That simple motion offense comes to Lacrosse: a 2-2-2 that liberates the players and scores goals- simply, almost magically.

Lacrosse coaches, like their counterparts in football and basketball, are always searching for the perfect offense - an offense that will magically produce goals. "Simplicity" and "magically" are rarely linked together, but they are not really mutually exclusive. A good simple motion offense from a 2-2-2 set can produce goals, allow the players to know what their teammates are doing at all times, and provide the basis for isolation dodges. With a little practice and a lot of enthusiasm, the offense will work - like magic!

The basic set, as you will notice in the diagrams, is a 2-2-2 that incorporates two midfielders up top, and midfielder and crease attackman on the crease, and two attackmen on the goal-line extended or below. A few simple rules and a little motion provide a scoring opportunities from cuts and feeds into the crease area.

The 2-2-2 motion has two basic rules:

1. If a midfielder passes to a midfielder, the passer will change positions with the crease midfielder, as shown in Diag. 1.

   If, similarly, an attackman passes to an attackman, that attackman (passer) will change positions with the crease attackman, as also shown in Diag. 1.

2. If a midfielder passes to an attackman, the midfielder will exchange positions with the other midfielder, as shown in Diag. 2.

   If an attackman passes to a midfielder, the attackman will exchange positions with the other attackman, as shown in Diag. 3.

It is important for the players to play the game at the edges of the retaining box. This will provide adequate spacing for both one-on-one dodging and wide open cutting opportunities.

ADDITIONAL POINTERS:

1. The two crease players will want to pick and repick for each other.

2. Off-ball movement should be employed; that is, any time the midfielders are exchanging positions after a pass, the two attackmen can be exchanging as well