a turnover.

## Clearing Common Errors & Corrections

**Error:** Players do not move to open areas of the field resulting in overcrowding an area which makes it easier for the opponent to defend.

**Correction:** Encourage players to sprint to their areas while seeing the ball, because each player has a role in transitioning the ball down field.

**Error:** Players all run away from the ball toward the offensive end without looking back.

**Correction:** Players must be able to break out at an angle to see the ball at all times and support it during the transition. Remember - see and show for the ball.

**Error:** The team transitioning the ball turns it over under pressure.

**Correction:** Encourage the ball carrier to make a quicker decision with the ball to avoid getting trapped and pressured. Encourage off-ball players to be a trail and a backside option and to communicate oncoming pressure.

**Error:** Players make their initial cut and stop.

**Correction:** Teach players to recut.

## Coaching Pointers for Attending to Goaltenders When Teaching the Clear

1. Develop your goaltender to be able to get the ball out of her stick quickly – and with both hands! Encourage her to come out of the goal circle.
2. Communication from the goaltender on the clear is critical; she may not need to touch the ball to be part of the clear. If she sees a turnover in the midfield she can quickly call “clear” to her teammates to activate them into transition mode.
3. Coaches should work with goaltenders to develop their clearing passes. Teach them to throw:
  - \* Long, leading passes
  - \* Short, quick passes
  - \* Passes under pressure
  - \* Passes to teammates who are in traffic.
  - \* With both hands work with goaltenders to be aggressive and comfortable outside the goal circle and hold them accountable to make high percentage passes.

## Effective Drills to Practice Clearing

**The following drills will aid your team’s success when clearing:**

- 1) Clears after the Shot Drill
- 2) Full Field Pattern Passing Drill
- 3) Transition Drill (Bag of Balls)

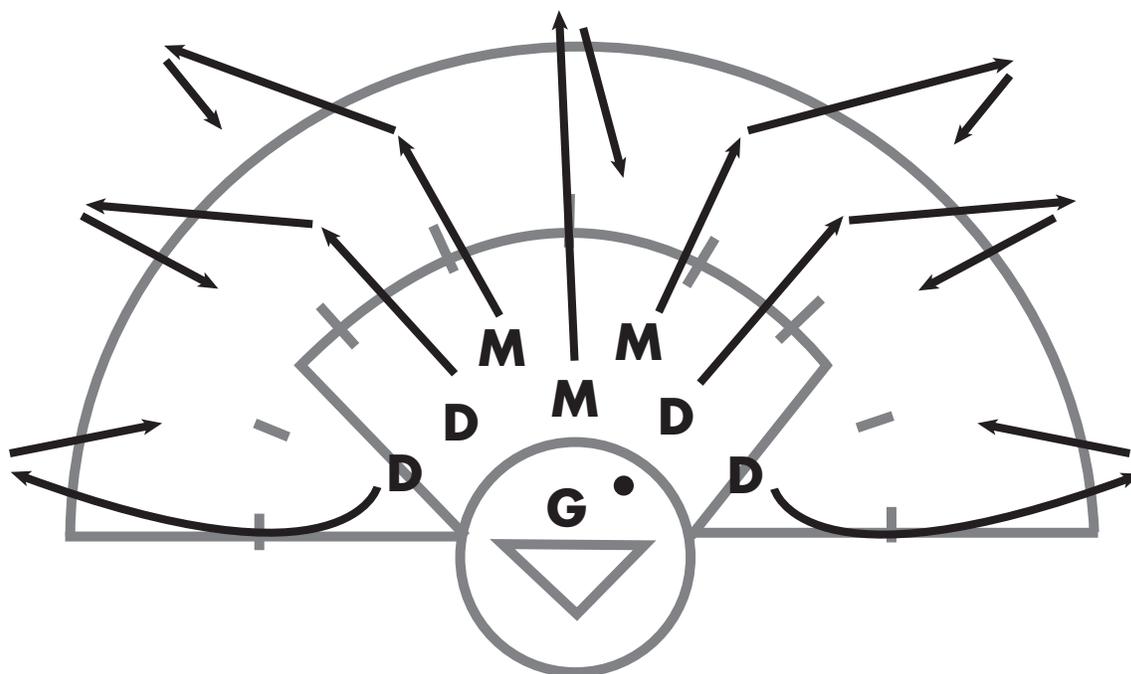
## Clears After the Shot Drill

*Objective - This basic clear drill will have your players in the right place and understanding how to breakout into space.*

### Description of Drill - Execution

The coach will move around the 12m arc and shoot a ball on the goaltender. Once the goaltender makes the save, she will yell clear to start a breakout of all 7 defensive players. Low defense will break out to the wings in a “banana” cut motion. 2 higher defense players will break up and out to the wing areas of the 12m, and the remaining midfielders will break up and out to create a standard break out.

Once the goaltender clears the ball out to a breaking defender, you want to encourage 2-3 passes toward the midfield as the players look to transition the ball up the field.



### Skills Practiced

- Clears
- Ball Movement (Catching and Throwing)
- Cutting back to the ball

### Variations/Progression/Increased difficulty

**(As your players improve their skills incorporate the following...):**

- Add a re-defend into the mix and have players in different color pinnies roam the field and disrupt clears.
- Add a back pass and field switch.

# Full Field Pattern Passing Drill

*Objective - This drill is excellent for teaching players tactics to run clears and basic ball movement when looking to move the ball up the field.*

## Description of Drill - Execution

Set 7 - 9 players up at 7 - 9 "spots" along the full length of the field starting with the goaltender and all the way to the other end of the field. No defenders. Players must cut away from their spot and back to the ball carrier, run through their catch, pivot and look up for the next cutter and make the pass. Players go to the spot they just threw to for the next group.

Timing of cuts is important here. Switching fields.

Pass 1 – flat from the goaltender to cutter beyond the 12m

Pass 2 – up field to a cutter by the restraining line

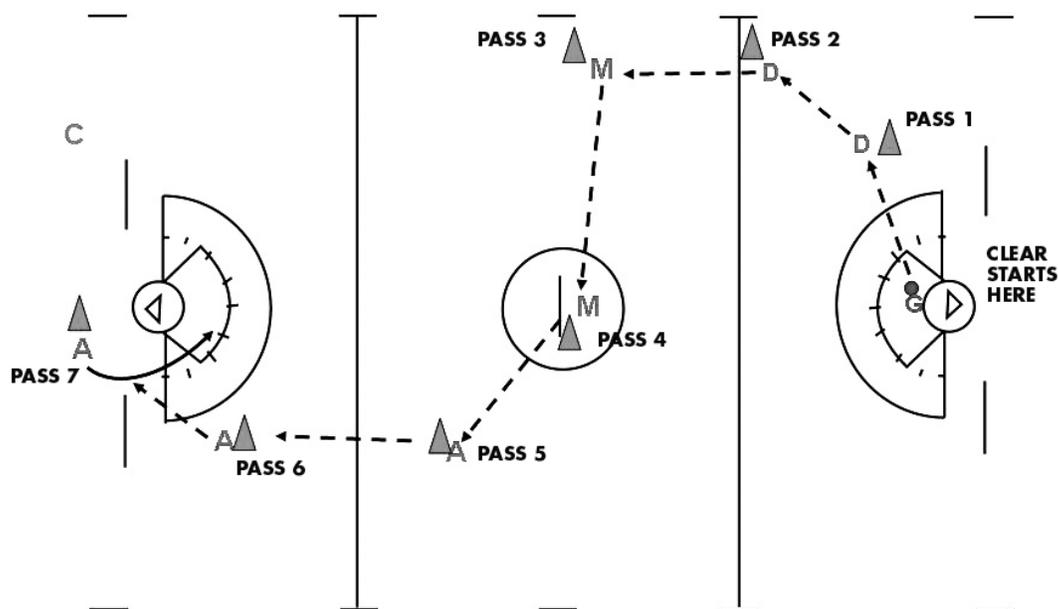
Pass 3 – up field to a cutter by midfield on the side

Pass 4 – across the midfield. Cutter should catch in the center circle at approx the midfield line and carry the ball across the middle of the field to switch fields

Pass 5 – up field to a cutter on the opposite side just above the restraining line

Pass 6 – up field to a cutter just below the restraining line by the 12 meter. The ball should be in the opposite 12m by now

Pass 7 – to a cutter coming from behind the goal to the middle of the 8-meter arc. Catch, turn, shoot.



## Skills Practiced

- Ball Movement
- Communication
- Clearing
- Cutting back to ball

## Variations/Progression/Increased difficulty

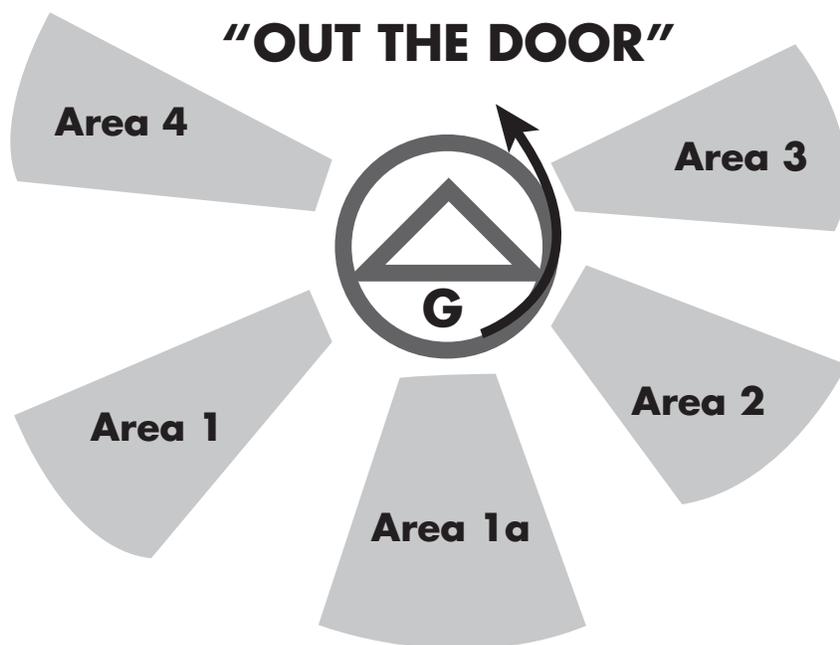
**(As your players improve their skills incorporate the following...):**

Add defenders to the spots on the field and make players have to work to get the ball down on the clear.

# Goaltender Play in the Clear Game

## Hierarchy of an Outlet Pass After a Shot

After a shot is taken, goaltenders should follow a progression to get the ball to the offense with the first looks to the midfielders. Here is the progression that follows after a save. Remember, your goaltender has 10 seconds to clear the ball once she makes a save. We use these area counts to her advantage, but your keepers should be moving quickly once gaining possession to beat the ride:



1. The first place a goaltender should look is up field to where the shot came from. Most likely the defender got beat and is already up field from the shooter.
  - a. Scan across the middle of the field. This is an area most coaches tell their goaltenders never to throw the ball and therefore leave it open, but if you have confidence in your goaltender's passing ability, this can be a good option and shouldn't be overlooked.
2. Adjacent midfielder on the other side of the shooter. This midfielder is usually watching the play and can see the shot taken and get a jump on the break.
3. If the goaltender is right-handed, she should turn towards the left side of the goal (keeping the stick away from the goal), and look to the defenseman breaking to "left behind".
4. As the goaltender moves to behind the goal, while still in the goal circle, she should look to the defender breaking to "right behind". (Out the door, she should evacuate the goal circle if it is clear, if not then stay in and exit when safe. The goaltender has ten seconds, to see all those progressions. If they're not there, she should be out of the goal circle behind the goal and begin the settled clear.

# Defending the Clear

## Backside Double

Doubling the ball on a clear can be extremely effective in pressuring the offense and creating turn-overs. Demand that your attackers play defense! Doubling from behind or “backside” is surprising and effective, especially on a sideline. The goal is to coach so your players will understand the how to backside double along with the timing, location and communication.

### Keys to Backside Double Team Success

- Primary defender forces the ball carrier to a sideline from the top or side by being big and “forcing” her to where you want her to go (overplaying on the inside)
- Once the ball carrier is close to a sideline, doubling player communicates the intent to double and pursues the double quickly
- Communicate to the on ball defender to “Turn her!”
- On ball defender steps across the ball carrier to force her back into the double. Pinch the attacker in the double
- Keep her in it. Do not give up on the double. Get the ball!

As always, part of teaching defenders effective positioning is helping them understand their job as the on-ball and off-ball defenders in the backside double team.

### The role of the on-ball defender in a backside double:

- Force the ball carrier toward the sideline by overplaying the inside of the field.
- Establish body position to sustain the sideline ride; use the stick to deny the attacker’s attempt to roll back to the inside.
- Hold body position; patiently wait for the doubling defender.
- Listen for the “doubler” to give the step-up-and-turn-her command.
- Step up across the intended path of the attacker forcing her to roll back toward the middle of the field and into the backside double team.
- Pinch the attacker in the double-team; then, communicate who has body and ball before going for the check.
- Get the Ball!

### The role of the “Doubler” in a backside double:

- Be patient and wait until the ball carrier has her back to you and your teammate is ready to turn her toward you.
- Communicate your intent to leave your mark and pursue the backside double to the defensive unit.
- Communicate to the on-ball defender: “I’m coming, get ready to turn her, step-up, step-up!”
- Be aggressive and take a risk; if you are going, do not hesitate, GO!
- Pinch the attacker in the double team; then, communicate who has body and ball before going for the check.
- GET THE BALL!

Once the doublers understand their roles and effectively pinch the attacker inside the double, they must communicate body and ball and finish the double team by coming up with possession. The key to finishing the double team for possession is communication. The defender who is stick side communicates “stick” or “ball” and then goes for the check. Remind this defender to execute a controlled check, to avoid losing body positions. While the defender who is not on the attackers stick side communicates “body” and holds body position to continue to contain the attacker and enable her teammate to go for the check. Remind your defenders not to go in swinging. Going in swinging often results in a foul and a missed opportunity to come up with the ball.

## Backside Double Terminology & Tactical Concepts

Remember, communicating is the single most important thing defenders can do for each other to anticipate and react quickly and effectively as a unit. The backside double team is an aggressive tactic that is high risk/high reward and demands communication from all members of the defensive unit. Here is the resetting terminology defenders need in order to effectively mark up out of the backside double.

Here's what is said:	Here's what it means:
Hold	This defender is holding on the player who just passed the ball and continuing to mark her
Release	This defender is pulling off the player she was just doubling and is resetting backside

Resetting out of double teams is critical. The team with good communication will be able to learn this tactic quickly and be successful recovering. They will more than likely end up forcing a turnover as they reapply pressure to the attack when resetting out of double teams.

On many teams, once a double is over, the defenders pull off and run around until they find an open player. This is an unstructured tactic that often leaves opponents wide open, sometimes next to the ball or inside the 8-meter arc. If an unmarked player remains open for an extended period of time, she becomes an increasingly dangerous scoring threat and needs to be marked. Instead of running around haphazardly, defenders need to reset backside. This will cover all the players closest to the ball and force the opposing team to find the open player on the opposite side of the field.

Every team needs to establish guidelines about when to pull off of a double team. Encourage players to stay in the double until the ball gets passed, or until they come up with possession.

Once the attacker passes the ball, the defenders who are in the double team need to reset. The back-side/weak-side player (e.g., she's farthest from the point where the ball now is) releases and triggers the reset, while the ball-side/strong side player holds.

Once your players know how to reset out of the double team, your team can confidently pursue aggressive doubles knowing that they are in a win-win position. That is, they are either going to win possession out of the double team or win possession in the reset by anticipating and knocking down the pass to the open player. Player-to-player defense is most effective when everyone in the defensive end is working together to limit shots and start the offense.

### Coaching Tip:

Work with your team to help them reset and communicate. Place them in different defensive positions in the critical scoring area. Set them up in double team situations and then play, forcing them to reset as the attack goes live to the cage. Keep building on the resetting component, a weak reset almost always results in a shot on the cage.

## Backside Double Team Common Errors & Corrections

**Error:** Calling the turn to early or the primary defender turns the ball carrier early so the ball carrier splits the defender

**Correction:** Walk through in a 1v2 so the doubling defender can see the timing slowly. Work into a jog and eventually at full speed.

**Error:** Overrunning the double allows the ball carrier to split the defender

**Correction:** Walk through in a 1v2 so the doubling defender can see the spacing slowly. Work into a jog and eventually at full speed

**Error:** Primary defender does not turn the ball carrier resulting in no double team and one defender out of position.

**Correction:** Don't be afraid to step in front and trust your teammates on the double. Walk through in a 1v2 so the primary defender hear the communication and see the timing slowly. Work into a jog and eventually at full speed.

**Note:** This could happen because the ball carrier is faster than the primary defender. Know who you can backside double and who you can't!

**Error:** Not forcing to a sideline to allow the backside double to develop. Backside doubling in the midfield is possible but very difficult to be effective.

**Correction:** Force the ball carrier to a sideline by being slightly in front of her on an angle towards the sideline. Be big to direct the ball carrier where you want her to go. Close and turn feet to keep the ball carrier on the sideline until the second defender arrives

**Error:** Player below ball does not come in to help with the backside double.

**Correction:** Emphasize their role.

## Focus on the Goaltender

If the defense does their job well, then many of the attacks shots will be low percentage ones. Develop your goaltender to have the mindset that she starts the offense when she makes the save. Keep her communicating and focused on getting her offense a quality start by getting the ball out of her stick quickly to an open player to start the transition.

## Effective Drills to Backside Double Teams

**The following drills will aid your team's success when building effective backside double teams:**

1. Syracuse Drill

## Syracuse Drill – Backside Double Teams

*Objective - This drill is excellent for teaching players tactics to run backside double teams during the re-defend game in hopes to double the ball carrier and force turnovers or delay the clear.*

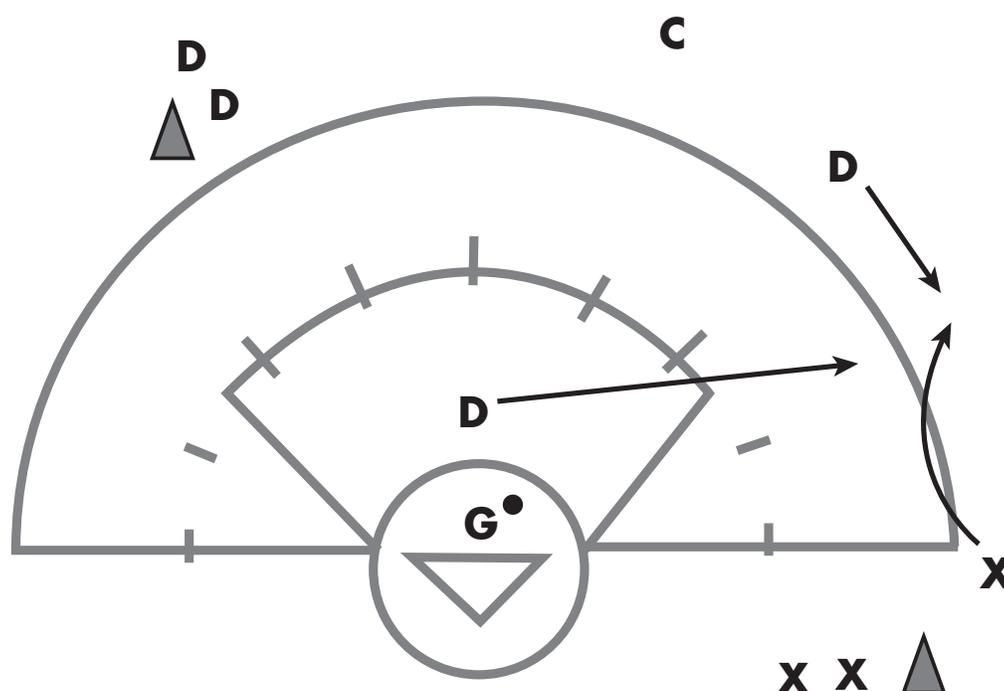
### Description of Drill - Execution

Goaltender starts with the ball and has a player at GLE helping to clear the ball out to the wing.

Two players will be matched up on the goaltender and GLE player who will be riding on the play.

The drill starts with the goaltender clearing the ball out to the wing to her player who catches and moves towards the restraining line. The player guarding that player on GLE will allow her to catch the ball and then works to slow her down and turn her back into the trailing player who was guarding the goaltender, but is now perusing the ball for a backside double.

That trailing player must get into position and double the ball before it gets to the restraining line.



### Skills Practiced

- Clearing
- Double Teams - Backside Double
- Communication
- Defense Positioning

### Variations/Progression/Increased difficulty

**(As your players improve their skills incorporate the following...):**

Vary the locations where the clear goes and where you double the ball. Also add in floating players that work as outlet passes, and be sure to have them guarded during the re-defend.

## Re-Defends

Similar to a full court press in basketball, a re-defend is primarily used to slow down a fast break off of a goaltender clear or deep turn-over and to create a turn-over and a goal scoring opportunity. Re-defends can be zone or man. Choose your strategy that works best for your team and stick to it. There are many ways to re-defend an opponent and a re-defend ultimately has two purposes:

- Slow down a fast breaking opponent
- Create a turnover

Re-defends can get very complex and coaches must implement them over time using proper defensive principles. Re-defending teams have to be very focused and disciplined; each member of the team is responsible for executing their role in order for a re-defend to be effective.

Picture this scenario...You are coaching your high school team and every time the opponent's goalkeeper makes a save, they transition the ball down the field with beautiful transition passing. As the coach, you quickly realize that if you could slow down the clear and the fast break option it will give your defensive unit time to recover and minimize fast break shooting opportunities. Such a strategy ultimately forces your opponent to play a settled offense.

### Keys to the Re-defend

- React quickly to change of possession or goaltender save and get in position to re-defend
- Sticks up and big to direct cutters and ball carriers
- Force ball carrier to the corner and sideline quickly. The weakest part of any re-defend is the MIDDLE of the field!
- Look for backside doubles
- Defend all of the way to the opposite restraining line

### Teaching the Match or Player to Player Re-defend

#### Man Re-defend Key Points:

- Communicate who you are marking and get there quickly
- Mark ball side and stick to stick to deny goaltender clear. Do not let the goaltender clear!
- Do not mark the goaltender unless you are forcing the ball to a weaker player or into a corner

The goal of a simple match or man re-defend is "slowing down" the clear. Some re-defends pressure the goalkeeper looking to force a poor clearing pass, but it often results in a player being wide open for a pass. In this re-defend, players will not pressure the goalkeeper; instead, they will break out quickly looking to tightly mark each of the 11 field players essentially playing player-to-player defense all over the field.

Once the goalkeeper makes the save, your team quickly shifts into re-defending mode, calling out player's numbers, and marking each player closely. Players must be stick side here not goal-side, after all the number one goal is to deny a pass.

Positioning goal-side allows the opponent to be a passing option and only after the catch is made can the defender look for the check, which is a risky option and often results in a foul.

## Teaching the Zone Re-defend

### Zone Re-defend Key Points:

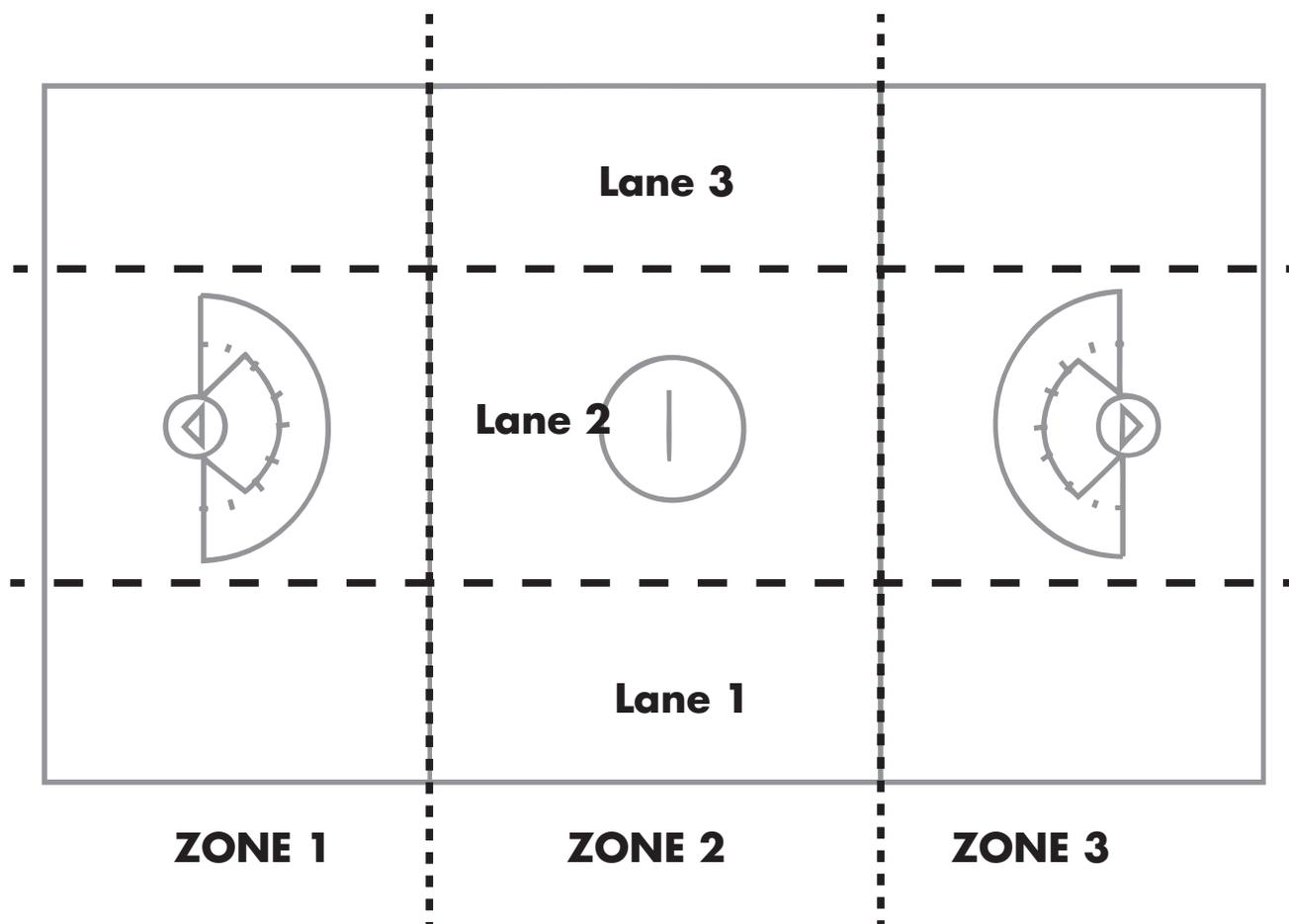
- Choose strategy: 1-3 or 1-2-1 or make up your own. "1" player is marking the goaltender to force the pass to a corner to trap
- Communicate which zone you are responsible for
- Shift within vertical lanes – players must shift between 3 vertical lanes to attack the ball carrier, force the backside double and slow down the fast break. Overload the strong side lane and under-load the weak side lane
- Hunt in pairs and pursue quickly

The goal of a zone re-defend is to "slowing down" the clear so your defense can retreat and get in the defensive zone with limited chances for fast breaks and transition goals. This re-defend allows for the goaltender to make the save, but then forces an outlet pass to a low corner to a clearing defensive players. This traps the ball in a corner and your zone re-defend is on.

Once the goalkeeper makes the save, your team quickly shifts into re-defending mode and drops back into zone position, limiting the down field pass. Attack and midfield players must drop back behind the restraining box area and break into a 3 zone wide split. Place players in 1 of 3 re-defending zones across the field. As a coach you will also require your attack and midfield players to drop into depth zones as far back as your re-defending plan requires.

Your team will focus on overloading the strong side of the field where the ball is located. This presents the most amount of delay and pressure in front of the clearing team. The clearing team now must reverse the playing field or execute a solid clearing plan to beat the zone down the field. After each pass the zone shifts to keep maximum players in front of the ball and slow the clear, allowing all players to get in the defensive area and prevent any fast break or transition goals.

This type of zone also creates many back side doubling opportunities!



## Re-defending Common Errors & Corrections

**Error:** No communication.

**Correction:** Communication must be practiced and the coach must insist that re-defending players talk in all drills.

**Error:** Not leaving the furthest person from the ball once the initial pass is made

**Correction:** Slide over off of the furthest player from the ball

## Effective Drills to Practice Re-defending Success

The following drills will aid your team's success when building effective Re-defends:

1. **Build on Syracuse drill** and add players until you have 7v7. Before the goaltender clears communicate which re-defend you want them to do.
2. **Jail Break Drill.** Start with 8 red (8th is the goaltender!) and 7 blue with their sticks in the goal circle. Red goaltender has the ball. Goaltender yells "Jail break!" and the 7 red players break out for a clear. 7 blue must defend. Red tries to clear to the midfield line. Blue re-defends and tries to cause a turn over. If blue causes a turn over it becomes a 7v7 or ends.

## Drill Progression/Variations:

1. Coach calls out which re-defend he/she wants blue to perform after the goaltender calls the jail break.
2. Allow the blue defense to decide which re-defend they are performing before the goaltender calls the jail break and communicate among themselves.
3. **End all offensive zone drills with a goaltender clear.** Whether the goaltender makes the save or not, end all drills with a goaltender clear out to the restraining line at least, midfield preferred. This will get your players used to reacting to the change of possession quickly. As a side note of your practice, keep track of how many clears/re-defends your team does during the practice and how many each team wins. Reward the winners!



## SECTION 3:

# Coaching Offense

## Introduction

Settled attack is when the ball transitions below the offensive restraining line and no fast break exists. Usually, there are equal numbers of offensive and defensive field players below the restraining line on settled offense. However, if there is a yellow card there may be a person up or a person down situation.

## Overarching Principles of Offense

- Understand 7v7 settled attack
- Structure a balanced 7v7 attack
- Breakdown offensive movement to teach cutting concepts
- Maintain control of the ball to create high percentage shots

## Offense Terminology and Execution

### Offense Terminology

Communication is just as important to an offense as a defense. Knowing what is going on at all times with or without the ball is what gives settled offense an advantage over the defense. If your team can control the ball and keep the defense guessing, you will always have scoring opportunities on the field.

*To help you begin building your team's offense, we have provided a sample of the terminology commonly used in settled attack.*

### Base Communication (All Levels)

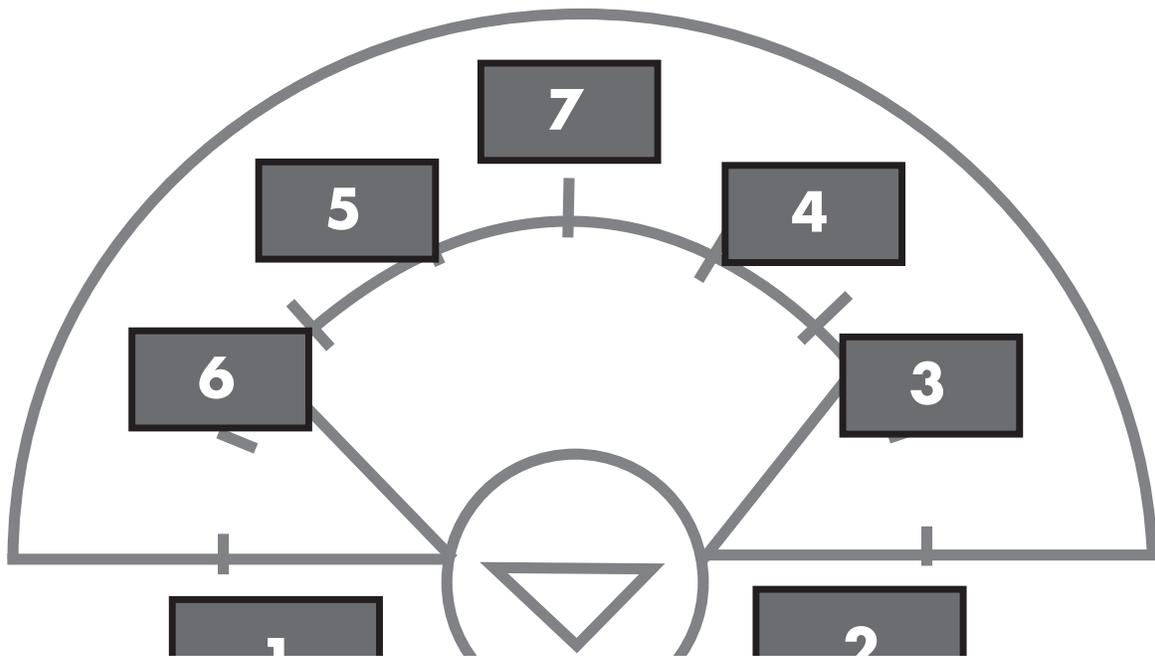
Here's what is said:	Here's what it means:
ISO	1 v 1 drive to the goal
Be a Threat at All Times	Always look to shoot, dodge, or feed when you receive the ball and look to occupy your defender at all times.
Occupy Defenders	Move around so that your defender must be aware of you at all times and can not over play the ball carrier.
Support the Ball	Off-ball players need to be in a position to receive an outlet pass when the player with the ball needs to move the ball.
Hot Spots	Locations around the 12 meter arc that players should stand and move through in the motion offense in order to maintain balance.

## Offense Execution

### Keys to Execution on Offense

- Balance the Field
- 1 v 1 Offense
- Recognizing Double Teams
- Cuts
- Picks
- Off-ball Attackers

**Balance on Offense is critical.** If offensive players are too close to each other it makes it easier for defensive players to mark them. If the offense is spread out and balanced it makes it harder for defenders to stop them. A simple way to introduce the concept of balance on offense is by using numbers to identify areas on the field. These numbers are referred to as “Hot Spots” (See diagram 1).



These “hot spots” are evenly spaced around the 8-meter arc and each number represents an area an attacker should occupy.

### Coaching Tip:

Players should imagine that the 12-meter fan area is like a boat. If players all move to one side, the boat would tip over and sink. This concept assists players in understanding the balance needed to keep the defenders spread out and to create quality offensive opportunities.

## 1 v 1 Offense (Initiating with the Ball)

1v1 skills are essential to settled attack. Practicing 1v1s daily will increase player confidence and their ability to recognize and create scoring opportunities.

Ball handlers must be confident going to the goal 1v1. An isolation, or 1v1, is what we are trying to set up in the settled attack. Players must be able to:

- Create, recognize and exploit 1v1 chances
- Change direction to wrong foot defender
- Bait the check and drive to goal
- Be a threat with the ball at all times (This includes EVERYONE)

## Recognizing Double Teams

### Keys to Recognizing Double Teams Success

- Recognize the double team before you are in checking distance
- Pull out by leading with your head up and stick up. Maintain shoulder-shoulder-ball protection
- Practice driving in, popping out and passing safely to a teammate
- If the double fades away, resume your drive to goal 1 v 1

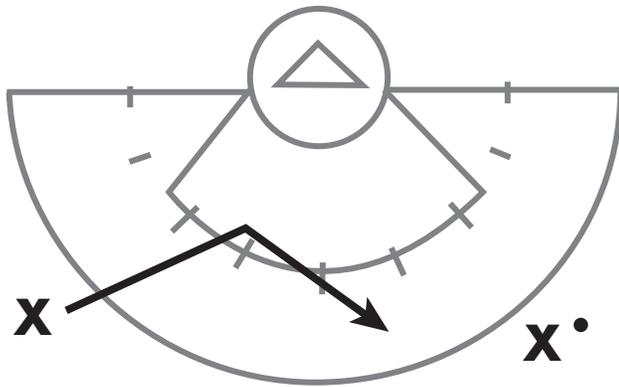


# Cuts

Dynamic cutting creates separation from a defender, a free passing lane for an entry pass, or space for the ball handler to go 1v1. This is the job of the off-ball players and in settled offense. The players need to be moving with purpose and cutting to create space or to get open for feeds.

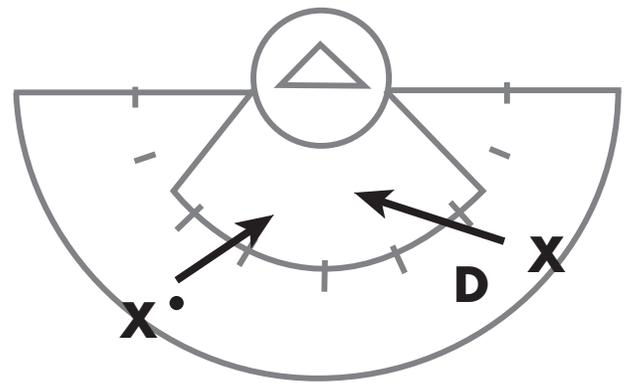
## Cuts include:

### Basic V cut: Drive D away and come back to the ball

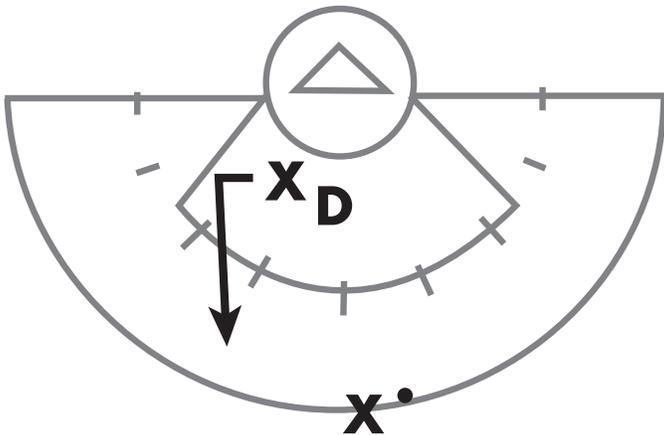


### Back door cut:

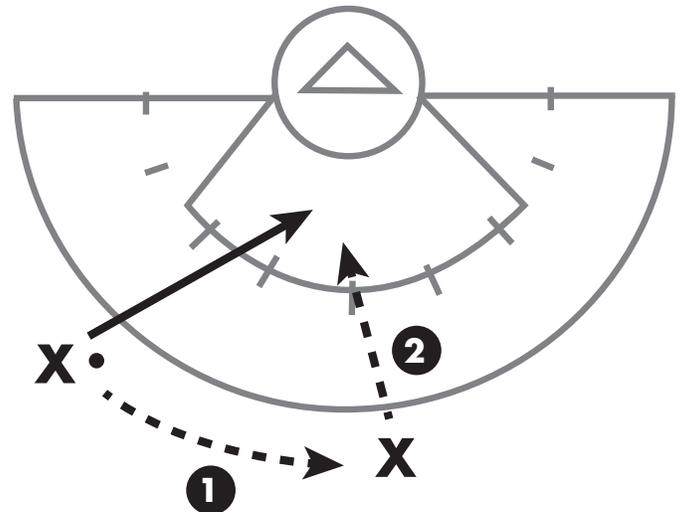
When D overplays or looks away and the free space is behind the defender.



### Pop out cut:



### Give and Go:



## Picks

A pick is moving or stationary interference on a defender to help a teammate create separation and get open. Picks are integrated into settled attacking plays. A pick must be set in the field of vision of the defender to be legal; otherwise it is illegal and potentially dangerous.

### Setting a pick:

1. Set the pick perpendicular to the defender's ballside shoulder
2. The pick must be set in the defender's line of sight to be legal.

### Using a pick:

1. Attacker should take the defender away from the pick with a jab step and then run or "brush" off the teammate's shoulder who set the pick.
2. Ask for the ball away from the defender while coming off the pick.

### Pick and Roll:

1. The player who set the pick will drop step or roll to seal off the defender after the pick is used.
2. Ask for the ball away from the defender after rolling.

### Pick and re-pick:

1. The player, after coming off the pick and not getting the ball, reverses direction and sets a pick for the player who just set HER a pick.
2. This confuses the defenders and creates separation

## Off-ball Attackers

The role of the off-ball attacker is to occupy her defender to prevent slides and doubles. This will keep the 8-meter arc clear for driving teammates and cutters and create 1v1 opportunities. Stress the importance of occupying defenders and count "spatial assists." They are as important as scoring!

### Key Roles of Off-ball Attackers

- Move to occupy your defenders. Exchange positions with another off-ball attacker to keep defenders occupied
- Be an outlet to support the ball carrier but do not allow your defender to double team.
- Cut through to create space for the attacker with the ball.
- Cut in the 8-meter arc and be an option if your defender slides and recognize when you are the free player
- Be a threat at all times.

# The Motion Offense

## Introducing a Basic Motion Offense

Once your players understand the importance of balance on offense, you can introduce different types of offenses. A simple motion offense is a great place to start. As your players master the motion offense, they will better understand more complex offensive tactics. The motion offense is based on player movement as a strategy along with strong passing and cutting. This can neutralize a good defense.

## Overarching Principles of Motion Offense

- Ball movement is critical. Players must move the ball within three seconds.
- Players must always maintain Shoulder-Shoulder-Ball protection with their eyes up and ready to dodge, pass, or shoot.
- When a player passes the ball, she immediately cuts through the 8-meter arc looking for a pass or to clear space for her teammate with the ball.
- As a cut is occurring, off-ball players must move to keep their defenders occupied.
- Players should never cut toward a player to whom they have passed the ball.
- As a player receives a pass, the player passing the ball will often open up a lane by cutting, the receiver must recognize if they have a clear lane and potential ISO or isolation to the goal (e.g., 1v1 with limited ability for defenders to slide to help.)

Teams that implement the principles of a basic motion offense will find that ISOs can happen all around the 8-meter arc. Starting the motion offense from the top of the 8-meter arc gives your players ideal angles and higher percentage lanes to the goal, but encourage the pass, cut and ISO from many different areas around the goal so your offense is not predictable. A settled attack that moves the ball quickly and attacks from multiple hot spots will create high percentage shots and be very difficult to defend.

## Breaking Down Offensive Movement to Teach Cutting Concepts

The following diagrams break down the movement in the basic motion offense. More specifically, the diagrams map out ball movement and cutting patterns in the offense. For the visual learner, diagrams are a tool that can aid in conceptualizing and teaching offensive movement. As a coach, you will want to attend to different learning styles in order to help your players implement and execute tactical concepts. Furthermore, the following diagrams can help you, the coach, generate drill ideas for teaching a basic motion offense.

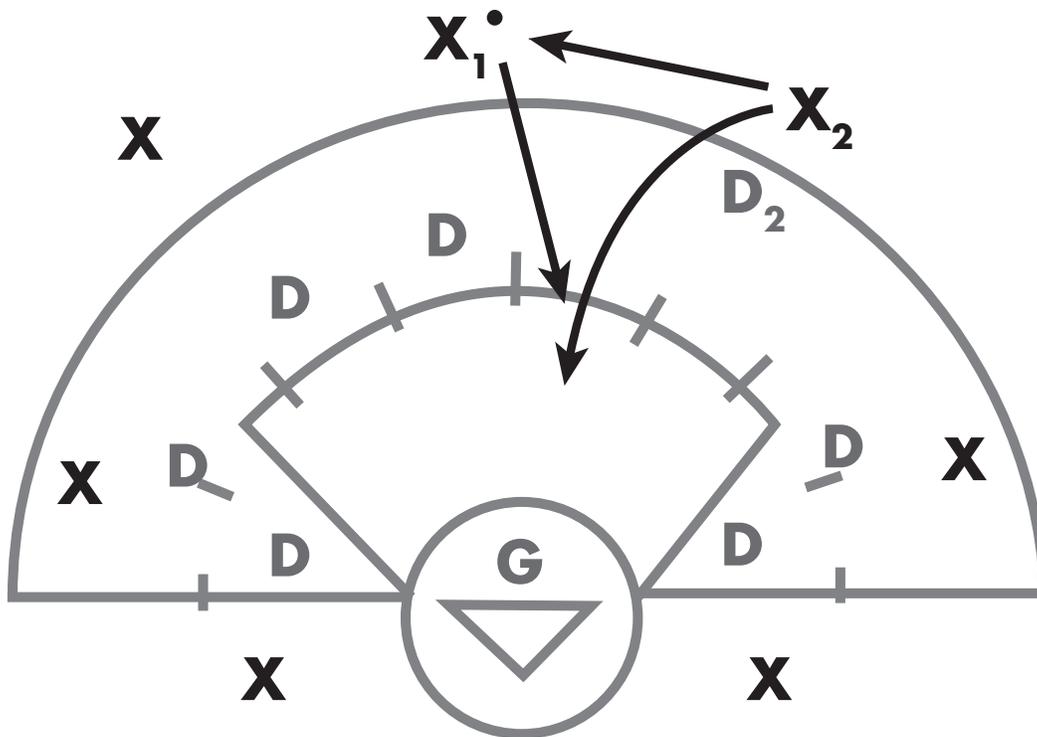
### Pass then Cut (*Diagram 1*)

X2 starts with the ball up top and passes to X1. As soon as X2 passes the ball she quickly cuts through the 8-meter arc area looking to get a quick step and beat her defender D2 in order to receive a pass from X1. X1 needs to keep moving in her space as X2 makes the cut, she needs to use shoulder-shoulder-ball protection and look to get a good feed off to X2.

### Coaching Tip:

Remind your players to execute the pass then cut all around the 8-meter arc so they can be scoring threats from many different angles. Teach them how to attack from each of the different hot spot areas around the goal.

*Diagram 1*



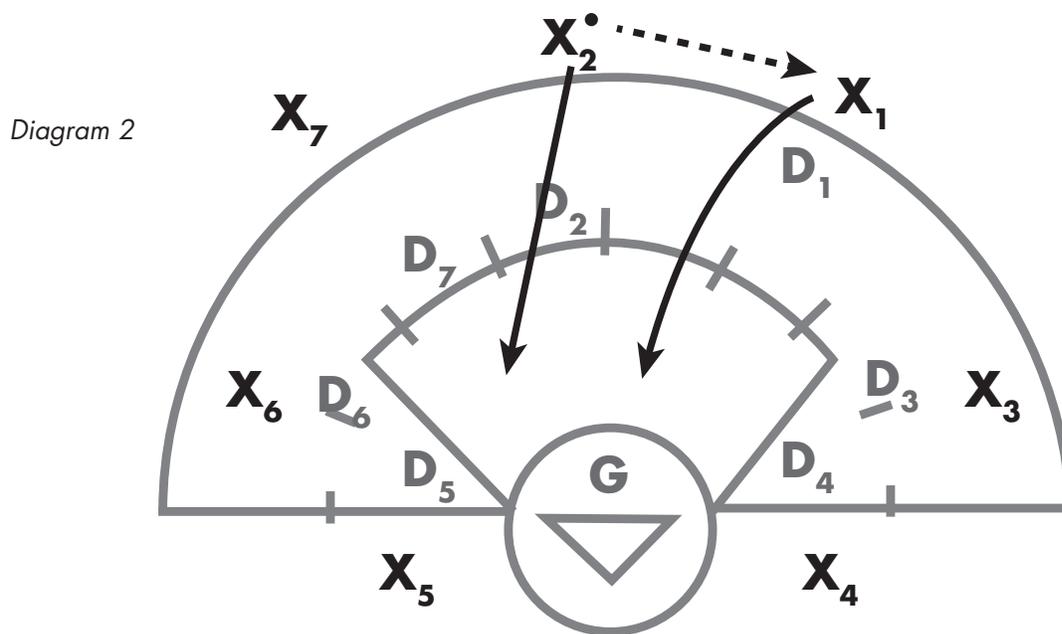
## Pass, Cut and ISO (Diagram 2)

X2 start with the ball up top and passes to X1. As soon as X2 passes the ball she quickly cuts away from X1 taking her defender (D2) with her. This opens a lane to the goal for X1 to drive to the goal, dodging D1.

### Coaching Tip:

Executing this from the top of the 8-meter arc is ideal, but be sure to practice this offensive option from all of the hot spot areas around the goal.

As the coach introduces the “pass then cut concept” they may find that the remaining off-ball players stand and watch what is going on. It is natural for this to happen and as a coach, you will benefit from demanding that your off-ball players occupy their defenders so they are not able to easily see the ball and slide. These off-ball players each have roles in a settled attack and knowing, as well as executing, these roles is crucial to make the motion offense work.



### Off-ball players must always be working as a unit and timing their movement. Here are three roles of the off-ball player:

- Move to occupy defenders
- Be an outlet and support the attacker with the ball
- Cut and create space for the attacker with the ball

**Occupying defenders** is critical to the motion offense. Attackers who do this well will limit the defenders' ability to see the ball and help each other. These attackers can move into different hot spot areas or work in their space by using jab steps or V cuts to force their defender to pay attention to them and not the ball carrier.

**Cutting and creating space** for the attacker with the ball is the foundation of a strong motion offense. The attackers want to work together to occupy defenders and move the ball in order to create high percentage shot opportunities. As outlined in diagrams 1 and 2, cutting can create a lane for the attacker with the ball to ISO her defender. By cutting in their hot spots or moving into a new hot spot area to balance the attack, players will create passing and feeding options for the attacker with the ball.

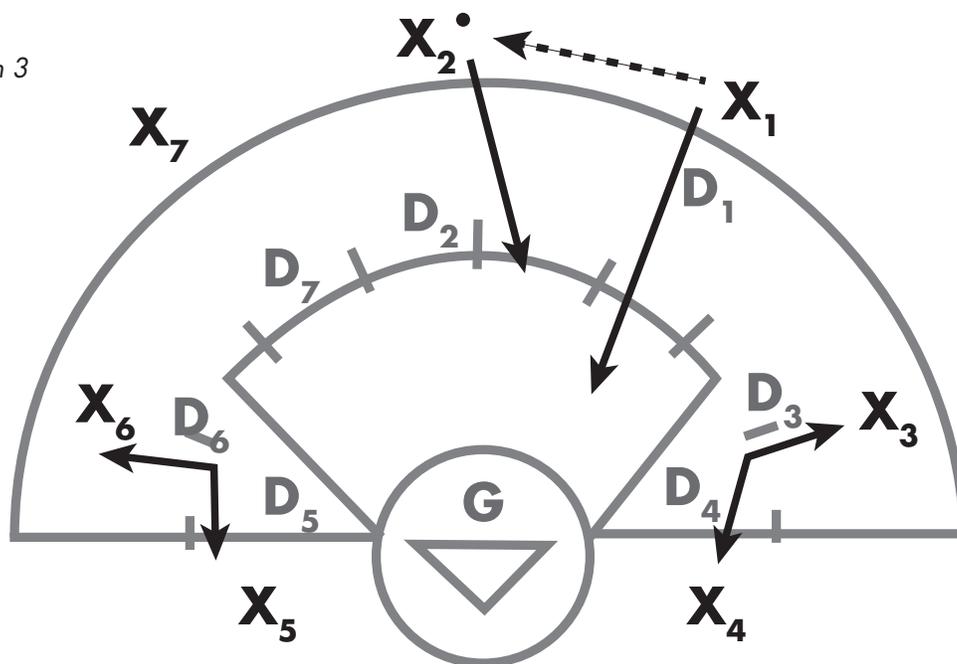
### Pass then Cut with Defenders Occupied (*Diagram 3*)

- X3 and X4 as well as X5 and X6 need to keep their defenders occupied and can simply exchange places using sharp V cuts allowing X2 a direct lane to the goal and minimizing any potential slides from the defense. X7 can delay her movement and then as X2 drives, swing up top into X2's spot to keep the attack balanced.

#### Coaching Tip:

Remind your players to execute this offensive option from all of the hot spot areas around the goal.

Diagram 3



## Pass, Cut and ISO with Defenders Occupied (*Diagram 4*)

To keep defenders occupied X1 passes to X2 and then moves to X3's spot as X3 moves to X4's spot then X4 moves to X5's spot. Encourage your players to use sharp V cuts to occupy their defenders. When X2 receives the ball she looks for the 1v1 ISO to goal. X7 holds her position as X1 drives to goal. If the 1v1 is not available, X7 moves to the top of the 8-meter arc to be an outlet and keep the attack balanced. Defenders should move with their attackers, limiting the chance of defensive sliding. This movement will also result in the attack staying balanced.

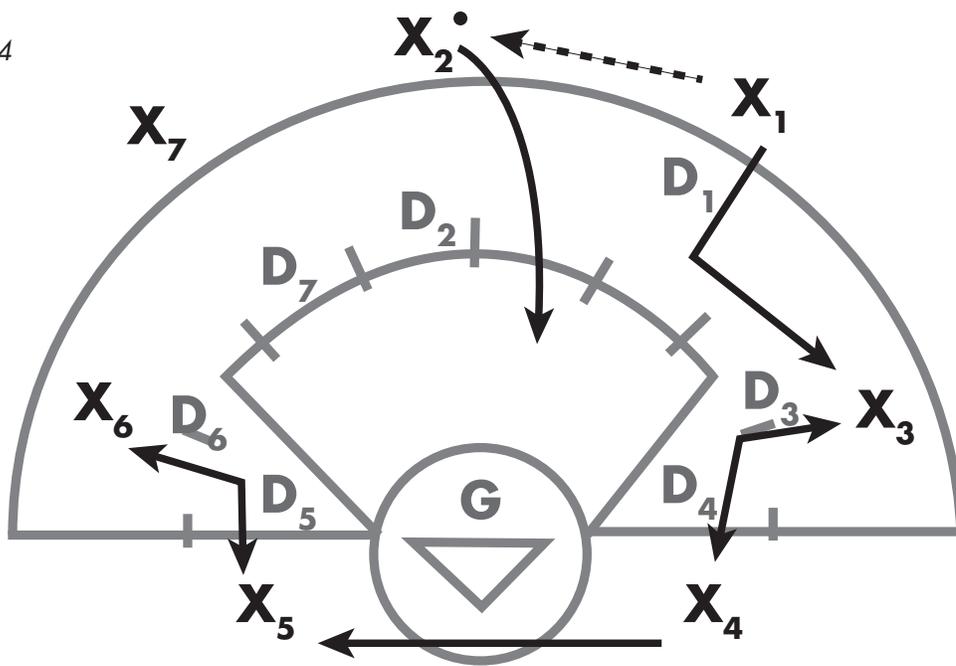
### Coaching Tip:

Encourage your players to attack the cage using these guidelines from all hot spot areas around the goal. You want to develop an offense that is dangerous from many different areas.

### Coaching Tip:

The attacker with the ball and all of the off-ball attackers in the motion offense always be a threat to the goal.

Diagram 4



## Teaching the Motion Offense

As you introduce this offense, you can set up cones with numbers on them that represent the hot spots. This allows players to develop a sense of the numbering system, and what it looks like to have a balanced attack. As the coach, you can quickly point out to your players if there are three of them in the 5-spot or no one in the 2-spot.

The next step is to demonstrate the concept of passing the ball and cutting through to receive a pass or clear a lane for the attacker receiving the ball to ISO to goal. When first introducing the motion offense you may want to take the sticks away from the players. Substitute the lacrosse sticks and balls with a 9" ball that is made of soft material and easy to catch and throw. Using this type of ball enables the players to focus on their movement and not worry about passing and catching.

Once players have an understanding of the tactics, they begin using their sticks and a lacrosse ball. The coach needs to be watching to make sure players are asking for the ball on the correct side of their body when they cut and maintaining shoulder-shoulder-ball protection away from their defenders. Run the offense without defenders at first. This allows the offense to concentrate on maintaining control of the ball, cutting hard after a pass and being a threat at all times on the field. The next step is to add pressure to the offense by putting defenders on the field. The coach should be looking for common errors and remain patient with the team as they master the movement and options they create.

## **Motion Offense Common Errors and Corrections**

**Error:** Attacker passes the ball then cuts toward the player receiving the ball.

**Correction:** Remind players not to cut toward the player who they passed the ball to because if they do, they will bring their defender with them and the defenders can double team the ball carrier.

**Error:** Attacker passes the ball then remains in place.

**Correction:** Motion offense centers on passing and cutting, pass then cut through the 8-meter arc area looking for a return pass or to clear space. Passing and standing makes it easy for the defense to focus on the ball and recognize double team opportunities.

**Error:** Attacker with the ball has no options to make a pass, defenders double ball quickly and get a turnover.

**Correction:** Off-ball players should not be stationary. The adjacent players to the ball need to work to support the ball and be options to receive a pass. All other attackers need to keep their defenders occupied so they can't double team easily.



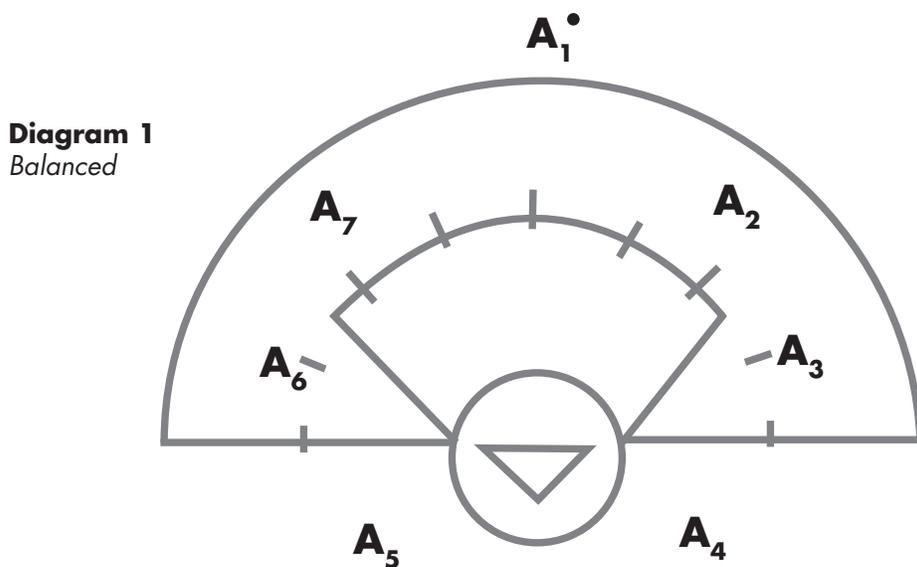
# Irish Play

A motion offense focuses on ball movement and purposeful movement of the off-ball attackers to occupy defenders. "Plays" can be used to provide more structure within the motion offense. Timing and execution of cuts, screens and feeds are critical for plays to work. The Irish Play is one play that can be used in a motion offense and allows several options for feeds or drives to goal.

The Irish Play is initiated when A1 has the ball at the top of the 12 meter fan and calls "Irish!" The team should be balanced (Diagram 1). Once everyone is in position, A1 calls "Go!"

**Note:** The Irish Play can be run to either side. If your team has strong left handed players, it may be advantageous to run it to the left side (opposite of the diagrams.)

With any motion offense or structured play, it is important to emphasize patience and ball possession. Do not force feeds or shots; be selective and be patient. If your team has possession, the other team can't score!

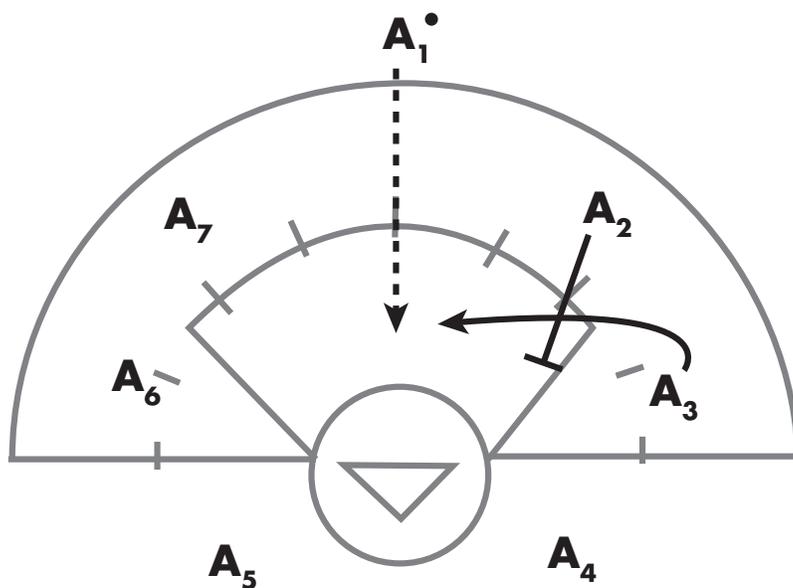


## Option 1, Diagram

**2**

Feed to A3

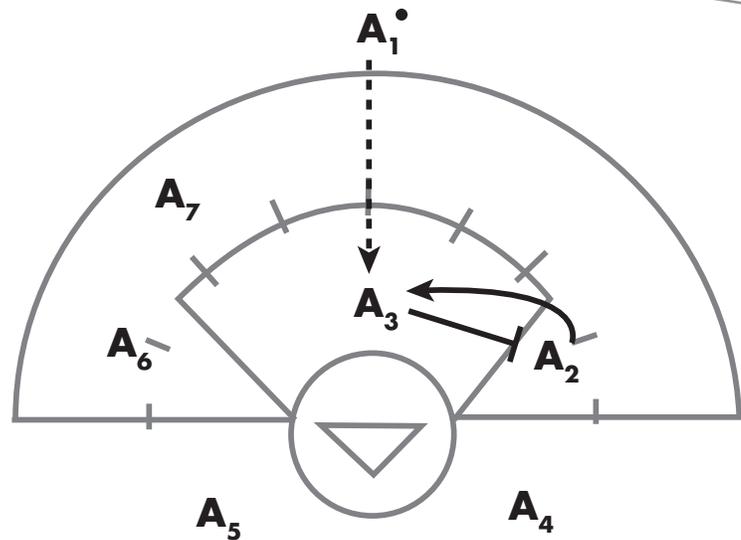
A2 sets a screen for A3. A3 must wait for the screen to be set and then cuts above the screen to pick off her defender and asks for a feed from A1 with her right hand on top. If A3 is open, A1 feeds her the ball. If A3 is not open with a good shot opportunity, A1 should maintain possession and look to see if she has a lane to goal. If there is no feed or drive opportunity, then the play should proceed to Option 2.



### Option 2, Diagram 3

Feed to A2

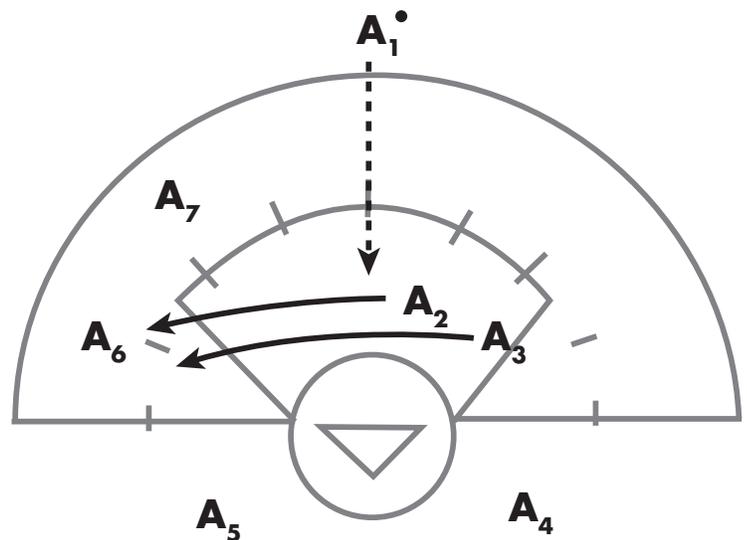
A2 cuts inside the 12m, then pops out to set a pick for A3. As A3 moves past the pick set by A2, A2 will roll off the pick and cut in towards the top of the 8m. A1 may feed A3 if she is open on her cut or A3 can be used as a distraction for the defenders and A1 will pass the ball to A2 as she approaches the top of the 8m.



### Option 3, Diagram 4

ISO A1

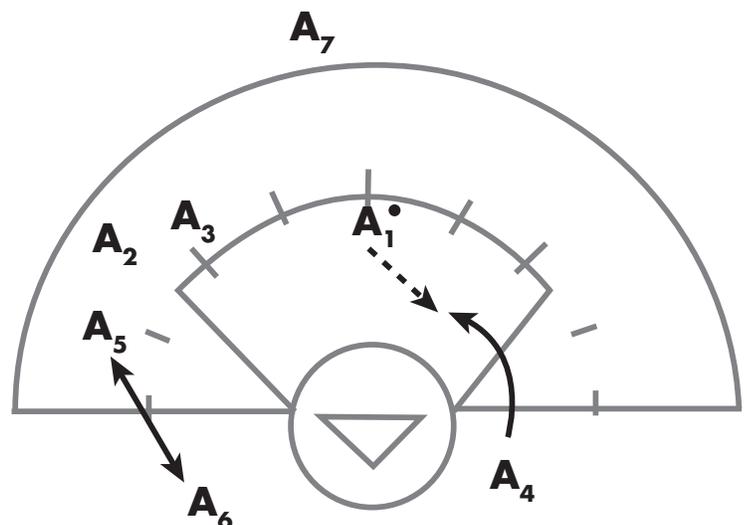
A2 continues to cut through the 8-meter arc towards A6. After A3 sets the screen and A2 cuts through the 8-meter arc, A3 follows A2 and cuts through the 8-meter arc towards A6. As A3 clears the 8-meter arc, A1 looks for the ISO drive to goal.



### Option 4, Diagram 5

Feed to A4

As A1 drives to goal, if she draws the goal circle defender marking A4, A4 will cut in front of the goal circle and ask for a feed from A1. If the goal circle defender marking A4 does not slide to pick up A1 driving to goal, A4 should hold her cut. If A1 does not have a shot opportunity and the feed to A4 is not open, she should maintain possession, pull out of the 8-meter arc, move the ball to an outlet and the offense should reset.



# Teaching the Irish Play

The key to this and most plays is timing and execution. Each player in the offensive end must understand her role and responsibilities when the team runs a play.

## The steps to teaching this to a team are:

1. Diagram the play on paper for the players to see, make sure every player knows where they need to be in relation to the 12-meter area.
2. Set cones up on the field and have the offensive players stand by the cone that represents the spot they need to get to when the play is called.
3. Leave the cones in place, have the players transition the ball over the restraining line, the coach then calls for the play to be run, the players move in to their respective spots.
4. Take the cones off the field, instruct A1 that she is now quarterbacking the play, have her call the play out as the team moves into the offensive end, it is key that she calls the play then has the field vision to see all of the players are in position.
5. Have A1 call the play and once every player is in position she should say "go" this is the signal for A2 to screen for A3.
6. Proceed through to options discussed and diagrammed previously.
7. Let them be creative and create opportunities from this set.

## Common Errors and Corrections

**Error:** Forcing the feed or shot or feeding too late.

**Correction:** Be patient and selective with the ball. If the feed is not open or the attacker is not in a good position to shoot, don't pass! If a high percentage shot is not available, don't shoot! Maintain possession and continue with the play options.

**Error:** Ineffective use of the screen. Players may cut underneath screen, players may cut too soon before screen is set or players don't cut close enough to the screen thereby allowing defender to follow.

**Correction:** Demonstrate and practice the proper way to set screens and use screens. This should be practiced as a separate drill.

**Error:** Attackers do not feed and receive passes with proper hand.

**Correction:** Attackers should be passing, catching and shooting with the proper hand on top to allow the ball to be received away from the defender so that Shoulder-Shoulder-Ball protection is maintained.

## SECTION 4:

# Practice Plans

### Practice Planning (player-centric approach)

What are the benefits of practice planning? How do you develop your practice plans? What things do you take into consideration?

### Level 1 Review of Practice Planning

- Write a template that will cover the various repeatable aspects of your practice: warm-up, stretch, individual skills and drills, positional drills, and team based drills. This allows for consistency in format so players know what to expect most days.
- If possible, share practice plans with your team in advance. Practice plans can be emailed, posted on the board by the cafeteria, put on a website or posted at practice. This allows kids to look forward to their favorite drill or practice activity
- Save practice plans and recycle when possible. Store them in a computer file and revisit old ones to see how this year's team is doing compared to three years ago or to find an old drill you have not used in a while.

### Practice Planning Concepts

1. Identify the goal for practice that day. Be specific!
2. Identify the skills needed to achieve the goal.
3. Create drill progression to learn or improve the identified skills. Break down to most basic level and then build up!

### Identify the Goal. Be specific!

While in season or prepping for your current season you will need to take a look at your players and coaching staff and see where you are weak: defense? settled offense? transition? etc. Figure out the area that needs improvement or skills to learn and then find drills and a game plan for practice to help improve the issues or teach the skills.

### Identify the Solution Skills – the skills that need to be learned or improved upon.

Once you find the area that needs to be improved, break out the individual and team skills that go into these areas. Do you need to work ball movement? off-ball defense? defensive positioning? etc. Figure out the skills that need work.

### Create Drill Progression to teach or improve the Identified Skills

Find the drills that will teach or improve the skills you need to work. Put them in an order that works the skills in a way that you can then progress them into game situations. This whole-part-whole method of discovery and improvement will make a big difference in not only what you do in practice, but why you do things in practice.

# Sample Practice Plan Template

Practice Date: \_\_\_\_\_

**Players Missing** *List the missing players from practice below:*

Player	Reason

	3:30 p.m. - 4:00 p.m.	4:00 p.m. - 4:20 p.m.
<b>BLOCK 1</b>	<b>WARM UP</b>	<b>SKILLS</b>

	4:20 p.m. - 4:45 p.m.	4:45 p.m. - 5:10 p.m.
<b>BLOCK 2</b>	<b>PLAY 1</b>	<b>PLAY 2</b>

	5:10 p.m. - 5:35 p.m.
<b>BLOCK 3</b>	<b>PLAY 3</b>

	5:35 p.m. - 5:55 p.m.
<b>BLOCK 4</b>	<b>CONDITIONING</b>

## Practice Planning Scenarios

	U13 Boston Seagulls
<p><b>PRACTICE PLAN SCENARIO 1</b></p>	<p>You are the head coach (and only coach) of this U13 team. You have played three games and your team is moving the ball well in transition and in settled offense. However, in each of your games, the team has struggled to limit your opponent's scoring opportunities. You are also concerned that your goaltender(s) may not want to play in the goal any more because she is facing too many uncontested shots.</p> <p>Knowing that you can't fix everything in one practice, what will you focus on for your next practice?</p>

## Practice Planning Scenarios

	U15 Miami Pelicans
<b>PRACTICE PLAN SCENARIO 2</b>	<p>You are the head coach of the U15 Miami Pelicans. Your team has played together during the fall and spring seasons. In your first summer practices, your returning goaltender has shown improvement on her accuracy and distance with her clear. However, in your first tournament, your team still struggled to transition the ball to the offensive end on a consistent basis.</p> <p>You have another tournament next weekend. What will you do in your upcoming practice?</p>

## Practice Planning Scenarios

	Chicago Redhawks Junior Varsity
<b>PRACTICE PLAN SCENARIO 3</b>	<p>You are the coach of the Redhawks JV team. During your preseason, your players have demonstrated a solid understanding of fundamental defensive positioning. However, in your first two games your opponents were able to split double teams and use back door cuts and draw and dump plays to score many of their goals. You have a game in two days. What will you work on today in practice?</p>

# Practice Planning Scenarios

	Denver Eagles High School Varsity
<p><b>PRACTICE PLAN SCENARIO 4</b></p>	<p>You are the head coach for the Eagles Varsity lacrosse team. Earlier in the season, your team beat the Boulder Bluejays by two goals in a hard fought contest. You are scheduled to play the Bluejays again in the state semi-finals. Unfortunately, in your last playoff game, JoAnna, your best player who is your top goal scorer, feeder and field leader, hurt her knee and is out for the rest of the season.</p> <p>In your last game with the Blue Jays, JoAnna led your team in goals and assists. You have confidence in your team's motion offense and believe that you have other strong players who will have scoring opportunities if the team can execute the motion offense effectively. The playoff game is in two days. What will you do to prepare your team?</p>

## Practice Planning Scenarios

	Seattle Falcons High School Varsity
<p><b>PRACTICE PLANNING SCENARIO 5</b></p>	<p>You are in your fifth year coaching the Falcons Varsity team. Your teams have always been known for their high-pressure transition defense. This year, your team has exceptional speed in all positions, but you have only four returning players. In your first few games, you have been frustrated by your team's inability to create turnovers on your defensive transitions and the fact that most of the goals you have given up have been scored on fast breaks.</p> <p>You have the weekend to plan Monday's practice before your next game on Tuesday. Where do you begin?</p>

# Glossary

- Settled attack** – an offensive tactic where attackers work together to move the ball, to create a high percentage scoring opportunity and to release a shot when there is an equal number of attackers and defenders below the restraining line in the offensive end.
- Settled defense** – a defensive tactic where defenders work together to limit shooting opportunities and to get possession of the ball when there is an equal number of attackers and defenders below the restraining line inside the defensive end.
- Re-Defend** – a defensive tactic where players work together the entire length of the field to dictate and pressure ball movement and get possession of the ball in transition play.
- Clear** – an offensive tactic where players work together the entire length of the field to move the ball from the defensive end of the field to the offensive end of the field.
- Breakout** – the reaction to a change in possession where players transition from defense to offense by sprinting into passing lanes and creating multiple passing options across the entire width and length of the field.
- Ball handler** – the player who possesses the ball.
- Off-ball attackers** – the players who are members of the team that possesses the ball but are not currently handling the ball themselves.
- 1v1** – a game situation where one attacker and one defender are matched up and the attacker has possession of the ball and a lane to drive to goal.
- ISO** – a game situation in which there is a 1v1 opportunity that typically results from off-ball movement that stretches defenders further apart or overloads defenders in a particular offensive zone.
- Supporting the ball** – the role of the off-ball attackers to have one or more attackers cut into a passing lane where the ball handler can see the cutter(s) and release the pass.
- Occupying defenders** – the role of the off-ball attacker to keep the attention of the off-ball defender; examples of occupying defenders are cutting, picking, or posting in the critical scoring area or being the leading scorer, feeder, or points getter.
- Being a threat** – the mindset of the ball handler to always look to drive to the cage when she receives the ball.
- Show and go** – the mindset of the off-ball attacker to cut expecting to receive a pass and to clear the lane recognizing when she is no longer a passing option.
- Sealing off the defender** – an offensive tactic in which the ball handler shifts her footwork from an east-west to a north-south direction as she moves laterally past the defender's hip to a straight forward line to position the defender to her backside. This movement is critical for an attacker to successfully eliminate her defender on a dodge.
- V-cut** – an offensive tactic in which an off-ball attacker jab steps left (or right) to get her defender off balance and moving to the attacker's left (or right) only to quickly shift and explosively move to her right (or left) so that she now has time and space to receive a pass to her right hand. The attacker can also jab step right to set herself up to explode to her left and receive a pass to her left hand.
- On-ball defender** – the player covering the ball handler.
- Adjacent defenders** – the players covering the attackers who are next to the on-ball defender.
- Off-ball defenders** – the players covering the attackers who are not in possession of the ball.
- Goal side** – the defensive position where the player is oriented between the attacker and the goal they are defending.
- Ball side** – the body and stick position of a defender where the player and her stick are oriented between the attacker and the ball.
- Establishing defensive position** – the role of the on-ball defender to make body-to-body contact in an athletic position (i.e., balls of the feet, knees bent, butt down, chest up) to pressure and contain the ball handler.
- Denying cutters** – the role of the off-ball defender to take something away from the off-ball attacker; examples of taking something away are limiting passes to the dominant hand or cuts in the desired lane.
- Double teaming** – a defensive tactic where two defenders work together to cover the ball handler in an effort to limit scoring opportunities and gain possession of the ball.

# Level 2 Instructional Clinic Evaluation Form:

May we use the comments on this evaluation for marketing and promotional purposes?

Yes \_\_\_\_\_ No \_\_\_\_\_

May we attribute your name to your comments in marketing materials? Name (optional) \_\_\_\_\_

Yes \_\_\_\_\_ No \_\_\_\_\_

**Circle one:** \_\_\_\_\_ Boys' Clinic \_\_\_\_\_ Girls' Clinic

Date of Clinic: \_\_\_\_\_ Location of Clinic: \_\_\_\_\_

Name of Trainer: \_\_\_\_\_

Age of players you coach or hope to coach: \_\_\_\_\_

Name of league you coach with: \_\_\_\_\_

Will you pursue USL Level 2 CEP certification? Yes No Undecided

Are you a USL Level 1 Certified Coach? Yes No

Have you taken the USL Level 2 Online Course? Yes No

Do you feel the information presented in this clinic will help you be a better coach? Yes No

## Please rate the following on the scale below:

5 Excellent - 4 Very Good - 3 Good - 2 Mediocre - 1 Poor - Not applicable/I don't know

Overall clinic	5	4	3	2	1	NA
Classroom Lessons	5	4	3	2	1	NA
Live field Lessons	5	4	3	2	1	NA
Trainer shared over arching principles	5	4	3	2	1	NA
Trainer enthusiasm & knowledge	5	4	3	2	1	NA
Trainer shared tips for teaching skills effectively	5	4	3	2	1	NA
Trainer was receptive to questions and answered them knowledgeably	5	4	3	2	1	NA
Workbook materials	5	4	3	2	1	NA

(See back for complete evaluation)

# Check out card:

## PLEASE PRINT

You MUST submit this card to your trainer before leaving this clinic to receive credit for attendance. Please be sure to fill out all information clearly and legibly.

Circle one:

Men's Clinic \_\_\_\_\_ Women's Clinic \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Birthdate (MM/DD/YY) \_\_\_\_\_

USL Member # (if known) \_\_\_\_\_

Contact e-mail \_\_\_\_\_ (in case of processing questions)

Clinic Date \_\_\_\_\_ Site (City, State) \_\_\_\_\_

**Please rate the content of this clinic:**

Too Much                      Just Right                      Too Little

Comments:

How much did you learn in this clinic?

Much                      Some                      Very Little

Comments: \_\_\_\_\_  
\_\_\_\_\_

What was the most useful/informative part of this clinic? \_\_\_\_\_

\_\_\_\_\_

What was the least useful/informative part of this clinic? \_\_\_\_\_

\_\_\_\_\_

How did you hear about this clinic?

US Lacrosse website

E-news or e-mail from US Lacrosse

Word of mouth

Lacrosse Magazine

Other, please specify \_\_\_\_\_

How can we improve this clinic in the future? \_\_\_\_\_





