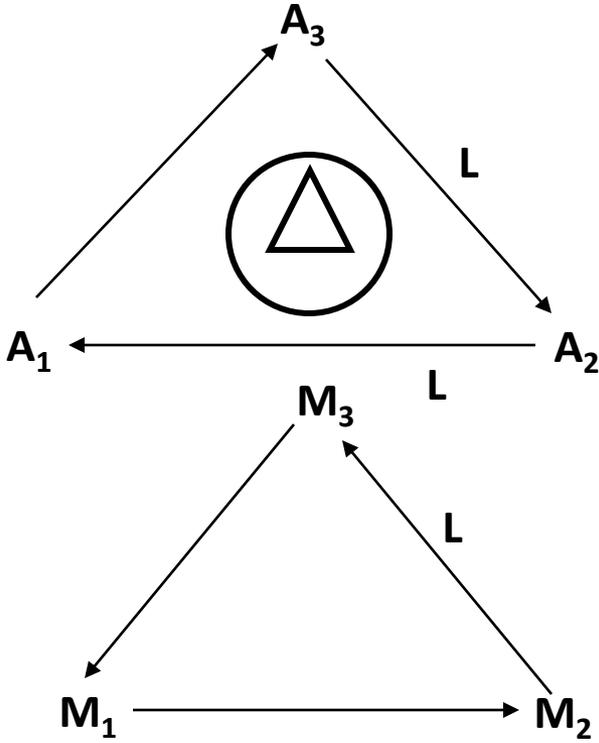
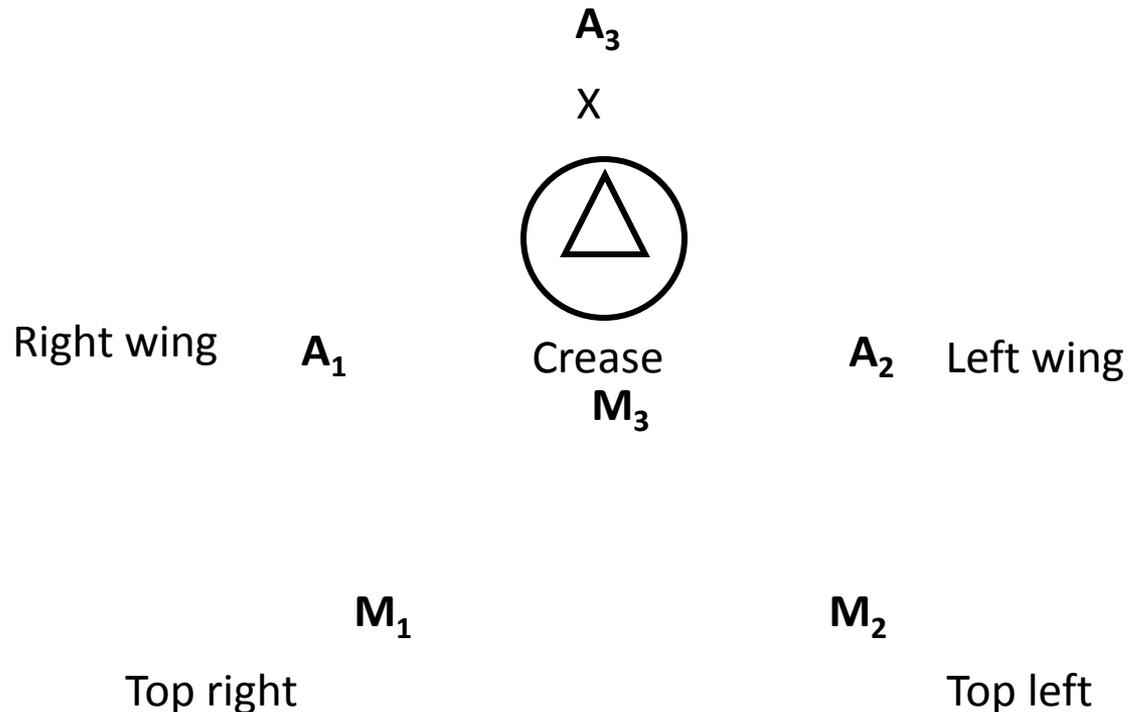


Formation: 100 (1,3,2 offense) 1 behind, 3 across middle, 2 up top



For travel and house DYLAN will be running the 1-3-2 offense. The numbering begins with the two midfielders at the top of the field, then continues to the two attackmen on the wings and the midfielder on the crease, and finally the last attackman located at "X", **the position behind the goal**. The offensive team will pass the ball around the perimeter and look for weaknesses in the defense. They will also rotate, in two triangles. The midfielders will rotate in a triangle, across the top, and to and from the crease. The attackmen will rotate to and from X, and across the crease to the opposite wing. A player may "carry" the ball in a rotation as well; for example, a middle at the top right will carry to the top left, while the top left middle will cut to the crease, and the crease midfielder will cut into the space where the ball carrier came from.

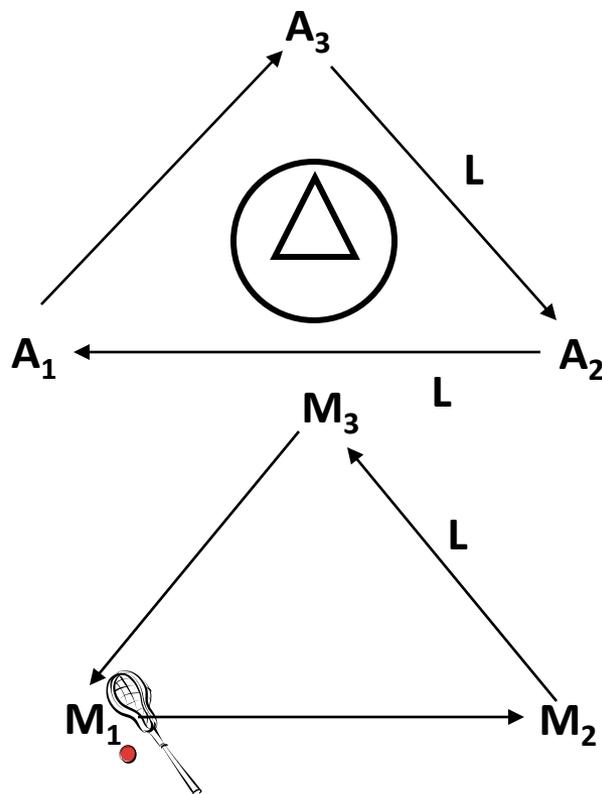
Formation: 100 (1,3,2 offense) 1 behind, 3 across middle, 2 up top



Note: Midfield and Attack are in 2 triangles. Players should always be within passing distance of everyone in their triangle, and spread out enough to make it difficult for defenses to cover more than one player at a time.

Top Left/ Left wing are located on the right side of the field. They are named from the goalies perception

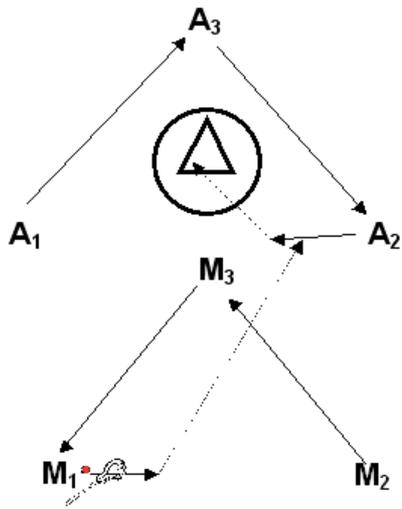
Formation: 100 (1,3,2 offense) 1 behind, 3 across middle, 2 up top



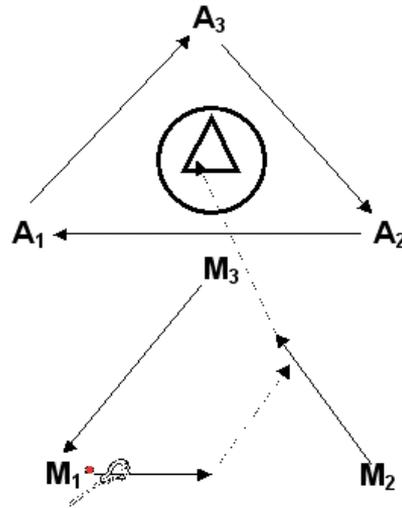
Triangles rotate opposite directions filling in remaining positions.

Remember to clear out and get out of the way of the person with the ball. M₁ carries the ball to M₂. M₂ must move to M₃ and M₃ must replace M₁. You are creating space and you are also taking your defensemen with you so they cannot double team the person with the ball

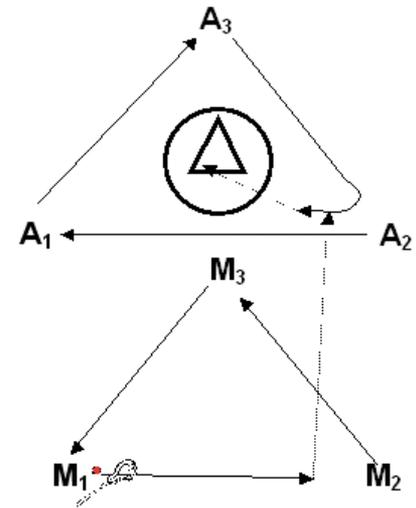
Version 1 – quick pass to A2



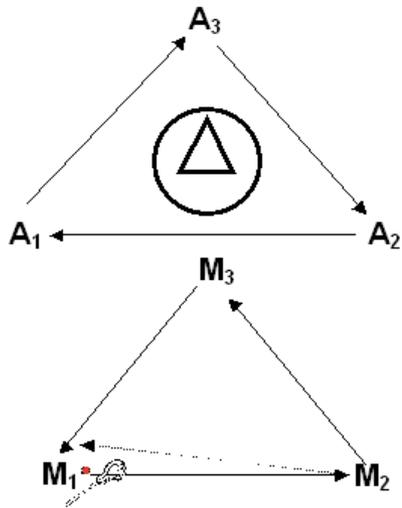
Version 2 – quick pass to M2



Version 3 – long pass to A3 as they wrap around the goal



Version 4 – no one open reset play

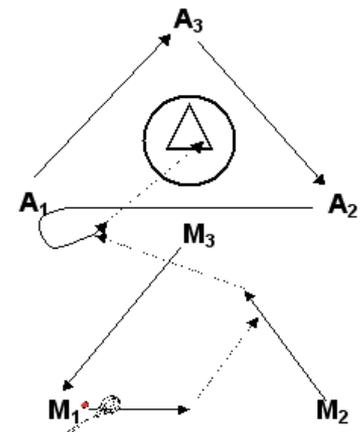


Keep your sticks up and in shooting position, you never know when that pass will come

If your defense leaves you at the end of your movement roll into a shooting position – if the primary shooter gets 2 defense on them you might get the chance to shoot.

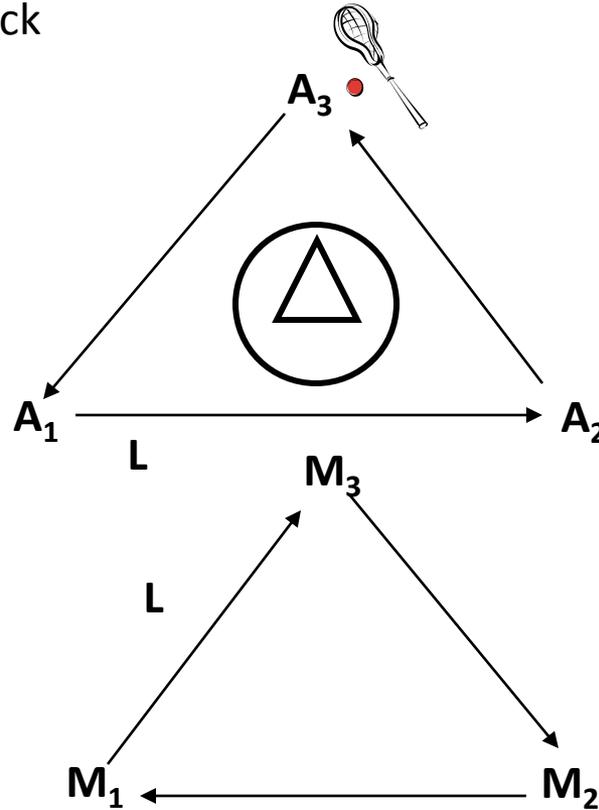
It is one extra pass but the goalie will not expect it

Version 2 option – quick pass to M2 then over to player at A1

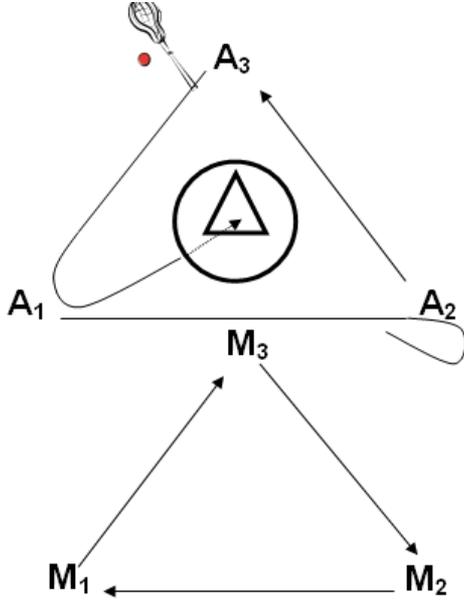


Play 2: Ruby (Basic Rotation)

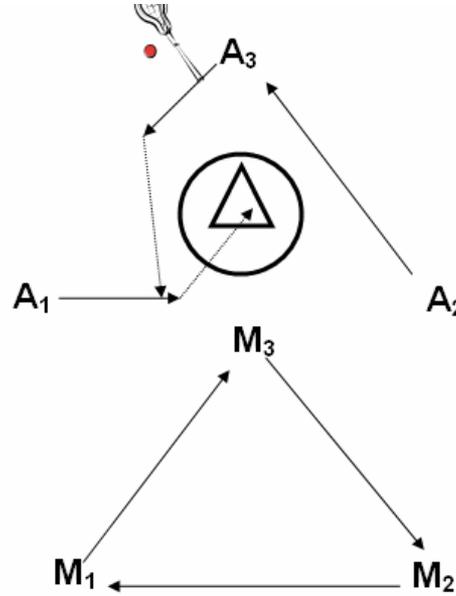
Diamond run from the Attack



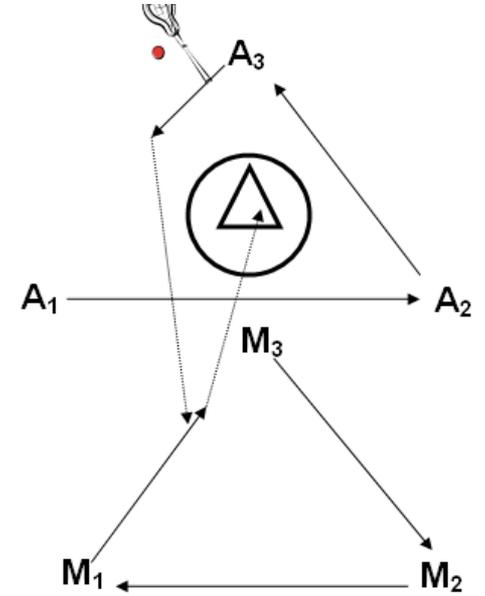
Version 1 – A3 drives to cage



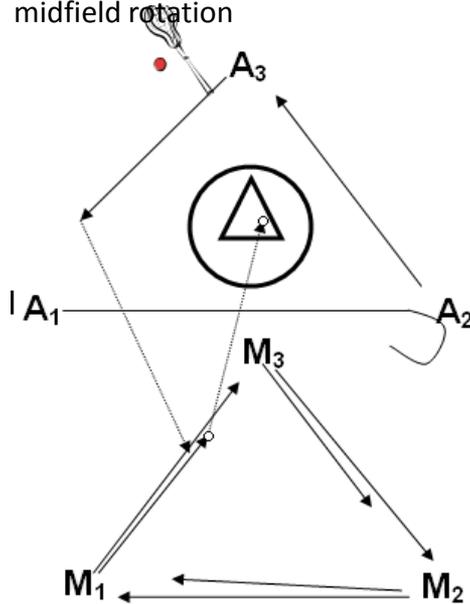
Version 2 – CORNERS



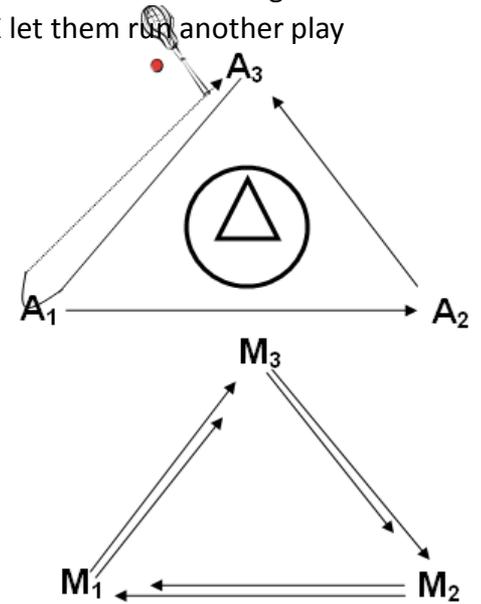
Version 3 – Quick pass to M1



Version 4 – Hit M2 on second midfield rotation



Version 5 – Nothing there – reset to X let them run another play



Again - Keep your sticks up and in shooting position, you never know when that pass will come

If your defense leaves you at the end of your movement roll into a shooting position

Attack should be aggressive on every ground ball, If we don't have the ball we can't score

NEVER force the ball to the middle if it doesn't work the first time roll away from pressure and reset for another play.

Middies be ready for a double or triple rotation. Keep moving it will confuse and tire the defense