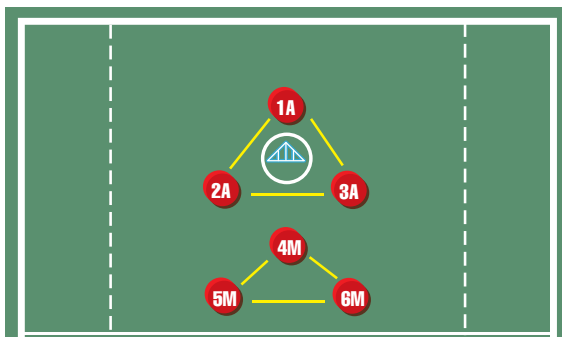


The 1-3-2 Motion Offense

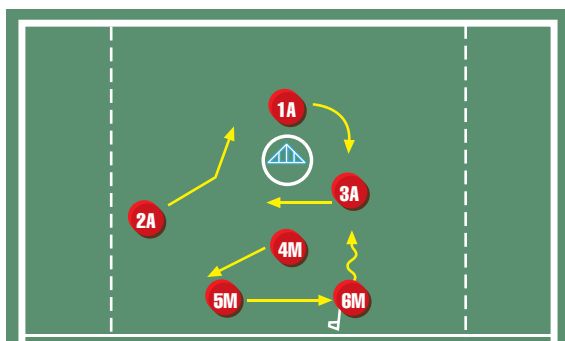
Coordinate chaos around the crease

Courtesy of Tony Seaman,
Towson University men's lacrosse coach

A 1-3-2 motion offense consists of two triangles created by the attack and midfielders, respectively. Establish it as such, with each player remaining within his triangle as he cuts away or replaces a ball carrier's position:



When the ball is carried by one player toward another, inform the latter to cut away from the ball to **clear** that space for the carrier, and instruct the adjacent player to **replace** his position in the triangle. This is the underlying principle of the motion offense. Take the following sequence, for example:



As 6M carries the ball toward 3A, 3A clears out, 1A replaces 3A and 2A replaces 1A. As 6M carries the ball down the alley, 5M replaces 6M and 4M replaces 5M. The integrity of the separate triangles is maintained.

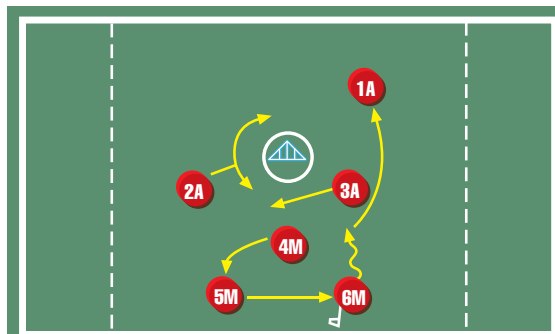
Now, the ball carrier (6M) has four options:

1. He can drive down the alley for a shot.
2. He can pass the ball to 3A as he clears out. Though

a difficult pass for 3A to handle, it could open up a scoring opportunity on the doorstep.

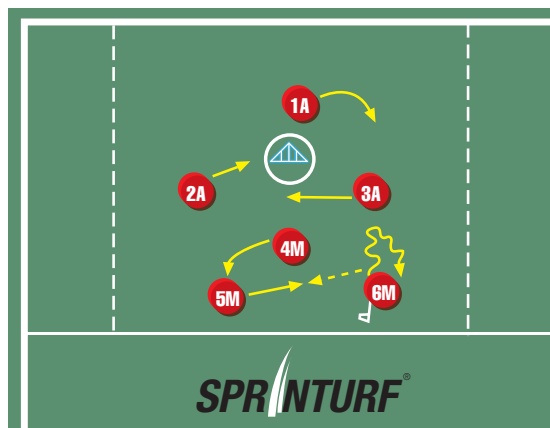
3. He can pass the ball to 1A cutting backdoor from behind. (If so, he cuts to the crease on the far side to replace 4M.)
4. He can drive down the alley and change direction, passing back to 5M, who is replacing 6M's original position.

With each option, comes another set of four options, which is the sort of chaos and unpredictability a motion offense intends to create. Let's take Option 3, from above,



for example. From its stems these four options:

1. 1A catches the pass and sets up a give-and-go with 6M.
2. 1A catches the pass and looks for 2A (replacing him) on a backdoor cut.
3. 1A catches the pass and looks for a cut from 5M (who replaced feeder 6M).
4. 1A catches the pass and passes to 2A at backside "X."



Or, what if in the initial set, 6M chooses Option 4 (pass back to 5M)?

1. 5M catches the pass and can shoot or drive to goal.
2. 5M catches the pass and passes to 4M, who has cut off the crease to replace 5M, at which point 4M can shoot or look for 2A.
3. 5M catches the pass, changes direction, and drives the left-hand alley.
4. 5M catches the pass, changes direction, and passes to 4M from the opposite side.

For more on Tony Seaman and Towson, visit www.towsontigers.com.