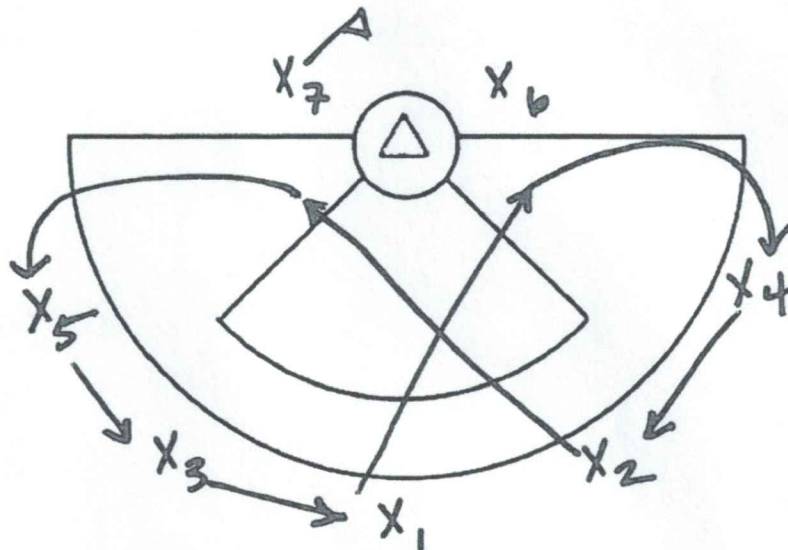


#2 - X- Set up in a 5-2 - 5 players around the 12 meter arc and 2 players behind the cage, goal line extended. The ball starts behind the cage at either (x7) or (x6), in this case (x7) has the ball. (x1) will cut opposite the ball, through the 8 meter towards (x6) looking for a pass. When the pass is not there (x1) continues to run through the 8 meter and will move to where (x4) was standing. Then (x2) cuts through the 8 meter towards (x7) looking for a pass. If the pass is not there, (x2) continues to run through the 8 meter and replaces (x5). (x5) moves up to where (x3) was, (x3) moves up to where (x1) previously was and cuts through the 8 meter towards (x6). (x4) replaces (x2) and then cuts through the 8 meter towards (x7). Each cutter is looking for a pass from either (x6) or (x7) who are behind the cage (very similar to the drill feeders and cutters). The cutters cut towards the feeders, creating an "x". If they do not receive the pass, they fill in, bumping the offense up to replace the previous person who just cut, always maintaining the 5-2 balance.



***Keys to offense:** Strong and weak hand stick skills – always drive, pass and shoot with the hand opposite of defenders position. Communicate to balance the field, and set up offensive plays. Keep head up at all times to see teammates, and open players. Read the defense and use different dodges to get around defenders, including fakes and different types of shots.