

U 11 C - Team Play Book

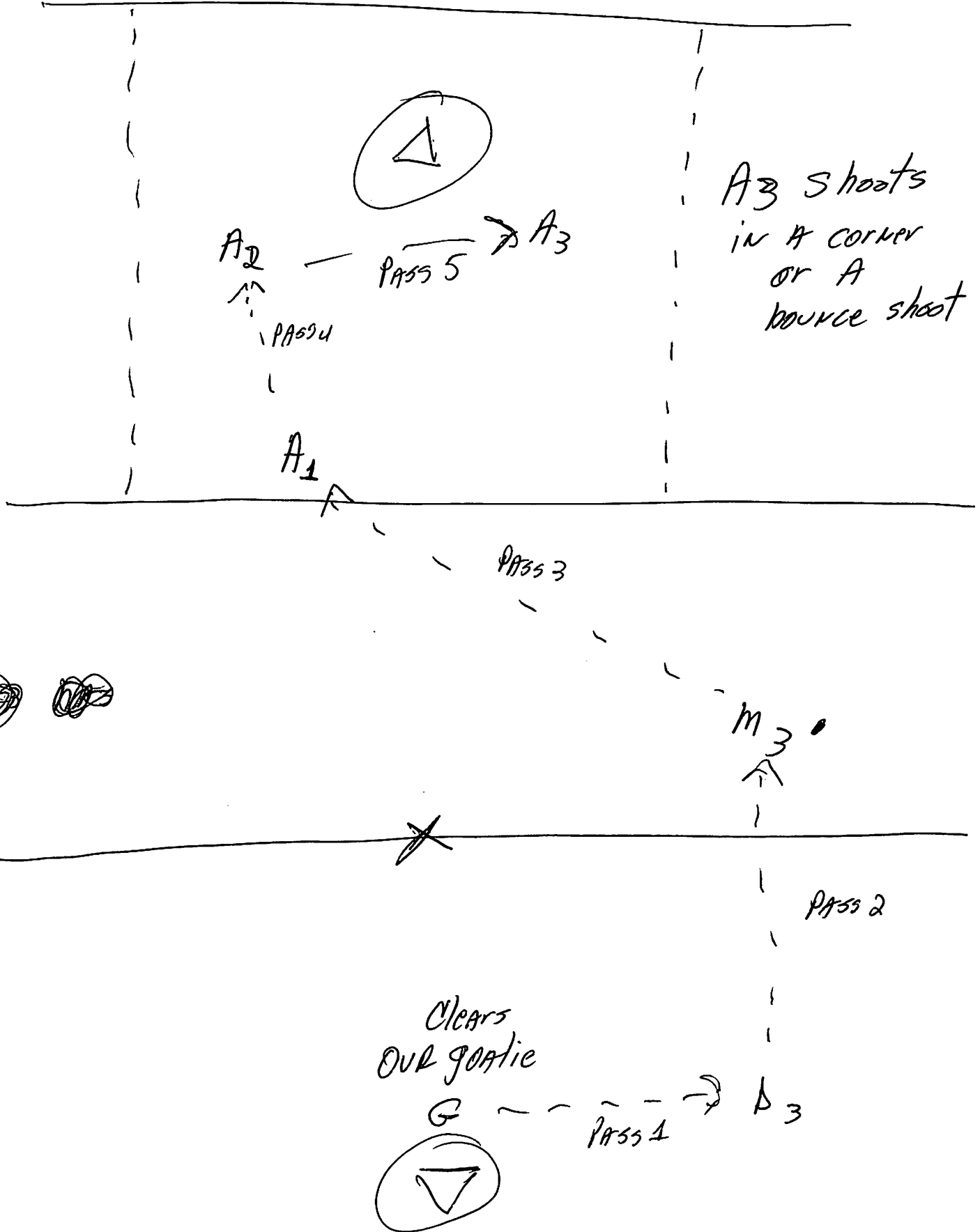
"Coach Carl"

March 2012

"Never Under Estimate the
Heart of A
Champion"

1. In lacrosse you either have a "fast break" OR a settled situation.
2. For a settled situation we do "Diamond drill"
3. For a fast break we do "fast break drill"
4. Fast Break drill is ON next page.
5. ON MAN-down we run "Go Black"
6. ON offense we play "zone", do "V cuts" to get away from your man.
7. ON defense we play "man-on-man", yell out the number of ~~you~~ who you are watching.
8. upon leaving field "High five" your replacement & tell them who you are covering.
9. ON "man-up" we play a 1-4-1, see attached for diagrams of all
this stuff. !!!

Fast Break drill



A3 shoots
in a corner
or a
bounce shoot

Clears
our goalie

PASS 4

PASS 2



A2

A1

PASS 3

M3

A3

PASS 4

G



Play 6 - "Diamond"

Coach will yell "Diamond",
it means settle the ball,
work it around the cage,
look for a cutter, get
the ball to X faster.

----->
means throw

- Sequence - All players do a "V" cut,
All players yell "Here's your help"
using player's NAME.
- purpose of V cut is to get open.
 - we want to do this drill so much
it's second nature in a game.
 - goalie yells where ball is.
 - middie's can throw left or right,
take a shot; m
 - stay in your line n

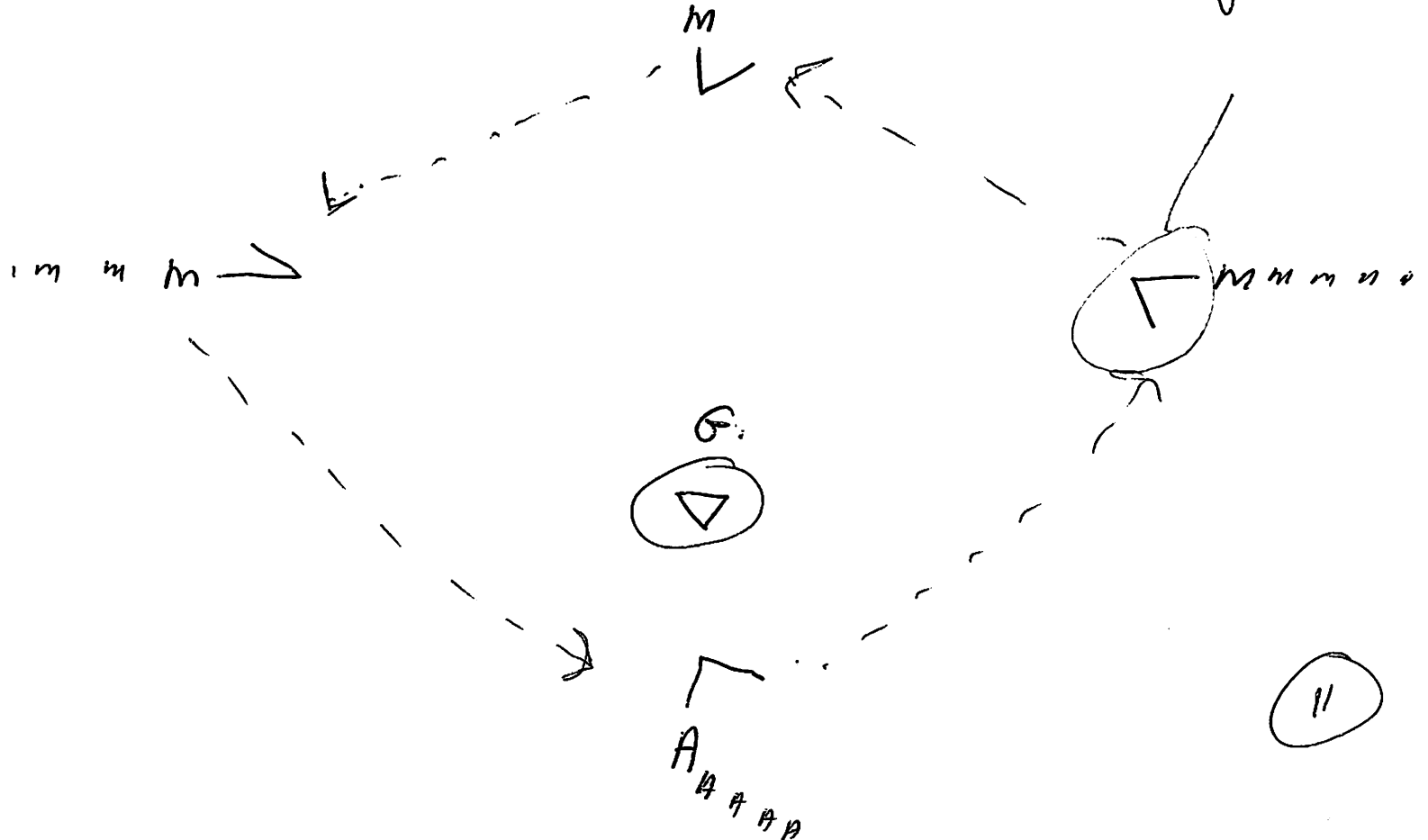
m

n

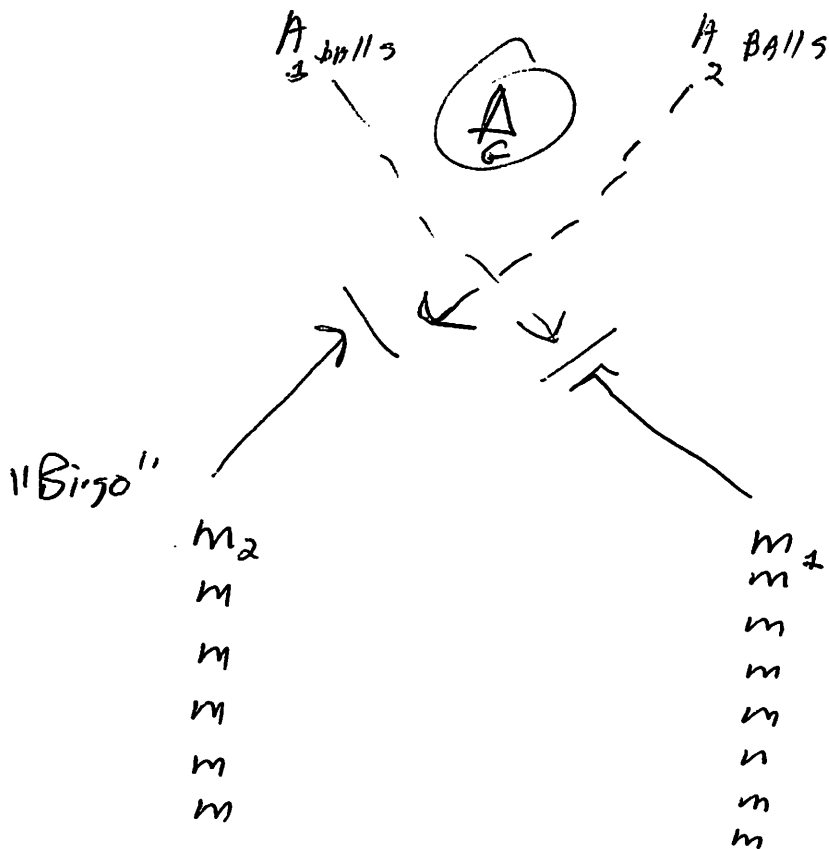
m

m

"V" cut



Play 5 - Bingo - cutting drill,
Call sign during game



Sequence:

1. m_2 yells bingo, while running towards the cage,

2. A_2 passes to m_2

3. m_2 does a ground, hard shot

4. Goalie in cage, yells positionaries on the field.

5. A_4 passes to m_4 only after m_4 has yelled "bingo."

6. Call sign will be changed as season progresses.

Plays during A Game

"Go Black"

1. All sign is "~~Army~~" - MAN down

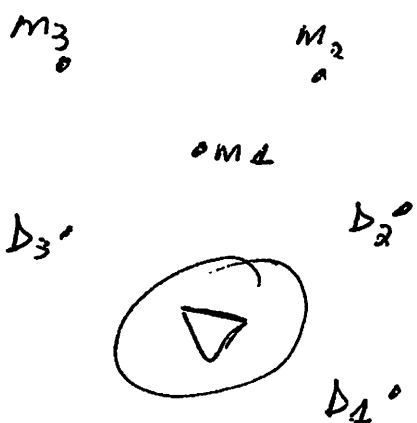
Coach yells from sidelines, players should know to get in this formation when "MAN down" is called.

"Go Black"

"Army"

"Monster"

"Dice"



Looks like A "Five" dice

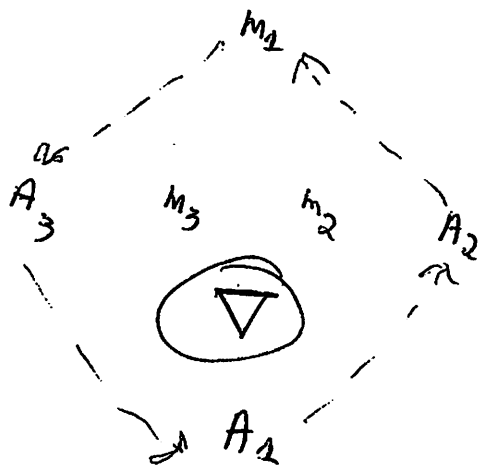
2. "MAN-up" - 1-4-1

upon hearing "MAN-up" players go to a 1-4-1, purpose is to put as many players in front of goal, middies set picks, Attack takes shots

Relentless pursuit of opponent, when fatigue Coach will yell to switch w/ Another long-stick.

- we want 30 shots on goal per game !!!

- pass in the "Diamond drill", look for cutters



1

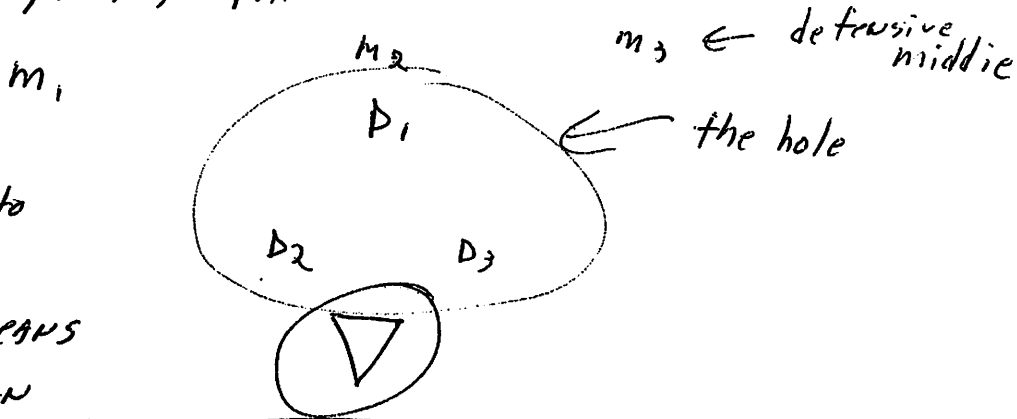
4

1

Play 3 - "Get back in the hole"

meaning 3 long sticks need to protect the goalie
 ← Coach or Goalie will be yelling this

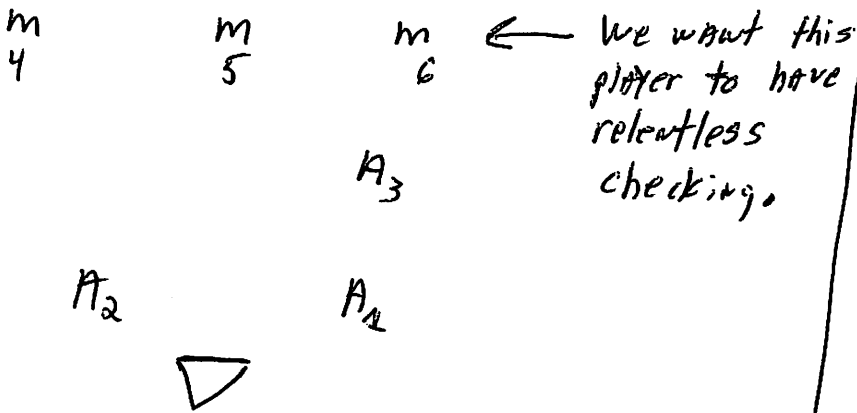
Goalie yells
 "Crash"



midfielders need to play defense,
 "mark up" means stay with an opponent.

Play 4 "5 Hopkins 6"

This is designed to "shut down" an opponent; first number means nothing, 6 means ^{shutdown} player 6 based on the positioning below.



The second time we play the same team the name of play will change & so will the numbering.

← THE BOX IS FORMED BY THESE 3 LINES →

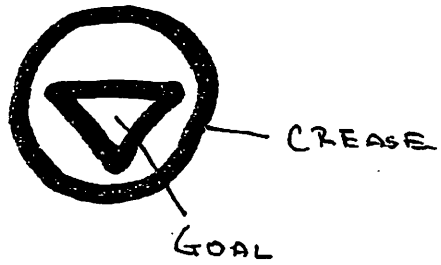
WING AREA

FACE OFF AREA

WING AREA

RESTRAINING ~~AREA~~ LINE

CREASE AREA



FIELD TERMS

Lacrosse

Hand-out # 2.

Basic Field Positioning



A1

A2

A3

M1



M3

D1

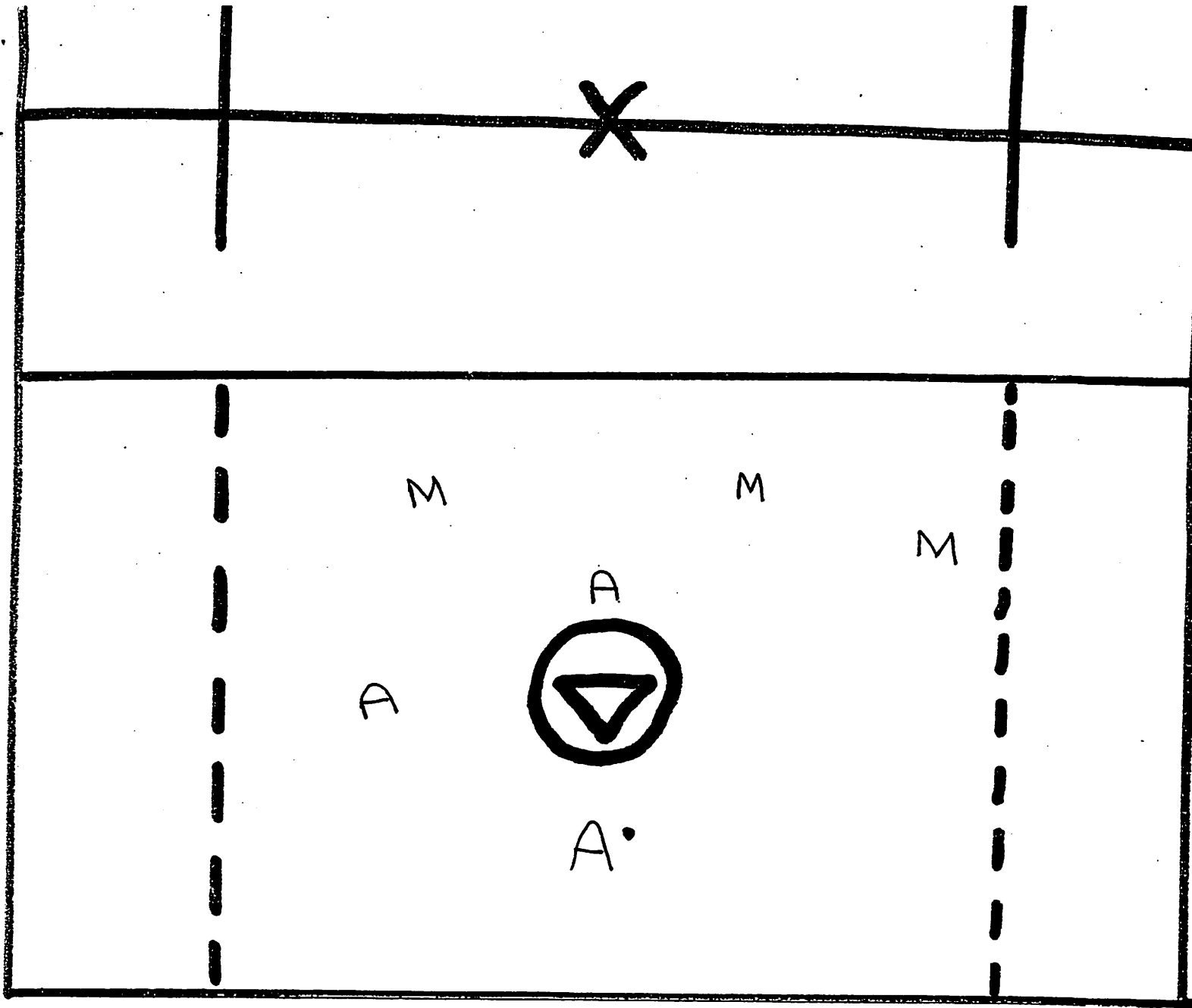
D2

D3



FACE OFF

3



OUR BASIC OFFENSE

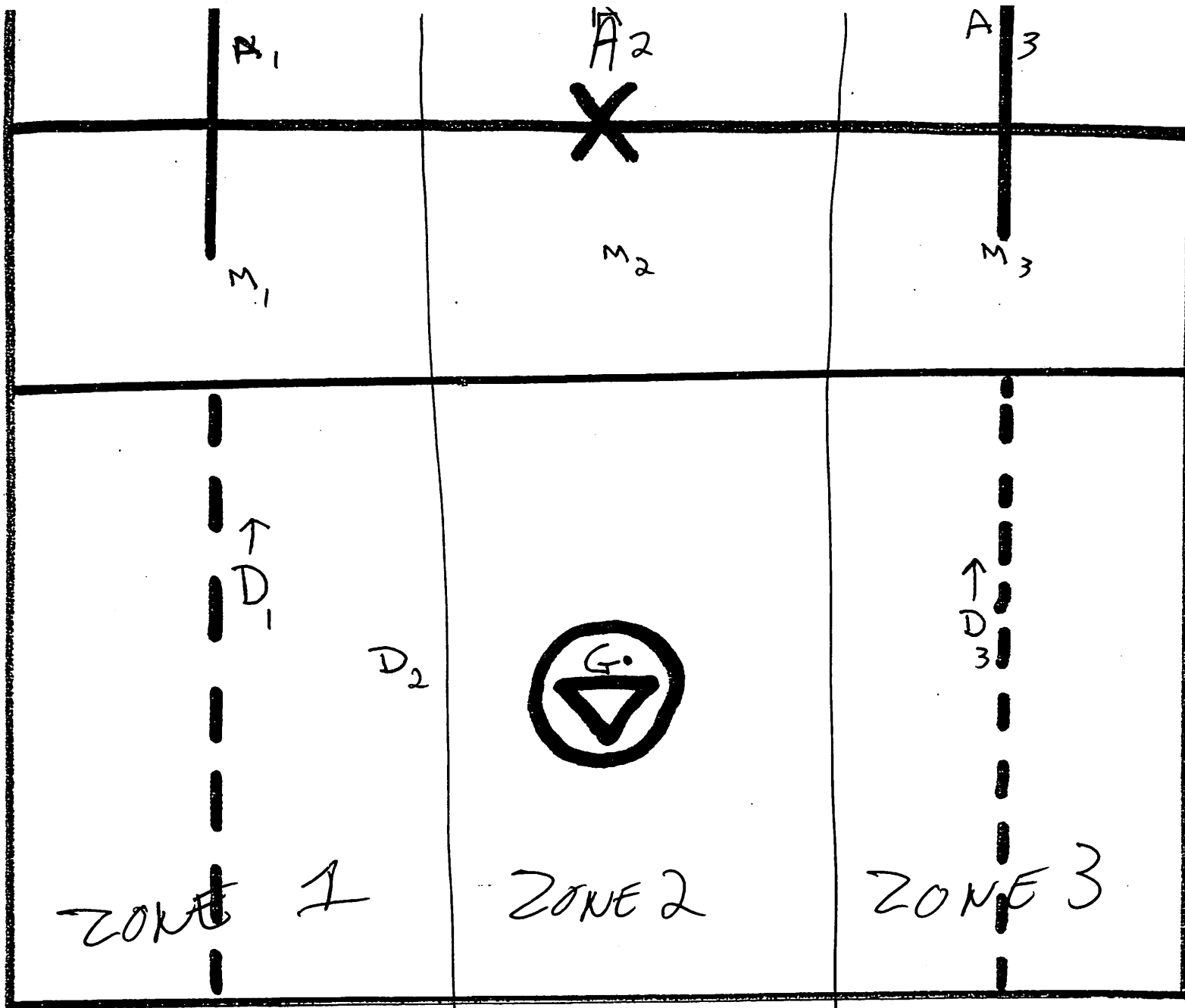
A = ATTACK

M = MIDDIE

D = DEFENSE

G = GOAL

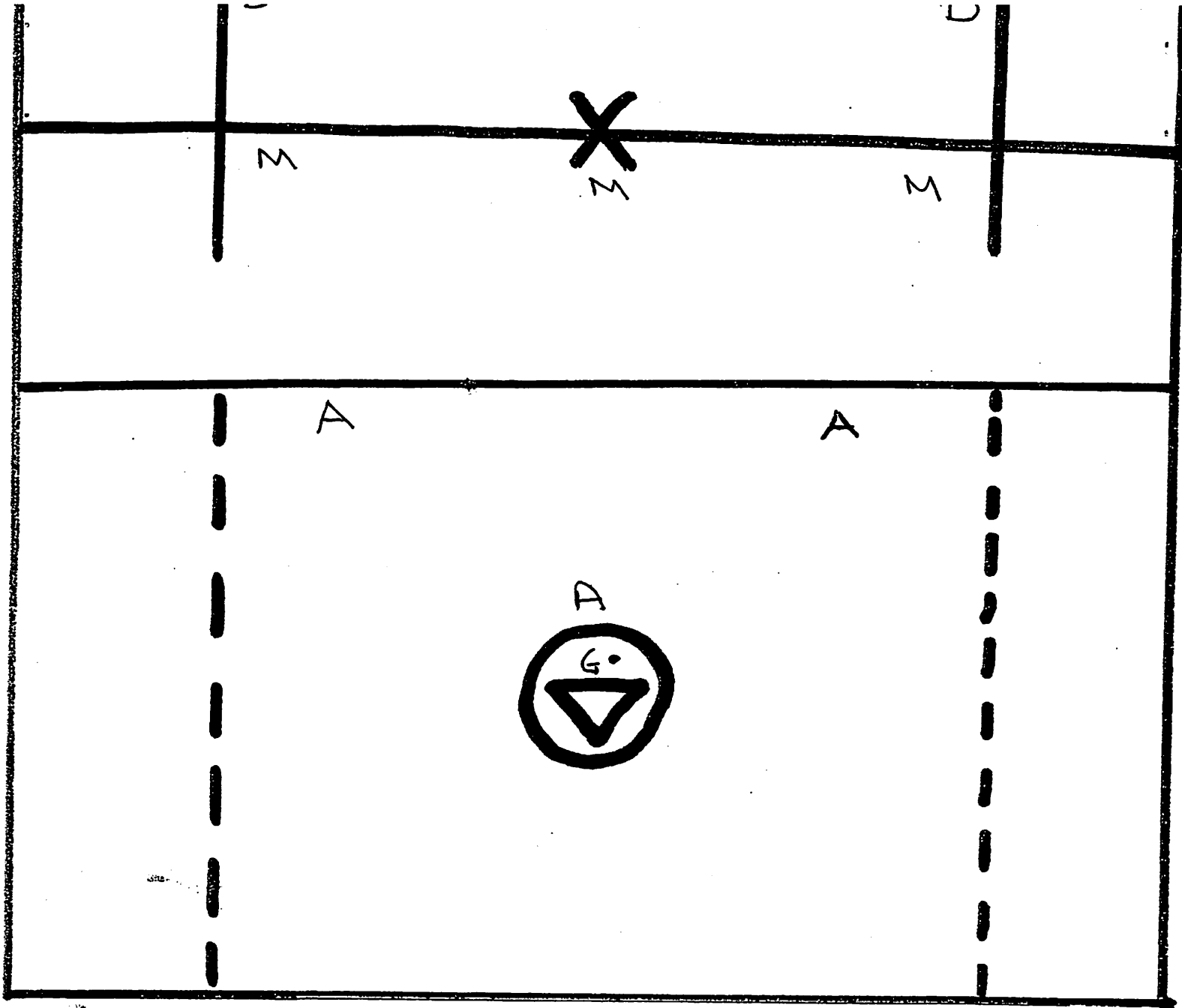
• = BALL



OUR CLEAR

- THE LEFT AND RIGHT D MEN STAY IN FRONT OF GOALIE

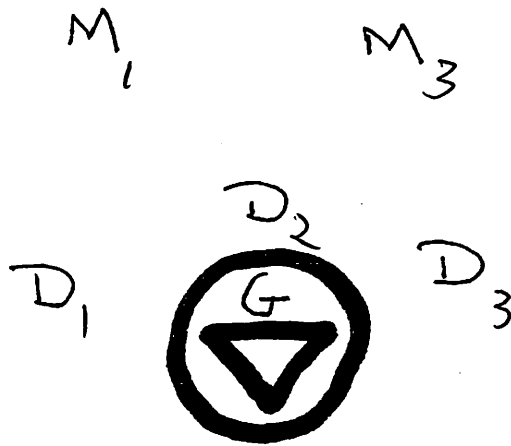
- ALWAYS CLEAR TO ZONE 1 OR ZONE 3,
NEVER ZONE 2



TIGER RIDE
(TO PREVENT THE OTHER TEAM
FROM CLEARING)

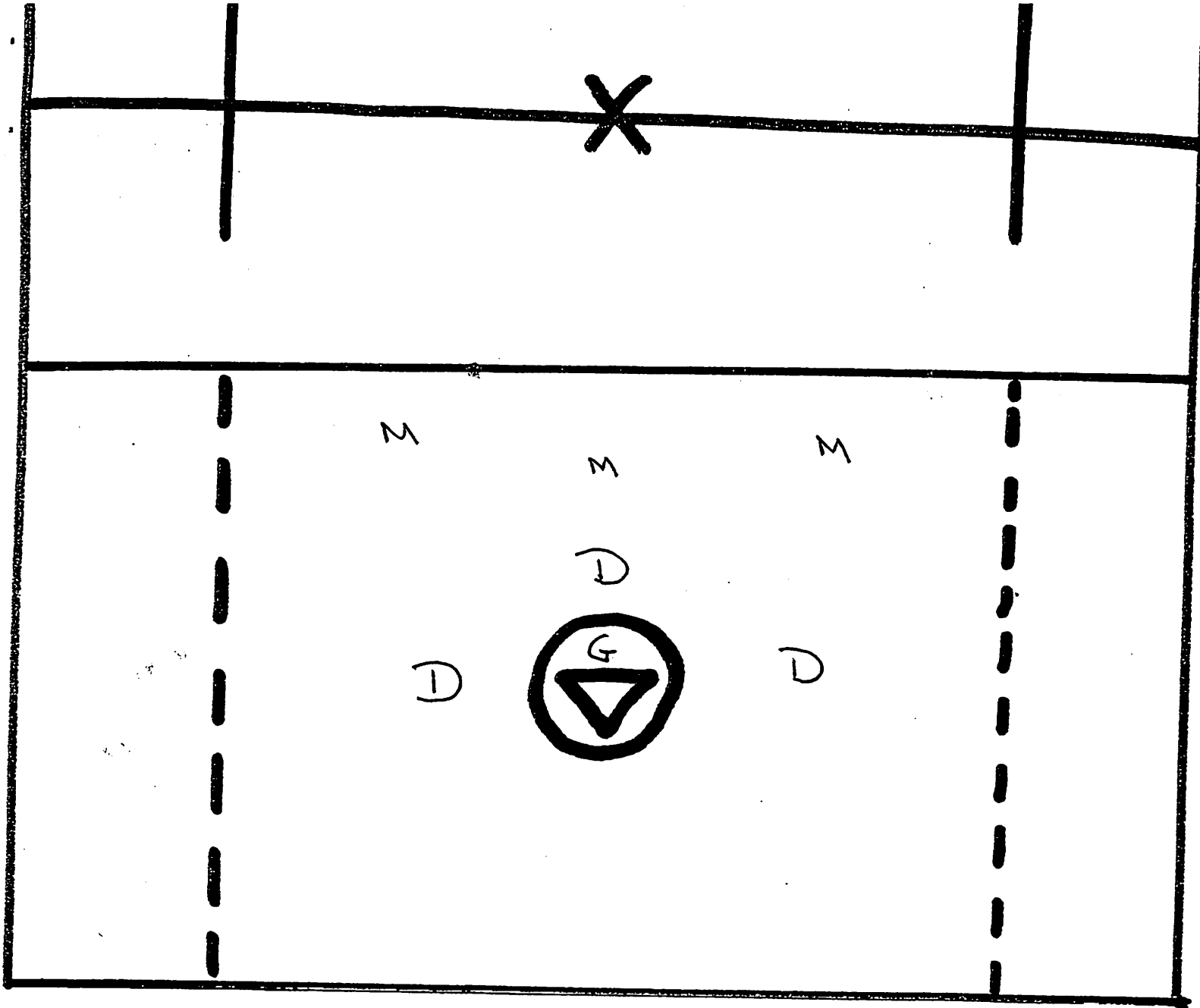


"Go Black"




MAN DOWN D

(ONE OF OUR TEAM IN PENALTY BOX)

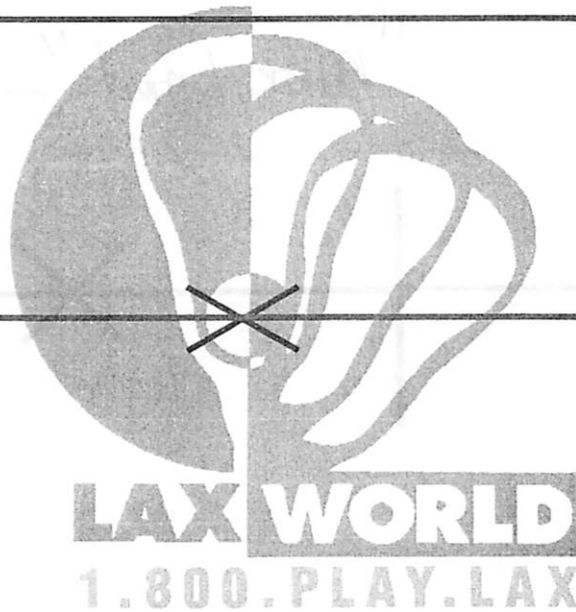


BASIC D

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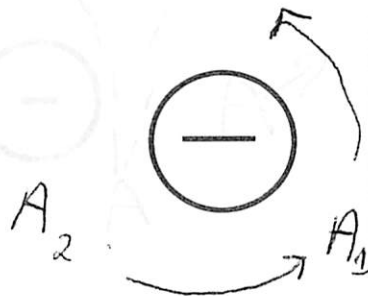
"Virginia 52" is the reverse,

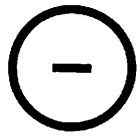


Sequence

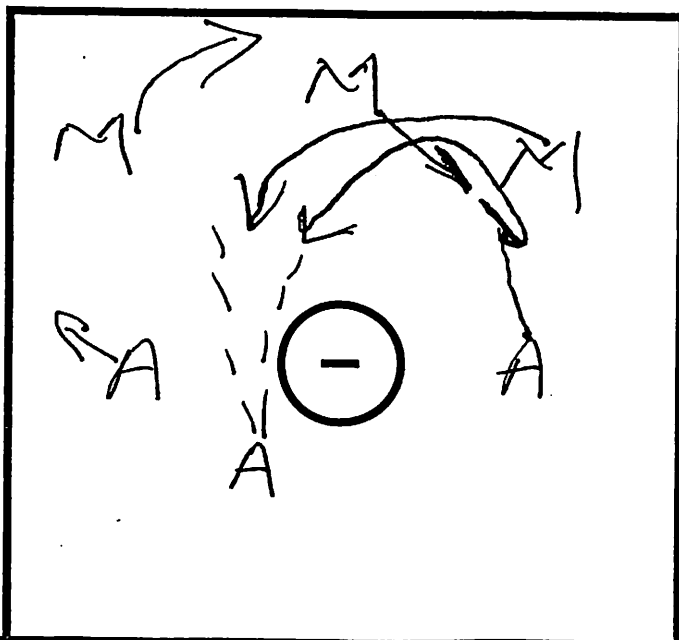
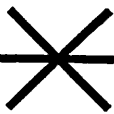
1. A_1 + A_2 start to circle cage
2. Long stick goes up on A_1
3. A_1 pass to A_2
4. A_2 scores

"Virginia"

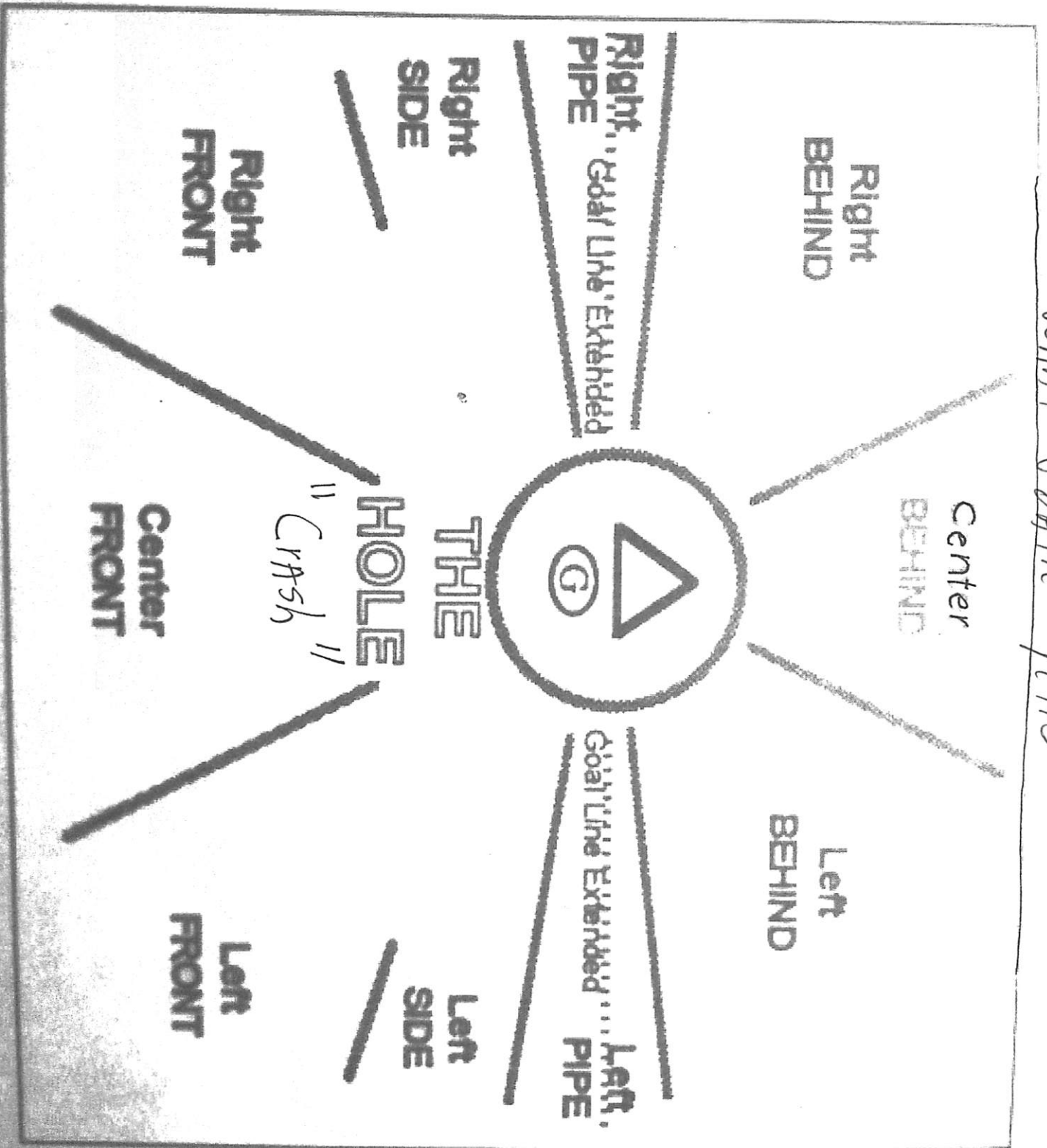




"Maryland" = double pick



What Google Yells



... that the goalie uses to