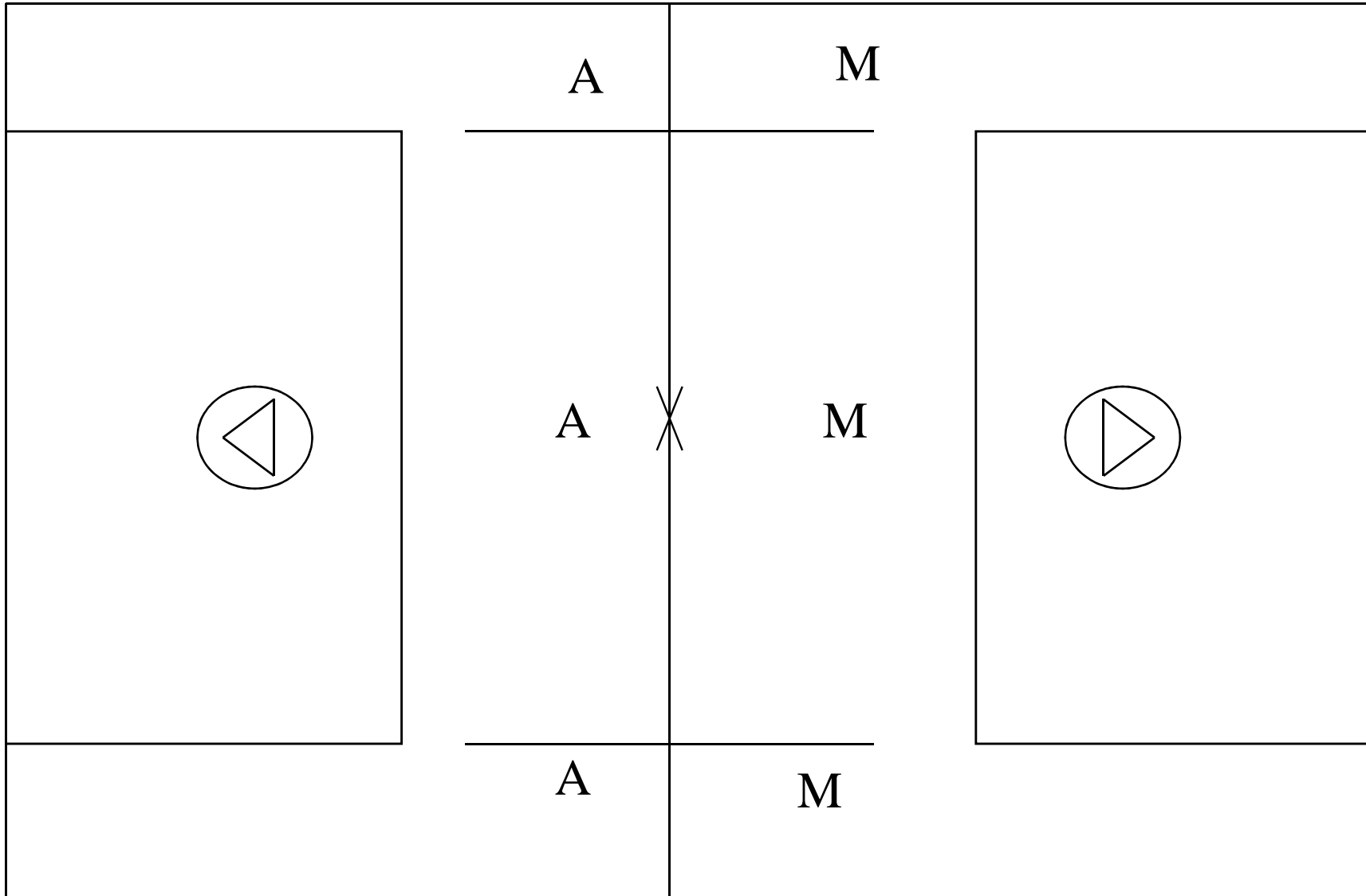
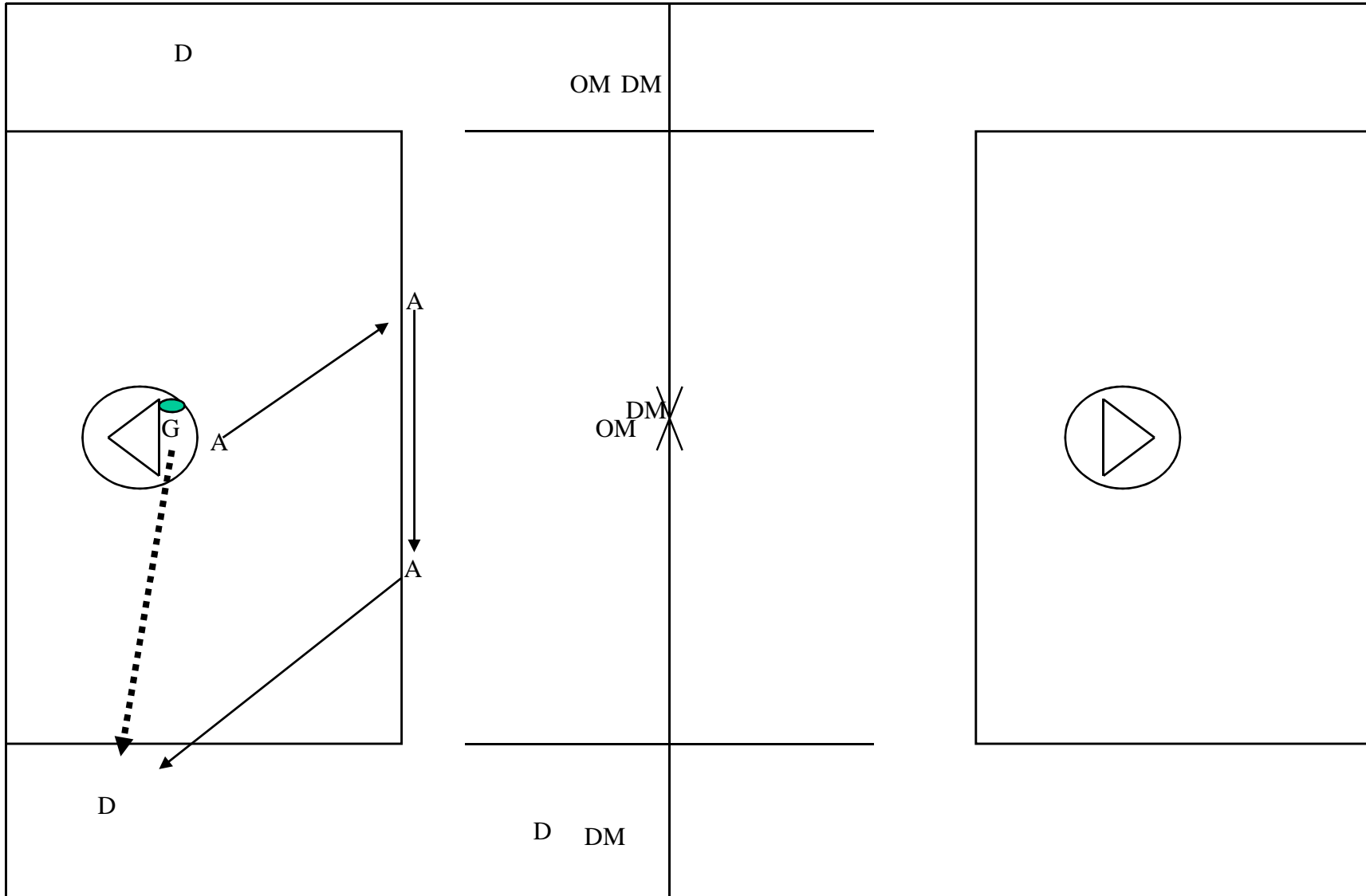




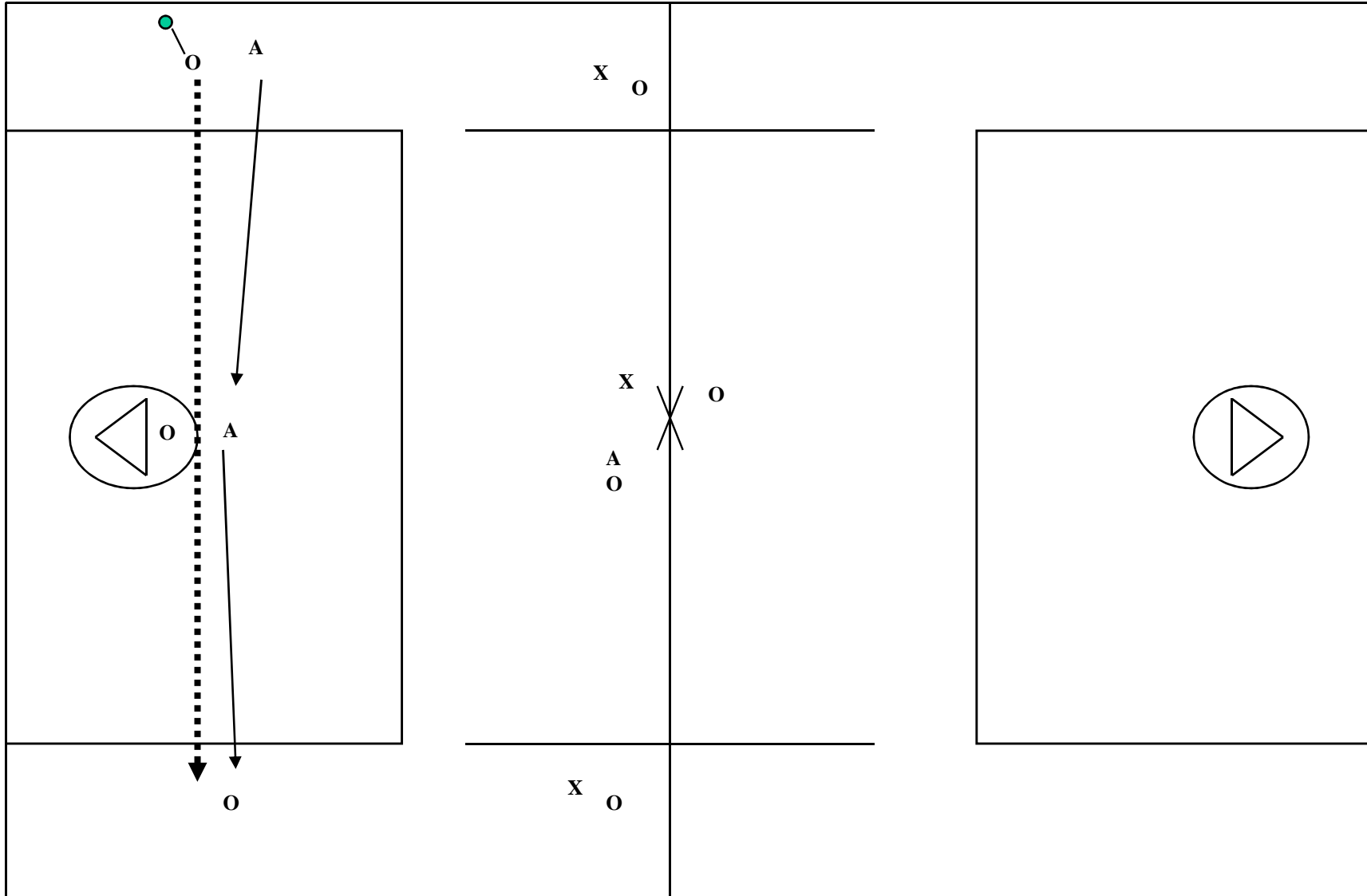
Rides



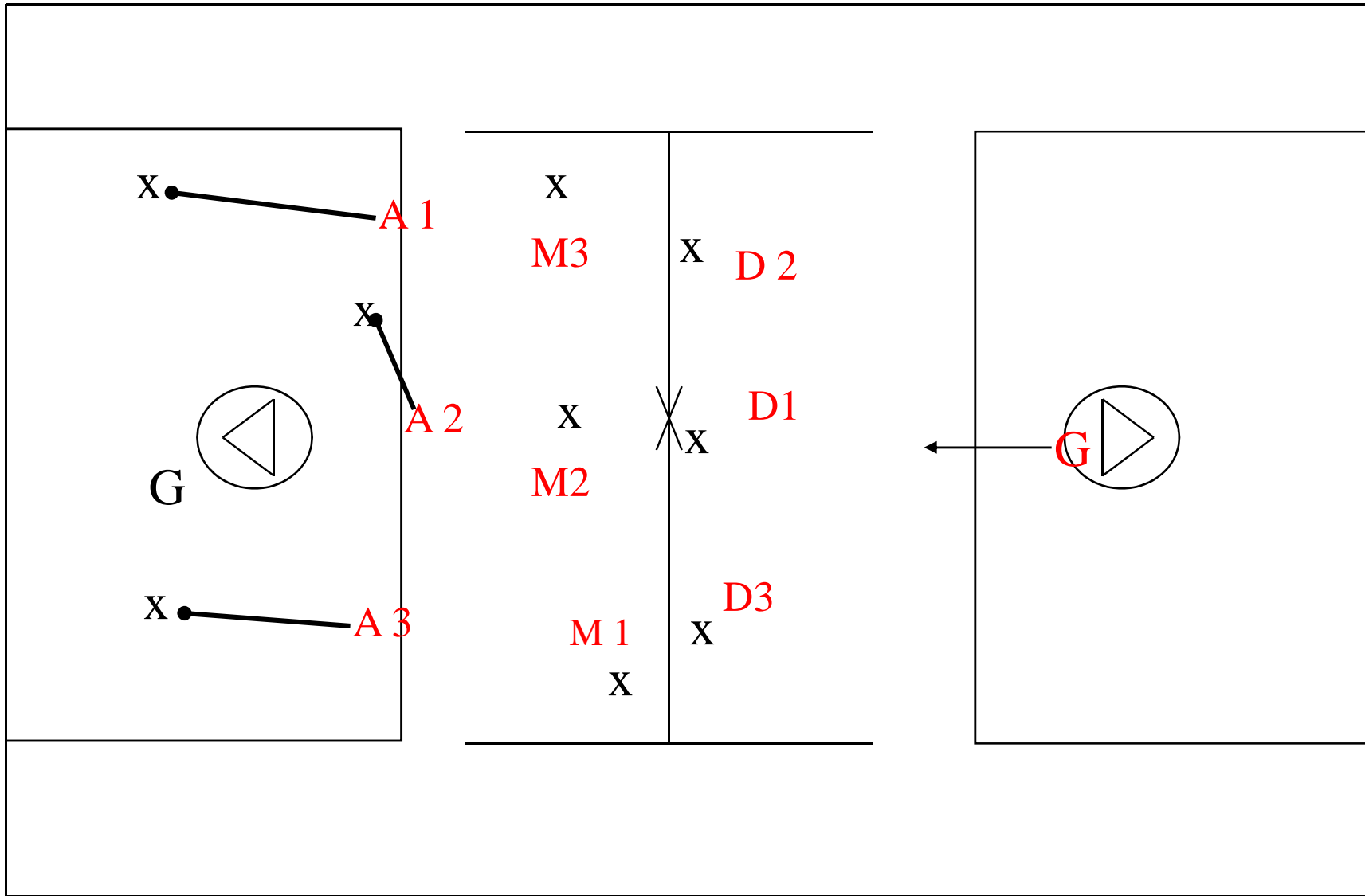
Zero Ride



Red Ride - Attack moves on the pass in a triangle

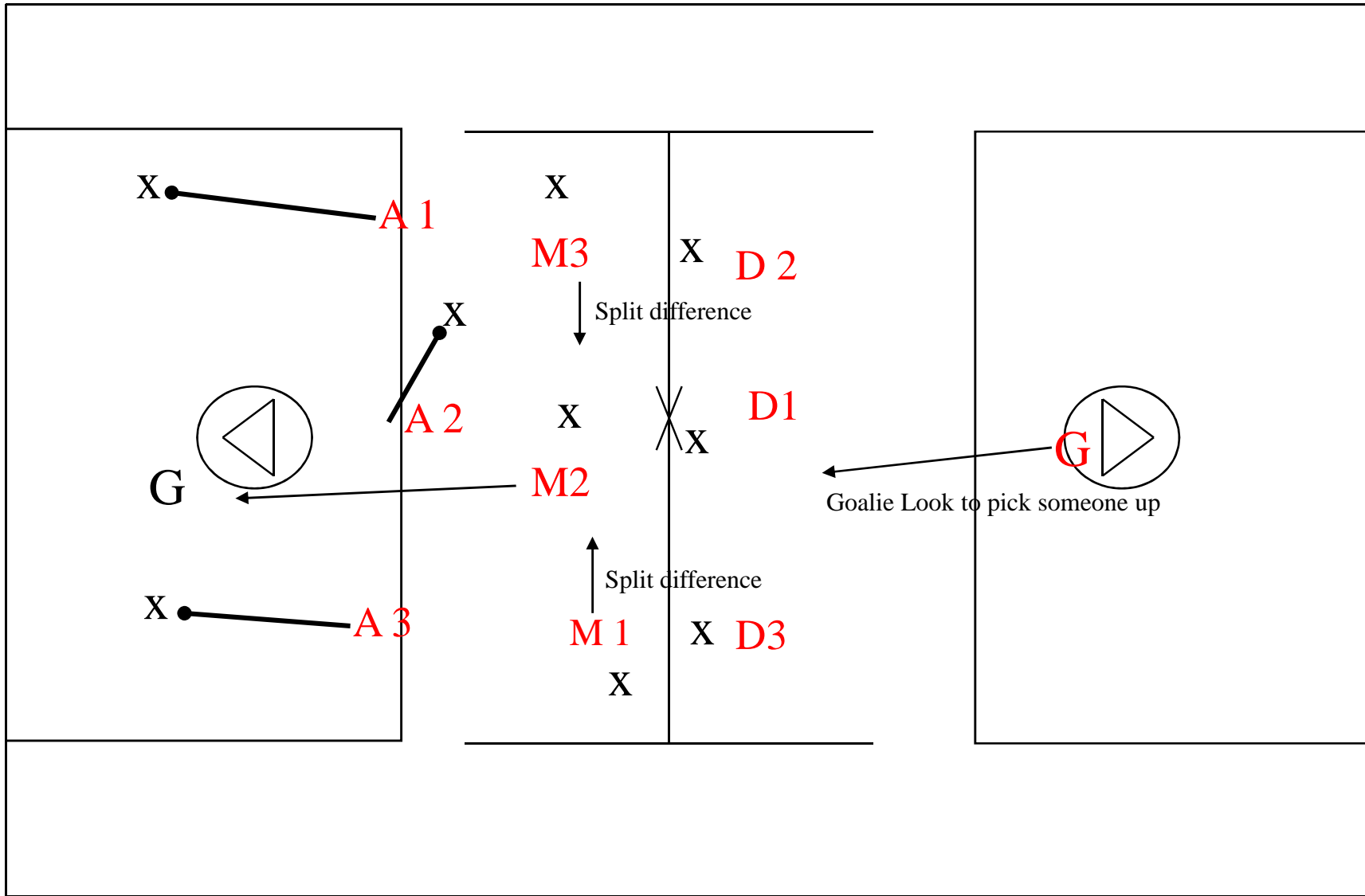


Bump Ride - O = Clearing Team



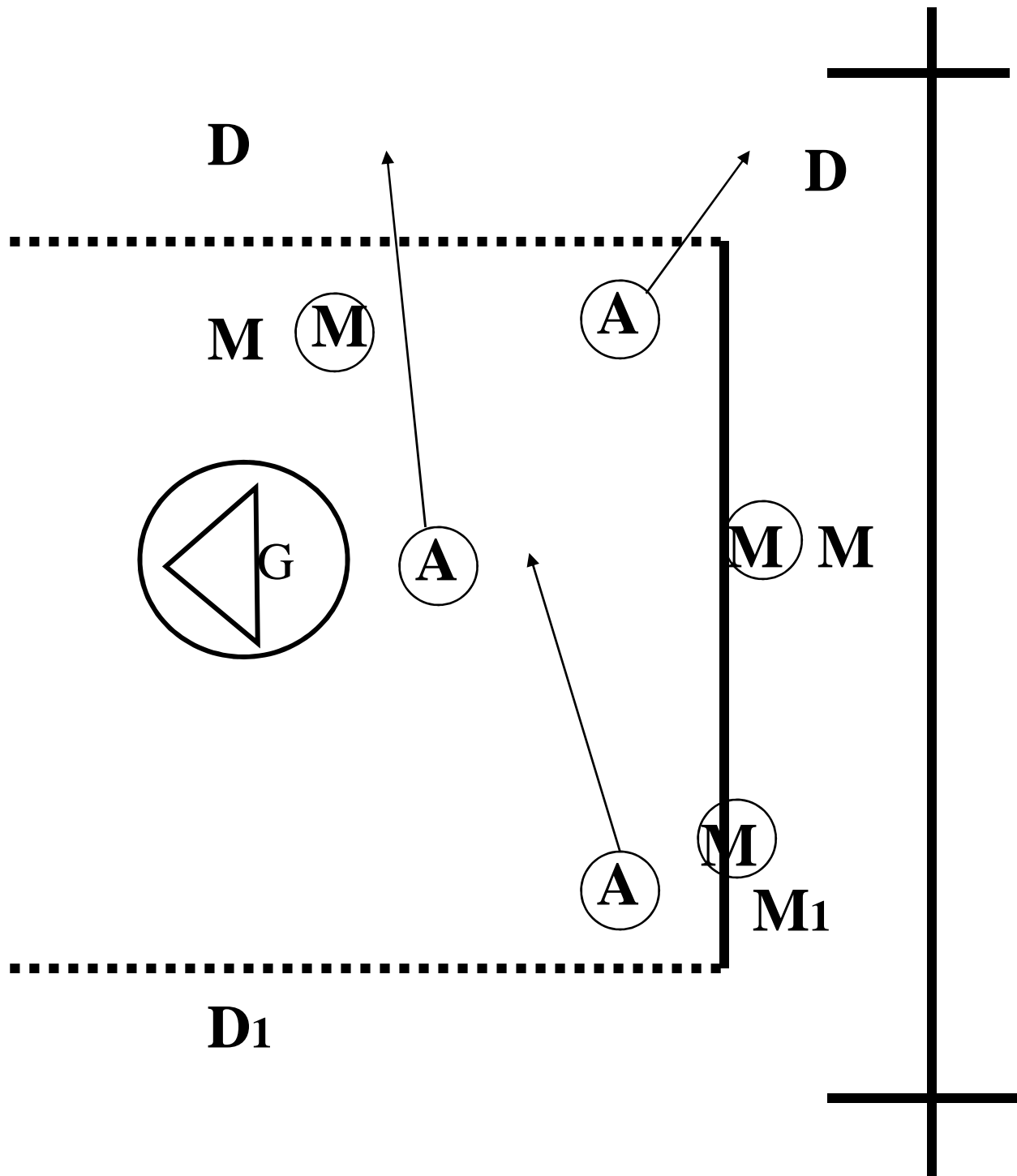
Rides - Call = Match

When we ride the Ball most teams will use a clear like this you will match up on a man we will not play the Goalie until he passes you.



Rides - Call = 10

When we ride the Ball most teams will use a clear like this you will match up on a man we will not play the Goalie until he passes you. Everyone else Lock off.



Rides

Riding team in circles
 Attack are in a triangle
 cut off the ball and
 closest men to ball
 Leave long pass open
 and rotate to pass