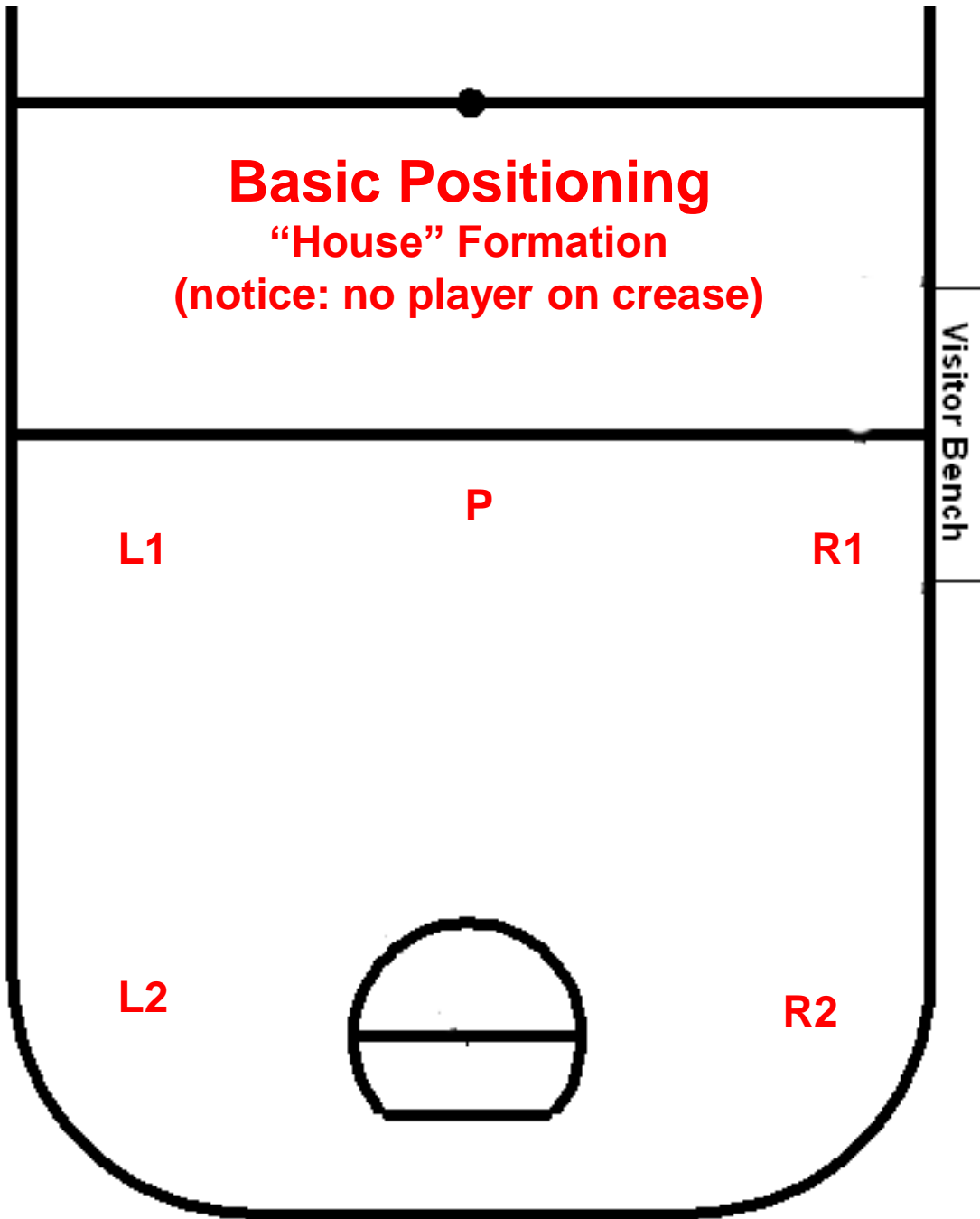
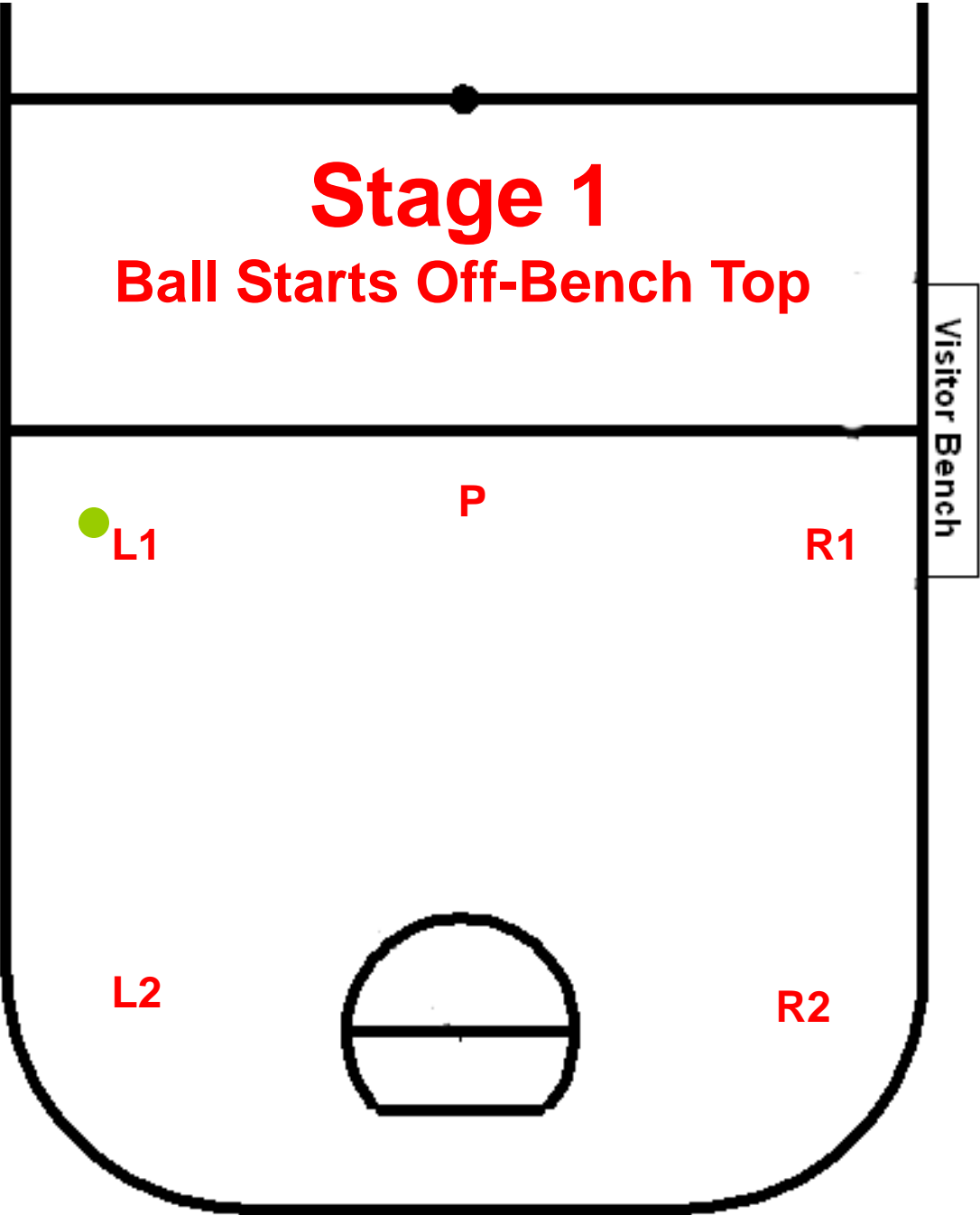


Box Lacrosse

Basic Offense

Basic Positioning
“House” Formation
(notice: no player on crease)

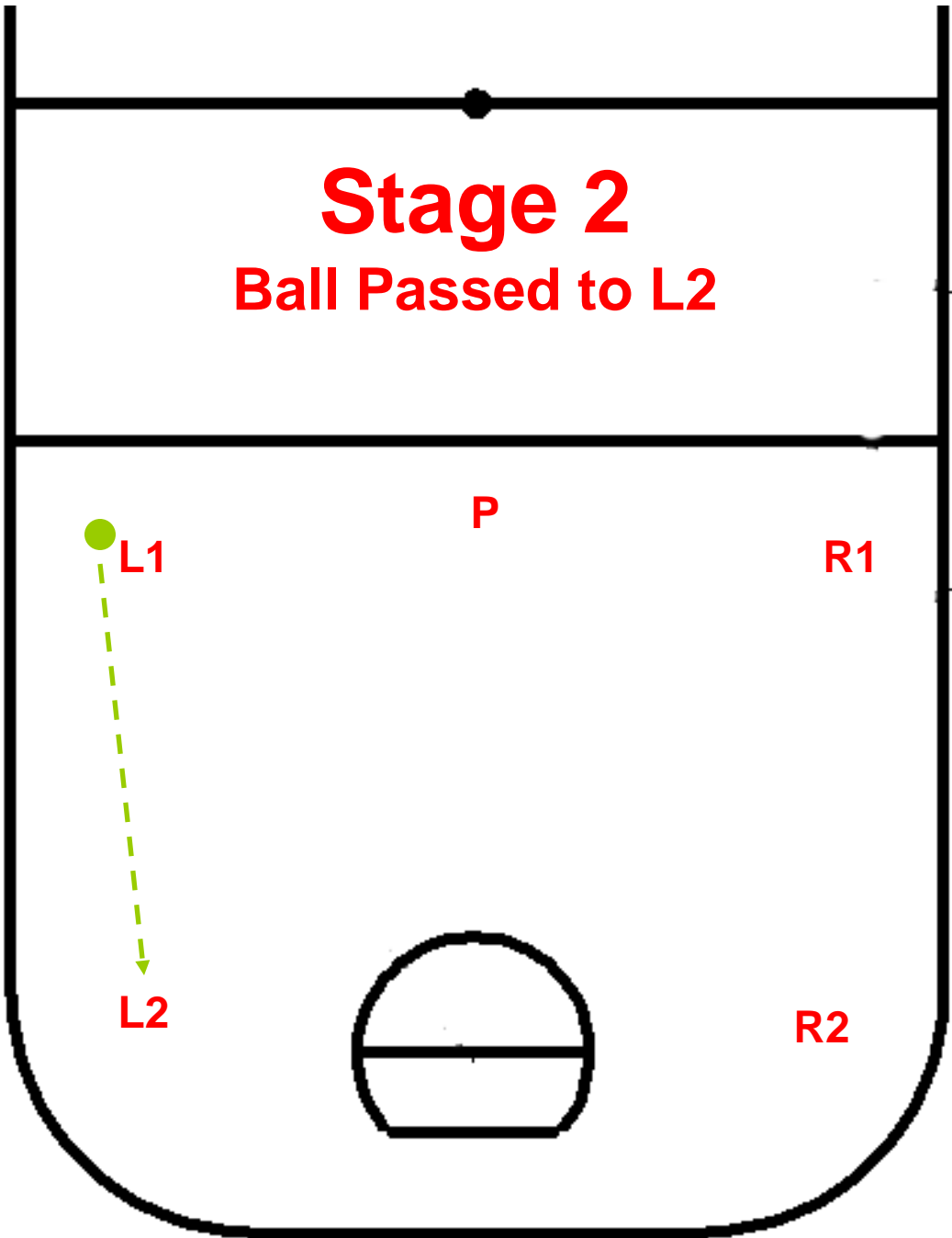




Stage 2

Ball Passed to L2

Visitor Bench



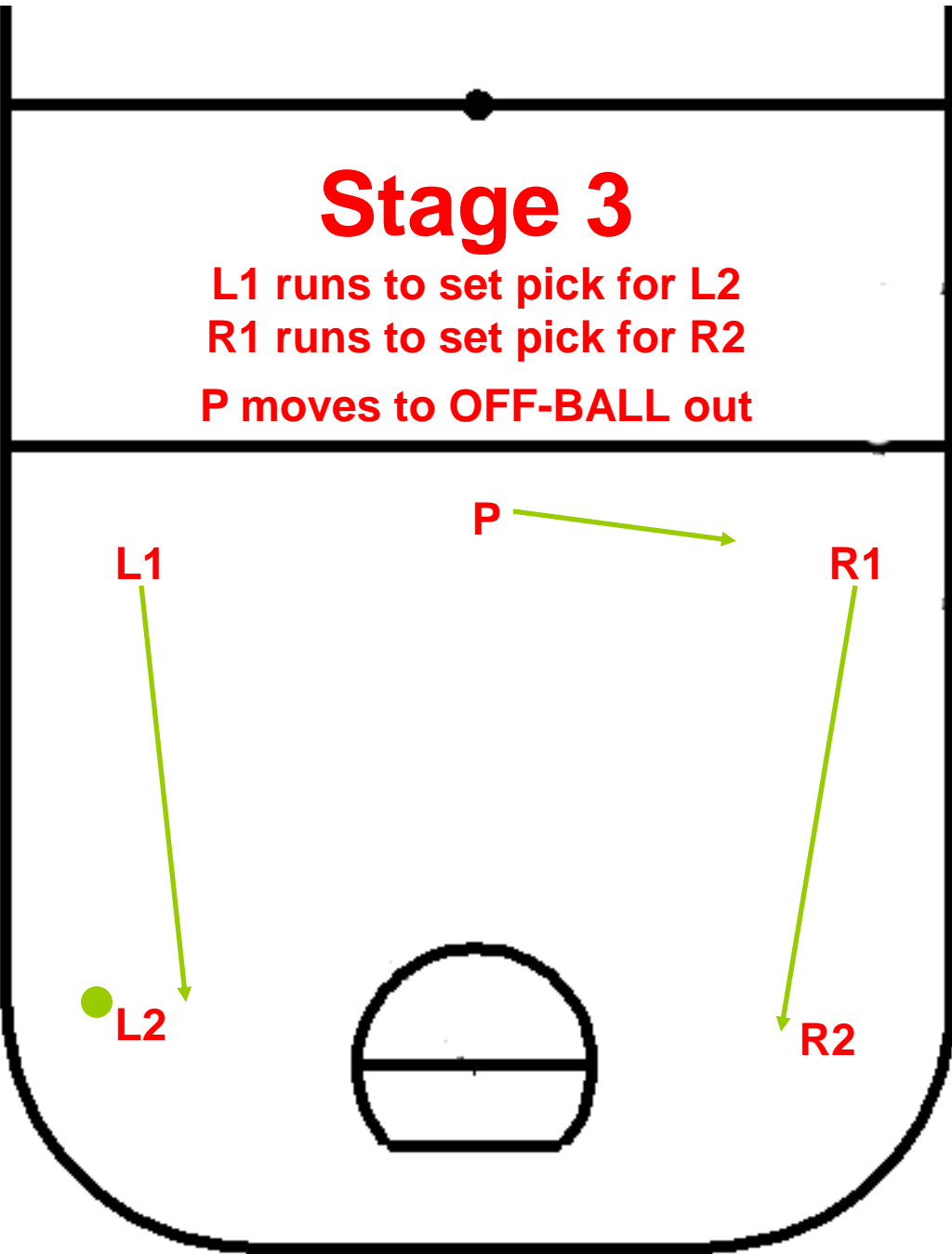
Stage 3

L1 runs to set pick for L2

R1 runs to set pick for R2

P moves to OFF-BALL out

Visitor Bench



Stage 4

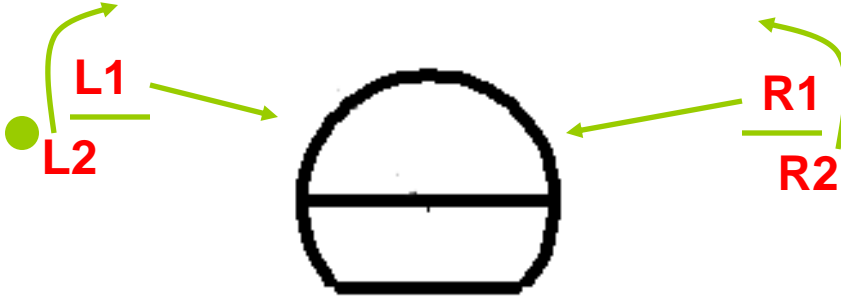
L2/L1 Pick and Roll

R2/R1 Pick an Roll

P is outlet and kills fast break

Visitor Bench

P



Stage 5

L2 Options:

1st – L2, 2nd – R2, 3rd – Shoot
4th – R1, 5th – P (shoots or resets R side)

Visitor Bench

P

