

Desert Mountain Wolves Lacrosse Playbook



Prepared

by

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Updated

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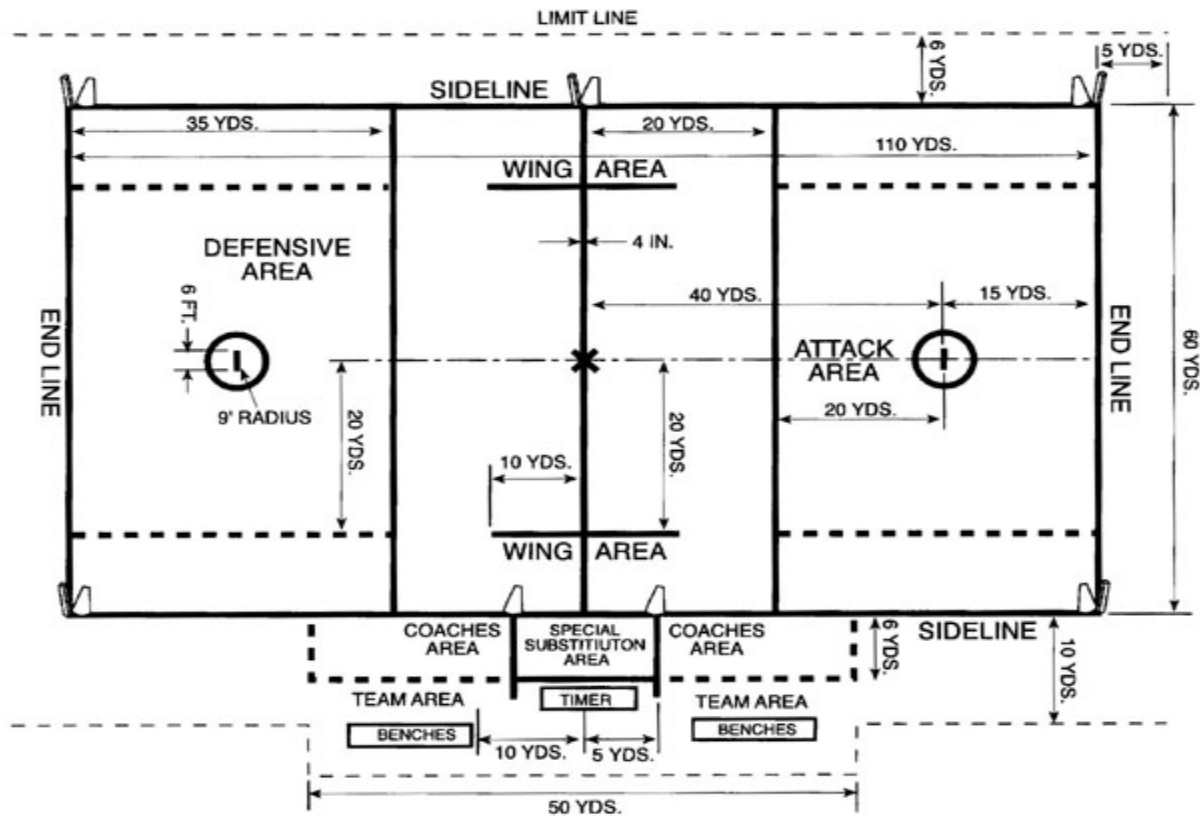


First some rules:

- 1-Respect the Game**
- 2-Respect Yourself**
- 3-Respect Your Coaches**
- 4-Respect Your Teammates**
- 5-Respect Your School**
- 6-Respect Your Opponents...win or lose, they are your brothers in the fraternity we call lacrosse.**
- 7-Keep Your Equipment Well Maintained**
- 8-Study This Guide**
- 9-Watch as Much Lacrosse as You can**



Youth and High School Men's Lacrosse Field of Play



Equipment- Make sure any and all equipment is to standard (see US Lacrosse Boys Rule Book). Second issue is mouthpieces...get one made for you from your dentist if you cannot make one that stays in...it will cause a penalty....fix it.

Field Set-Up- For those of you unfamiliar with the field set-up, it is provided above...know it...off-sides is NOT an option on our team.



Offense– The collective effort of the team to place the ball in the goal of the opposing team. Simple as that...so let's see how to do it using 4 offensive sets from which we will run our plays.

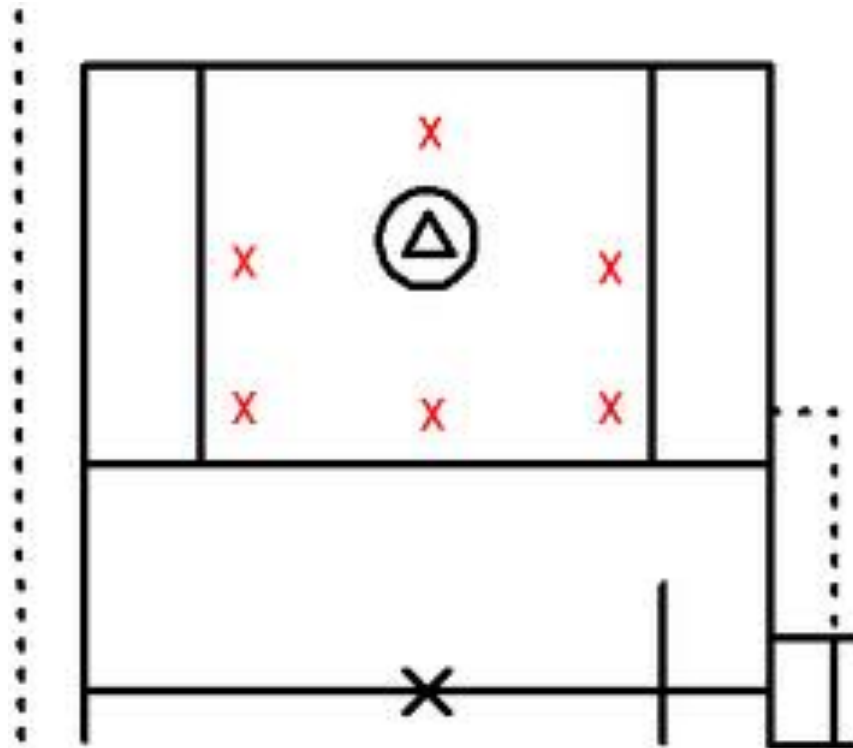
Three/Two/One Set

Middie Plays:

- 1–Sweep
- 2–Sweep +Single or Double Pick
- 3–Fake Sweep

Attack Plays:

- 1–Rotating Triangle
- 2–On Ball Pick and Roll
- 3–Off–Ball Pick and Feed



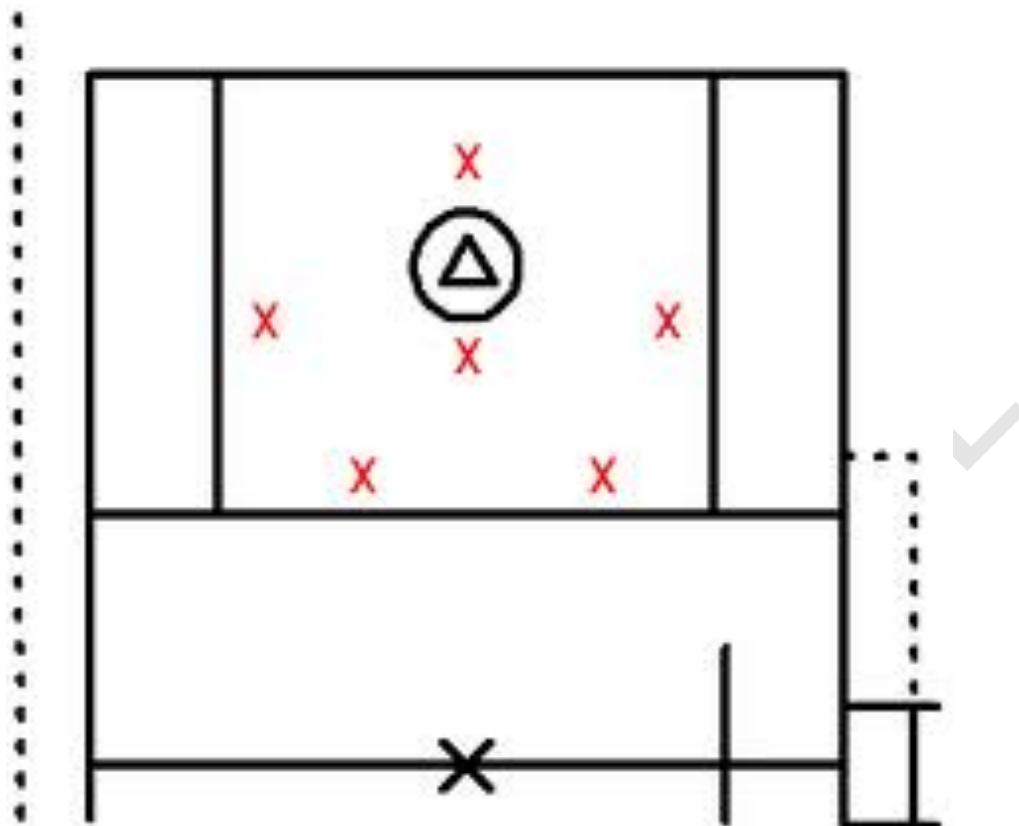
Two/Three/One Set

Middie Plays:

- 1- Drive to Shoot
- 2- Drive to Draw and Dump to Crease
- 3- Triangle Rotation

Attack Plays:

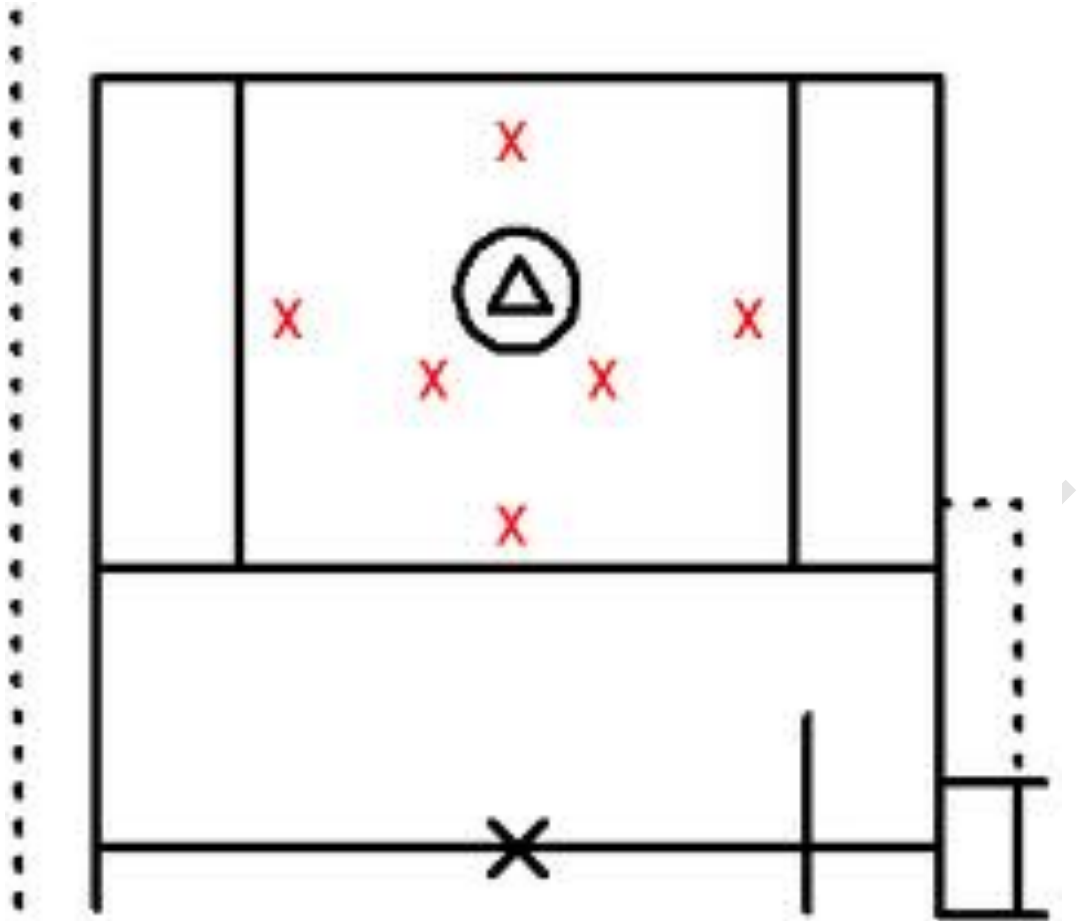
- 1- Middie Off-Ball Pick and Feed from Attack
- 2- Attack Pick Off-Ball and Feed from Middie
- 3- Pick On-Ball



One/Four/One Set

Plays:

1. One-On-One Dodge from any place on field...rotate away on dodge side, rotate in on opposite side.
2. Feed Crease- Ball moves outside, inside players pic and roll.
3. Horizontal Feed to outside player coming of double pic



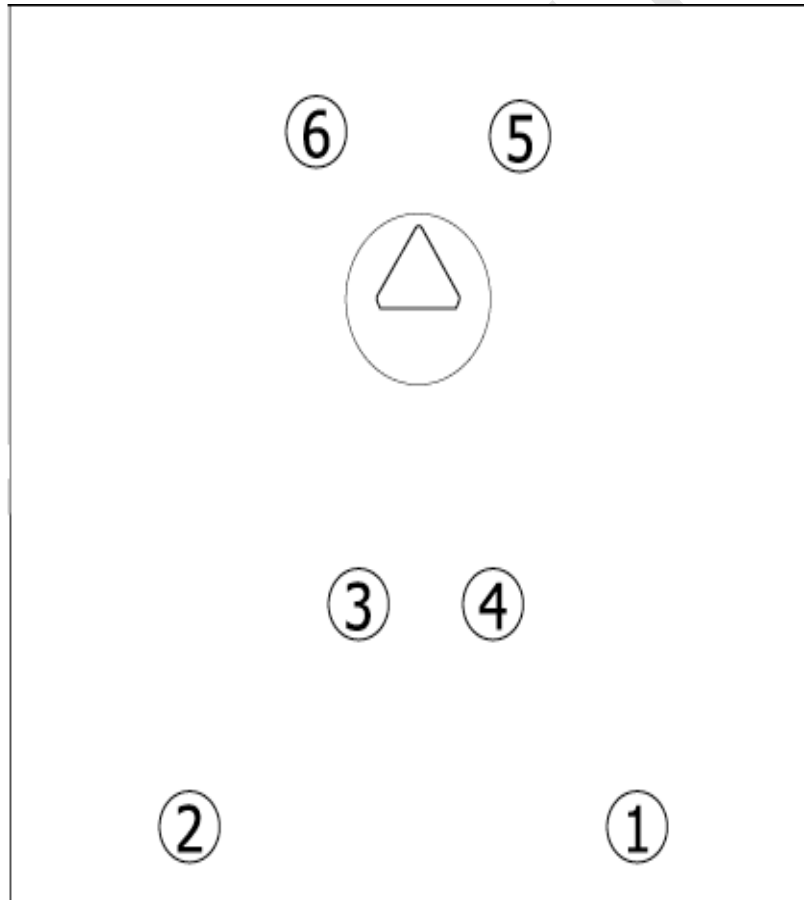
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Two/Two/Two Set

Plays:

1. Feed Crease- Ball moves outside, inside players pic and roll.
2. Overload Side and Feed Cutters
3. Overload Side and Dodge





FAST-Break—Begin in “V” formation and rotate if necessary depending on where the fast break is coming from.

As a team with a lot of left-handed players we would like to emphasize left side drives, but we must be flexible depending on the situation.

Therefore, we shall always have one wing attack close to mid-line and two attackers wide at GLE at all times to facilitate the fast break.

Middies, D-poles and LSMs doing a fast break, your role is (in this order):

1-Shooter

2-Feeder/Slide Draw

3-Occupy Center/Corner and Look to Shoot if Attack does not get a look

Man-Up Offense

Option 1- Versus “Box Plus One” Defense

1-Run from X

a. Look for Flash pass to inside

b. Look for Inside Roll by X-man for a shot

c. Look to Dump Ball To Center Mid for Shot if Roving Defender Doubles early

Option 2- Versus “Triangle and Two” Defense

1-Run from top Right, Left High Triangle Rotation for Shot



Rides– On this team EVERYBODY plays defense...that means you attack

Three Ride Sets

- 1– Off a Quick Save– Man to Man
- 2–Off a Set (End/Side–line) Clear– Umbrella
- 3–If we need the ball– 10 Man Ride

Clears– If off a quick save, we go freelance. For a Set (End/Sideline) clear we use one of the following:

Three Clears (with options)

- 1–“Red”– 1, 2 or 3 Middies Stack on the Opposite Side of the Ball, Attack on Ball Side...step over and cut to pass from Keeper
- 2–“Black”– Delayed Substitution from Box...all other players stack on Opposite side of field...can be a 1,2 or 3 call as well.
- 3–“White”– Middie carries all the way.

Other Calls

Yellow- We are switching middies so ball must get behind GLE while we do this

Spartan- If the opposing team is in yellow we jump the ball carrier while they are switching

Dingus- Trick Play if we are up by 5 goals

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Defense– Translation: The collective effort of the team to disallow the ball to enter our goal. Simple as that...so let's see how to do it using 3 defensive sets from which we will ruin their plays.

Three Defensive Sets

1–Adjacent 1 slide, 2 Slide from Crease

2–Spear Zone

3–Regular Man-to-Man with opposite from ball as 1st Slide and 2nd Slide an Fill from rear

NOTE– Goalie will call ALL slides....listen for him!

Man-Down Defense– If they push from “X” we go Triangle and Two. If from Top we go Box and One.

Fast Break Defense– The mission is to stop the ball movement and thus the fast-break, force a bad pass or lame shot.

Three Options– Depends on the skills of the Middie Breaking (Goalie's Call)– Sticks High and in Passing Lanes

1–Normal Rotation– Stop the ball carrier.

2–Delayed Rotation– Stop the ball carrier, delay 3 slide.

3–Left-Side Slide– Leave Early and Stop the Ball

NOTE– On these plays Goalie can and will Cover Last Pass/Player

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