**Details of the Game**

* Twelve players – 11 field, 1 goalie
* U11 plays two 20-minute running halves. Last 2 minutes of each half, clock stops on every whistle (unless 10 or more goal differential).
* Two timeouts allowed (2 minutes) per game. Called by head coach or player on field when we possess the ball. Stops clock. Players lay down sticks to save positions on field.
* No overtime in regular season games
* If there is a 4 or more goal differential, losing team has the option to take possession at the center line. This is an indirect position – no direct shot on goal can be taken until attempted pass.
* Draw – Played at start of each half and after each goal. Draw is a chance for either team to gain possession. Ball is placed between the sticks of two players. Back of cross faces the goal that you are attacking. One foot must toe the line. No movement from players taking the draw once ball is set and ref moves back.
* Clear – Goalie possesses ball and passes/gives to teammate. Goalie has 10 seconds to pass ball or to step out of crease. If goalie comes out of crease, she is considered a field player and those rules apply.
* Throw – Occurs when fouls offset or ref cannot determine who should get possession of ball (e.g. both teams are equidistant from ball when it goes out of bounds). Two players stand next to each other (each standing closest the goal they are defending) and ref tosses the ball to the middle of the players.
* Sphere – invisible bubble from shoulder to shoulder around and protecting head.

**Major Fouls** – fouls that are dangerous

*3-Seconds* (within 8m Arc): Defense cannot stand within the 8m Arc for more than 3-seconds without closely guarding an Attack player (within one stick length).

*Blocking:* You must allow the player with the ball enough room to stop or change direction.

*Charging:* If Defense has already establishes her position, the player with the ball cannot push or shoulder through her so there is bodily contact.

*Dangerous Propelling, Shot, or Follow-Through:* You cannot throw the ball, neither a shot nor a pass, in a way that is dangerous to another player, including the goalie.

*Illegal Stick or Body Contact:* Stick to stick, Body to body, Stick to body or body to stick

*Sphere/Rough/Dangerous Check:* Slashing or a check to the head.

*Shooting Space:* Defense not closely guarding Attack cannot stand between the goal and Attack, if Attack has the ball and is in position to score and looking to shoot.

***Major Foul Penalties***

The player who committed the foul is placed 4m behind the fouled player. If the foul is committed within the 8m Arc, a Direct Free Position is awarded at the closest hash mark on the 8m arc.

**Minor Fouls** – fouls that give unfair advantage

*3-Second Rule Good Defense:* (Defending the Ball): If on-ball Defense is in good position (both hands on stick, within one stick length of opponent), the Attack player has 3-seconds to defend the ball (for instance, take stick to other side of body out of checking range, adjust position so Defense is out of position, or pass the ball). The ball is awarded to Defense. This rule is for U9 and U11 divisions only where no checking allowed. It acknowledges that a legal check could have been made and awards the defense with the ball.

*Body Ball:* You cannot use your body to change the direction of the ball (no kicking!)

*Raking & Covering:* You cannot use the stick to cover the ball on the ground. You cannot use the stick to pull the ball to you. You can use the stick to flick a ground ball to another player.

*Warding Off:* You cannot guard your stick with your arm.

***Minor Foul Penalties***

The player who committed the foul is placed 4m away from the fouled player in the direction she was coming from. If the foul is committed within the 12m Fan, an Indirect Free Position is awarded.

**Red Raider Communication** – Please Know These Terms and Be Ready to Use on the field – More to come

**“Ball Down”** – When the ball is on the ground (either from good defense, ball falling out of your stick, bad pass, etc.), any/all players should call out “Ball Down” letting closest player know she needs to pick up ground ball.

**“Clear”** – Goalie will call out clear to prepare defenders to get into position to receive the ball.

**Goal-Side** – Positioning your body between your girl and the goal (you are defending). Stick up, quick feet, good defensive positioning.

Coach or teammate will tell you to get GOAL-SIDE.

**“Got Ball”/“Ball”** – Player yells this out as soon as she starts to defend the girl WITH the ball. This lets her teammates know that she is responsible for the girl with the ball and then her teammates can position themselves to help her out.

**“Mark-up”/”Cover Your Girl”–** Closely defend your opponent. You should know which girl you are defending (even if there is a substitution). Know her number. Coaches will ask you, “What is your girl’s number?”

This is especially important in the defensive end to prevent an open player from receiving a ball as well as in the offensive end when the opponent’s goalie is clearing (so offensive players can turnover ball on opponent’s clear).

**“Slide”/Double Team** – A Double Team occurs when two players closely defend the opponent WITH the ball. A player defends on either side of the opponent. Double Teams happen at all points on the field.

In the defensive end, a player says “Slide” when she is about to SLIDE to become the 2nd person to make that double team. When she says SLIDE, the other defenders must be aware that the slider’s girl will be open.

**Understanding Offense**

There are two types of offensive play that we will cover – **transition** and **settled**.

**Transitional Offense** occurs when the ball is being moved from the defensive end to the offensive end. Many times, there is a fast break while we are moving the ball toward the offensive end.

In transition, the **ball carrier** (player with the ball) must decide:

Is there an opportunity to **DRIVE** to the goal?

1. Answer is YES if there is no defender or it is a 1 vs 1 and ball carrier is in control. If ball carrier is DRIVING to the goal, the **off-ball players** (the offensive players that do NOT have the ball) need to do one or more of the following A) **create space for the ball carrier** by getting out of the 8-meter arc (to draw your defender with you), b) be ready to **receive an outlet pass** in case the ball carrier needs to pass or c) **get behind goal (LA positions)** to get ball from missed or deflected shot on goal.

All off-ball players need to be aware of these responsibilities.

1. If NO opportunity to DRIVE to goal, look for a pass to an HA or Mid cutting toward the center of the goal. Pass quickly and directly. Cutters from left and right sides need to time cuts so they are not at the same time.
2. Movement should be toward goal (NOT wide or Backwards, unless NO other option).

**Settled Offense** – occurs in the 12 meter arc area. The ball has been moved to the offensive end. Our team wants to KEEP possession of the ball with passes around the arc area and attempts to DRIVE to the goal with 1v1 situations.

All seven offensive players (LA, HA, M) have a set spot to start out on in the 12 meter arc area. Players need to know where these spots are. As offensive plays are run, the players may move from spot to spot.

**Motion Offense** -players are cutting and moving around the arc area to create an opportunity to DRIVE to the goal.

We will be covering some basic Motion Offense plays in practice.

Other terms to know

**RESET** - the seven offensive players (2LA, 2HA, 3M) return to your original spots around the arc area.

**Man-up** means that the team has one extra or open player – typically referred in the offensive side

**Man-Down** means the team has one less player – typically in defensive side.