

Beginner Settled Offense

Settled offense is nothing more than players using set offensive plays or "formations" that incorporate basic offensive principles to create scoring opportunities around the goal area. Players need to be able to recognize that if they are not able to exploit a numerical advantage, they must slow down the play and settle into a formation.

There are basic offensive principles that need to be taught for players to execute any offensive formation. As players run the settled offense, they should use their basic individual skills in order to get past their defender with or without the ball.

Once mastered, this creates a situation similar to the fast break in which there are greater numbers attacking the goal than defending the goal. In these situations, the same basic concepts of attacking the goal in transition apply.

• **Maintain Balance**

Offensive players should be spread out around the goal with a certain number of players around the perimeter and a select number directly in front of the goal. Spreading offensive players around the perimeter allows them to pass the ball to the specific areas of the field quickly as players move to get open. Shorter, quicker passes increase the reaction time of the defense and thus allows for more potential scoring opportunities.

Placing offensive players directly in front of the goal creates a high percentage shooting threat.

Placing an offensive player behind the goal allows that player to chase a missed shot and maintain possession of the ball, or quickly transfer the ball from one side of the offense area to the opposite side, or from behind the goal to the front of the goal. When the ball is passed from behind to the front of the goal, the offense has a tremendous advantage in that the goalie has to turn and locate the shooter instantaneously.

Placing an offensive player high in the center near the restraining line also allows for the ball to be passed quickly from one side of the goal to the other. This player also has the responsibility of trying to stop a fast break should his team lose possession of the ball.

Maintaining space also forces the defense to move a greater distance to help a teammate when he is beaten by his opponent, thereby allowing the offense more time and an opportunity to shoot.

- **Field Sense**

A team of young, first-time players first needs to understand and recognize where they are on the field, where they are on the field in relation to the ball, and where they are on the field in relation to their other teammates. Knowing where and when to move to different spots on the field is called field sense.

Players' field sense will develop slowly and has much to do with age and cognitive development.

Coaches can help to develop their players' field awareness by creating an easy verbal communication system that allows players to immediately identify the area of the field to which they should pass or move. For example, when a coach says "the ball must be passed to 1" (1 being the area behind the cage) - the player immediately knows where the coach wants the ball. (Please refer to the reference section for an example of a communication system coaches can use to communicate to their players.)

Coaches can and should be creative with their verbal communication system to help players develop a sense of field awareness.

The following offensive principles have been introduced in the Boy's Skills section. These offensive principles are incorporated into all offensive formations and should be used as ways to create a numerical advantage. Please refer to Boy's skills section for an in-depth explanation.

- Creating space for players with the ball
- Picks and off ball picks
- Post
- Cutting
- Cuts without picks:
 - Inside cut
 - Backside cut
 - "V" cut
 - Flip
 - Clear through