

# Greater Birmingham Youth Lacrosse Association

## Coaches Clinic

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# Ingredients for Success

- A shared identity and shared goals
  - This is who *we* are; this is what *we* are doing
- A common vocabulary
  - Field geography
  - Coach to player
  - Player to player
- A commitment to the fundamentals
- A clear picture of roles in relation to the ball
- A lot of repetition to build muscle memory

# Part 1: Team Identity and Goals



# Team Identity

- Every new season you need to answer the question: Who do we want to be as a team?
- For me:
  - Dominate the ground
  - Turn the corner
  - Play with an edge
  - Believe in the system
  - No individuals
  - Attention to detail
- For you:
  - The answer will depend upon your experiences and goals, and upon the personnel you have been given to work with
  - Communicate your philosophy *and make sure that philosophy is emphasized in everything you do*

# Taking Stock

- There are certain core principles you will want to teach every year
  - For me it is always ground balls, physical toughness, eliminating an individual mentality and focusing on basic skills
- Other decisions will depend upon your players
  - Do we have the athletes to guard opponents off the bus, or do we need to play a zone?
  - Do we have the depth to push transition, or do we want to slow the game down?
  - Will we primarily initiate offense from up top or behind?
  - Do we have strong dodgers, or will we need to rely more on off ball/inside play?



# Setting Expectations

- It is important to set expectations early regarding attendance, punctuality, effort level, conduct, fitness and homework
- Equally as important is clearly communicating depth chart and playing time expectations
- As players get older, they should be required to be more accountable for communicating with the coaches
- “Tone from the top” is paramount, and you will reap what you sow early in the year in terms of attitude, discipline and effort

# Actions, Not Words

- Once you decide who you are or want to become, you can't just say it, you have to live it
  - I want my teams to dominate ground balls, so I begin and end every practice with a ground ball drill
  - I believe great results require great fundamentals, and so my practices are geared toward maximum repetition of basic skills
- It's OK to change your mind, but make sure you are doing that for the right reasons

# Team Goals

- You need to establish both short- and long-term goals for your team
  - What do you want to achieve over the course of the season?
  - What do you want to achieve in this practice?
  - What do you want to achieve in this drill?
- You have very limited time to spend with your players; everything must serve a purpose

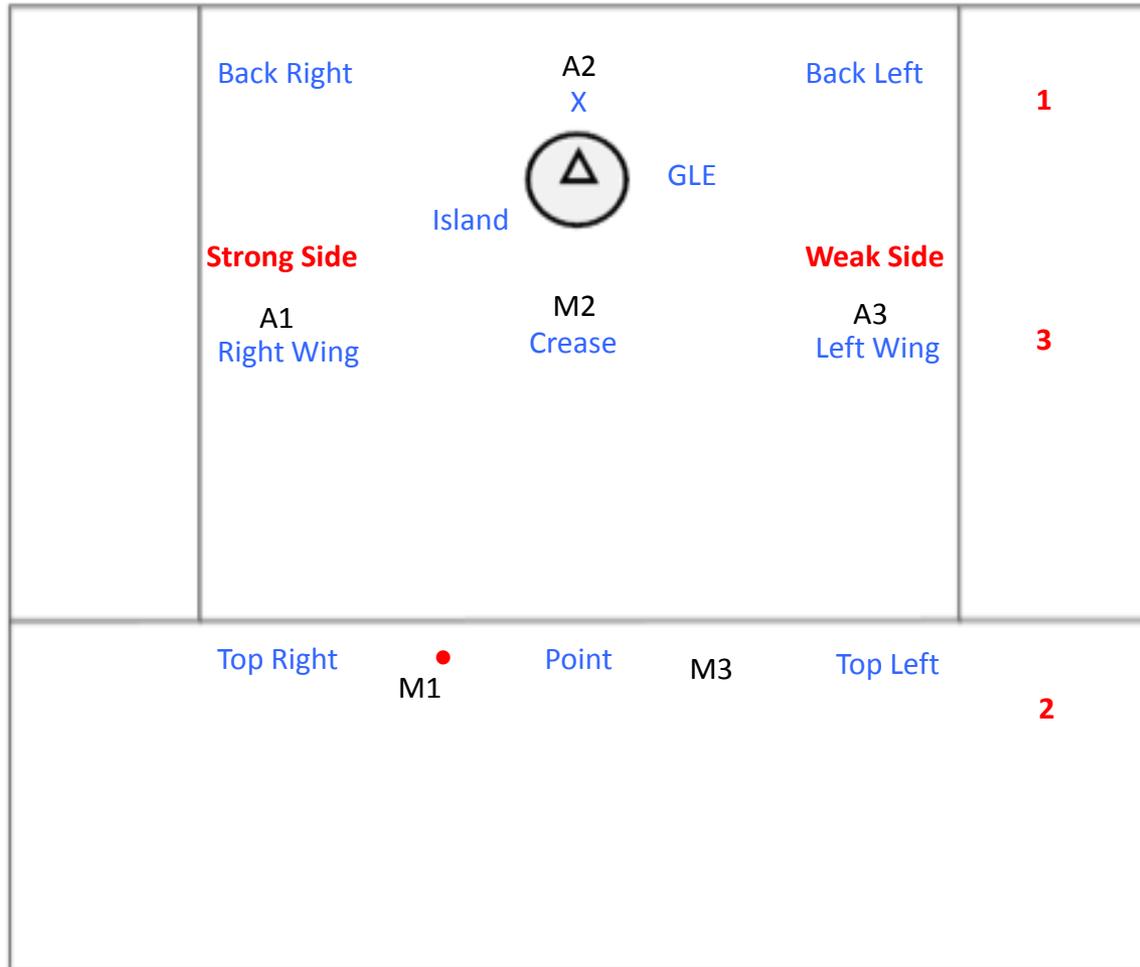


# Part 2: Team Vocabulary



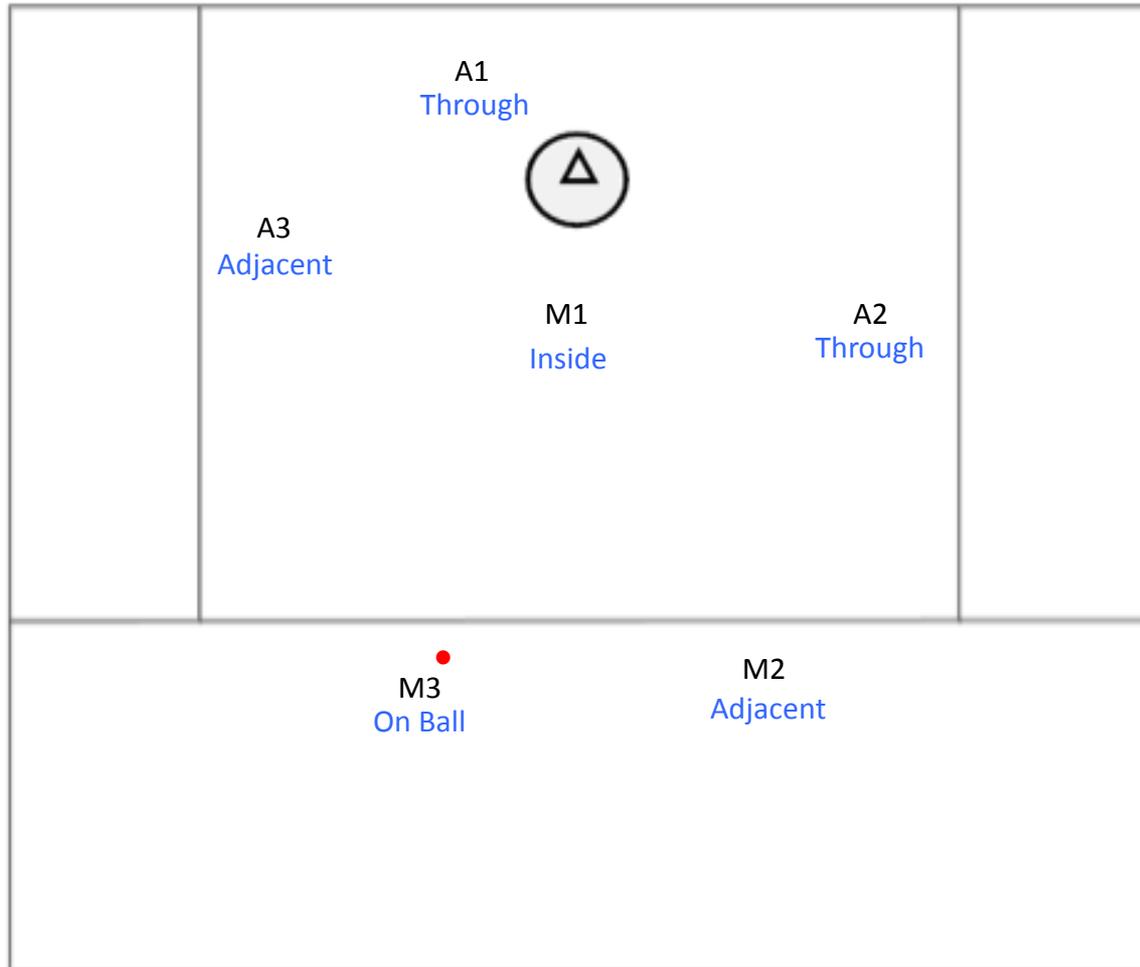
# Vocabulary Lesson: Field Geography

- **X** – Is the area of the field directly behind the goal
- **Point** – Is the area of the field directly above the goal at the restraining line
- **GLE** – Or goal line extended, is an imaginary line that travels from sideline to sideline through the pipes
- **Island** – Is a spot on the field 5 yards out and 7 up from the pipe
- **Restraining Line** – Is the top line of the offensive box near the midfield
- **Strong Side** – Is the side of the field where the ball is
- **Weak Side** – Is the side of the field opposite where the ball is
- **Offensive Sets** – I count starting above the restraining line, then between the restraining line and GLE, and finally behind GLE (Baltimore style; New York style is reverse)
- **Direction** – From goalie's perspective



# Vocabulary Lesson: Positions

- Teach your players that offensive players need to think of themselves as interchangeable, not as being a “right midfielder” or “left attackman” but rather as occupying a particular spot in relation to the ball (which changes on every exchange)
- **On Ball** – Is simply the player with the ball
- **Adjacent** – Is the player immediately to the left or right of the dodger
- **Inside** – Is the player in the crease
- **Through** – Is the player on the opposite side from the ball, generally two passes away from the dodger



# Vocabulary Lesson: Team Vocabulary

- **Adjacent:** The player immediately to the right or left of the ball
- **Ajax!:** All slides adjacent (in response to an open offensive set)
- **Alley:** The right and left areas of the restraining box near the goal
- **Ball!:** Called by player intending to take the ball on a ground ball or on-ball defender
- **Box:** The stick side ear hole of the player receiving the pass (a 1' by 1' box)
- **Bump!:** Called by the recovering on-ball defender "bumping" the two slide back to his man
- **Bust It!:** Call for goalie to make quick outlet pass over shooter to releasing middle
- **C-Cut:** Cutting through the crease in the shape of a "C"
- **Check!:** Called when feed is made to crease (defender to check hands)
- **Crash!:** First slide comes from crease (as opposed to Ajax or Tunic)
- **Drop Step:** Defender moving foot toward his goal to angle dodger to alley
- **Eagle!:** Defensive call for early slide
- **Exchange:** Passing the ball between players
- **Falcon!:** Fake slide then recover
- **Fast Break:** Called by defense (or offense) alerting teammates to an unsettled man-up transition
- **Fire!:** Defensive call telling everyone to pressure ball and press out on adjacents
- **Flare:** A cut from the crease to the wing
- **GLE:** Goal line extended, which is an imaginary line from the goal line
- **Go:** Called by the player who is sliding
- **Help!:** Or "here's your help" is called by player who wants to receive a pass from ball carrier
- **Hold!:** Called by goalie to get defender to turn hips and direct attackman inside
- **Hot Slide:** The first slide (usually the crease man)
- **I'm Off!:** Called by on-ball defender who is releasing to crease
- **Inside Leverage:** Positioning on inside of player to force outside
- **Island:** 5 yards out and 7 yards up from the goal pipe
- **London!:** Defensive call for late slide
- **Man!:** Called by player intending to take the man on a ground ball
- **Mark Up!:** Called by player/coach to get defense to call out assignments
- **Mine!:** Called by slider who is telling other defender to release



# Vocabulary Lesson: Team Vocabulary

- Mirror: Adjacent player "mirrors" player picking up ground ball
- *One More!:* Called by player who wants to receive a pass from ball carrier
- Outside Leverage: Positioning on outside of player to force inside
- Paint: Critical defensive area in front of goal (12 yards out)
- Pick: Standing in front of another player's defender
- Pick/No Pick: Fake pick and then slide through for an exchange from dodger
- Pipe Line: Imaginary line going up field from goal pipe (help positioning)
- Point: The center area of the midfield
- Pop: Moving from crease to point
- Porch: Area at the top of the paint
- Posture: Whether ball carrier looks like he is a threat or not
- *Release!:* Called by player who has secured possession on a ground ball
- Restraining Box: The rectangular lined area surrounding the goal
- Seal: A pick going the opposite direction
- Shallow-Cut: Cutting under another player as opposed to picking
- Skip Pass: A pass through the defense (not to the adjacent player)
- Slide: Moving quickly to help a teammate defend the ball
- *Squeeze!:* Defensive call to double the ball carrier
- Strong Side: The ball side of the field
- Three Slide: The third slide (usually the weak-side middie)
- Through: Recovering inside/out through the crease to far player
- Through Look: Pass from dodger to weak side (often a skip pass to weak side pipe attackman)
- To Look: Pass from dodger to crease
- Trail Check: A check from behind the dodger (usually the result of bad defensive positioning)
- *Tunic!:* First slide is adjacent and second slide is from crease
- Two Slide: The second slide (usually the weak-side defender)
- V-Cut: A sharp movement into your defender and then out to receive a pass
- Weak Side: The side of the field opposite the ball
- *Wheel!:* Called by player in a non-sliding situation who wants to rotate defensive responsibilities
- X: The center area behind the goal



# Vocabulary Lesson: Coaching Phrases

- **Approach:** Defender must approach dodger athletically and take a strong top foot/hand position
- **Attack the Pass:** Running to and through the pass (as opposed to waiting for it)
- **Big Eye Little Eye:** Defender must give two looks to his assignment and one look to the ball
- **Bounce:** Offensive player must attack edge of defense and then “bounce” or step back for pass
- **Break Point:** Dodger must split at the outside range of defender's stick (stick length and a half)
- **Butt Out:** Hot slide must have his butt to the ball and chest to crease
- **Butt Down:** Player must get his body low to pick up ground ball
- **Chest to Chest:** Two slide must stand facing hot slide in order to see and talk
- **Close the Gate:** Defensive player should position body to force dodger down GLE when attacking from X
- **Flat Stick:** When catching, player should minimize or eliminate cradle, receiving ball behind the ear
- **Fill:** Adjacent offensive player to the weak side should fill the space vacated by dodger
- **Finish the Slide:** Sliding defender must slide one body length below dodger and finish with the body
- **Follow Slide:** Off ball offense player must cut to the space vacated by the sliding defender
- **Find the Bubble:** Offensive player must move to soft spot in defense with an available passing lane
- **Gilman:** Defense must get rid of the ball down field (20-second count almost up)
- **Go Early:** Slider must be early on the slide, not waiting until on-ball defender gets beat
- **Hands Free:** Offensive player must bounce (step back) or roll away from pressure before passing
- **Hard Two:** The two slide must be in early to support the slider
- **Head Up:** Ball carrier must have his head up at all times looking for a pass
- **Hips:** Defensive player should follow dodger's hips and defend that part of the body (not stick)
- **In and Down:** Weak side middie must be in toward pipe and down, at or below level of dodger
- **Look Away:** Quit ball watching and pay attention to your man
- **Pass to a Spot:** Players must pass to where the recipient will be, not where they currently are
- **Pinch Pipe:** Offensive pair (at X or at midfield) should shorten distance for two-man game
- **Pull Push:** When passing, the player should first pull the bottom hand, then push the top hand
- **Recover:** On-ball player must release from dodger after slide
- **Recycle:** Like recover, but pertains to the whole defense resetting
- **Show:** On defense, pertains to the hot slide presenting like he is sliding (he may not slide)  
On offense, pertains to the strong side help moving to where he can easily receive pass
- **Smell the Glove:** When passing, the player's bottom glove should be high and near the facemask
- **Sit Down:** Drop into pain and get ready to go
- **Slough In:** Defenders must move in toward paint (two feet in paint if two passes away, one if one)
- **Tight Stick:** Having your hands at the neck and the butt end of the stick
- **Take an Angle:** Defender must run to a spot in front of the ball carrier, not directly at him
- **Turn Back:** Riding defender must take a position to try to turn back ball carrier (not strip ball)
- **Upfield Shoulder:** Defender must take a high side position to prevent dodger from rolling back
- **Weak Side Pipe:** Support defenders must be lined up on the weak side pipe (and down)



# Part 3: Fundamentals

# The Goal of Offense

- To score, right?
- True, but that's not particularly helpful. The real goal of offense is to:
  - Create a numbers advantage in an offensive area
  - Create matchups we like
  - Create defensive anxiety and confusion
  - Create high-percentage scoring opportunities
  - Create a balanced field so we can minimize transition opportunities for our opponent

# Offensive Rules

- Transition fast
  - Move the ball quickly off the ground (players “in the mirror”)
  - Break out quickly (three hard steps)
  - Quick whistle
- Beat your man, score a goal
  - Dodger’s progression is shoot, pass inside, pass through, pass adjacent
- Balance the field
  - Dodger should always have a teammate in front, behind, inside and through
  - In front adjacent clears through for dodger
  - Behind adjacent follows dodger
  - Through players find visual lanes to dodger
  - Weak side player sneaks and then backs up shot
- Attack the weak side
  - Split the field; initiate offense by changing fields with a pass, pick or sweep
  - Dodge, pass, pass, dodge
  - Skip pass to back pipe sneak or “step down” shooter
  - One more pass
- Finish
  - Turn the corner
  - See the net, hit the net
  - Hammer the nail



# Offense: Five Phases

- **Organization Phase**
  - In tight to get wide (adjacents should begin at the Island (5x7) and v-cut out for pass using the Rule of 3)
  - Be a threat (players should be ready to receive a pass and shoot at all times, and should learn to “hang around” the goal)
  - String and mirror (adjacent players should move as if connected to the dodger; insider player should stay relative to the ball)
  - Read posture (if ball carrier looks to be dodging, you need to pinch, if not, you need to v-cut)
- **Dodging Phase**
  - Beat your man, score a goal (this is a state of mind, like dominating ground balls)
  - Stick, body, man (stick protection is putting your body between the ball and your defender)
  - Turn the corner or get to the Island (from X)
  - Get inside 12 and inside the hashes (from Point)
- **Motion Phase**
  - Clear through (usually a c-cut to strong side pipe, but you can clear to back side pipe)
  - Pick (if late on the clear through)
  - Fade and back cut (to take advantage of an adjacent slide)
  - Follow (adjacent player fills area vacated by dodger; through/inside player follows slide, timing up cut to create space to work)
- **Passing Phase**
  - Hands free (never pass with a stick in your hands; bounce to free hands)
  - See the dodger (move to create a passing lane)
  - Pass to a spot (space, upfield shoulder or mask, depending upon location)
  - Attack the pass (move to and through the pass)
- **Shooting Phase**
  - One more step (increase angle on net)
  - See the net, hit the net (don’t focus on the goalie and try to shoot around him)
  - Inside 12, inside hashes
  - Change levels (overhand shot outside; shoulder fake inside)
  - Hammer the nail (shoot from the ear and finish when in crease)



# Organization

- Choice of set (2-3-1, 2-2-2, 1-4-1, etc.) does not change the basic offensive rules
- Extend length of slides by maintaining sufficient space (usually about 10 yards)
- Move to “see the dodger” (maintain a visual alley)
- Be a threat
- Find the green space, not the traffic
- Set up in tight to get wide
- Rule of 3 (3 steps in, 3 steps out, 3 steps to pass)



# Dodging

- Beat your man, score a goal
- Head up
- Stick-body-man
- Tight, vertical stick
- Change speed
- Change direction (never move in a straight line)
- Attack defender's top foot (force hips open)
- Dodge at the "break point"
- Stick leads the body
- Finish the dodge (dodge down hill or turn the corner)
- Clear your hips to shoot

# Motion

- String and mirror
- See the dodger
- Read posture
- Adjacents: clear through or fade and follow
- Inside/Through: follow the slide or find space
- Cut if you see the back of defender's helmet
- Attack the pass
- Attack the weak side
- Dodge, pass, pass, dodge

# Passing

- Communicate (“help!” or “one more!”)
- Pass to a spot
  - Space (lead the receiver when moving)
  - The “box” (when stationary)
  - Facemask (when inside)
- Soft hands (stick in fingers, not palm of hand)
- Hips to the sideline
- Step and throw
- Catch with a “flat stick,” behind the ear
- Beginners should use a “tight stick” (hand near the plastic)
- Pull/push
- Snap the pass
- Smell the glove (get hands back)

# Shooting

- In a Phrase
  - Hands back, shoot from your toes
- Shooting Mechanics
  - Punch hands out, then rotate back
  - Maximize torque (hip-shoulder relationship)
  - Drive the back hip
  - Transfer weight to your front foot
  - Snap the wrists
  - Slap the back pocket
  - Hips determine direction of shot, head level determines height
- Scoring
  - See the net, hit the net
  - Change levels
  - Shoot from the ear (inside)
  - Hammer the nail (inside)

# The Goal of Defense

- To take the ball away, right?
- True, but that's not particularly helpful either.  
The real goal of defense is to:
  - Neutralize threats against your goal
  - Take your opponent out of its offensive comfort zone
  - Create anxiety and confusion
  - Break your opponent's will to get to the middle of the field

# Defensive Rules

- Protect the paint (play defense “inside out”)
- Force the ball to the alleys and under the goal
- On ball: stay between your man and the goal
- Off ball: stay in the paint, under the ball
- Read posture
- Push the slide
- Body follows stick
- No ball watching
- More feet, less check
- Communicate
- If one goes we all go

# Defense: Five Phases

- Organization Phase
  - General
    - Communicate
    - Read Posture (is offensive player really a threat)
    - Stick in, feet out
    - Big eye (man), little eye (ball)
    - The further your man is from the ball the further you can be from your man
  - Inside
    - Ball, you, man
    - Chest/chest technique
    - Complete the triangle
    - Through defenders on weak side pipe
  - Adjacent
    - Chest/back technique
- Approach Phase
  - Take an angle
  - Break down
  - Stick out in front
  - Strong front hand/front foot technique
  - Play defense with your feet
  - Stay on the hips, drive down alley or behind GLE
  - Poke and step back
- Help Phase
  - Push from the 3 slide (as opposed to pull from the 1 slide)
  - Slide to a body length below dodger
  - Finish the slide
  - If one goes we all go
- Recovery Phase
  - Recycle through the paint and find a man
  - Communicate new roles
- Clearing Phase
  - Goalie takes a quick look over shooter and aims to miss long
  - Middies take three hard steps with stick to outside shoulder



# Part 4: Roles

# Position 1: On Ball

## Offense

- Beat your man, score a goal
- Head up
- Attack the hips
- Dodge at the break point
- Change speed and direction
- Read the slide
- Hands free (bounce or fade)
- Go through check down
  - Shoot
  - Pass inside
  - Pass through
  - Pass adjacent

## Defense

- Dictate offense with your approach
- Confrontational mentality
- Break down
- Stay “top side”
- Force to alleys or behind goal
- Drop step with stick inside

# Position 2: Adjacent

## Offense

- In front of dodger
  - Pinch and clear through
    - Read dodger's posture to determine if he is going
    - C-cut up strong side pipe line
      - Outside leverage on crease defenseman will disrupt most slide packages
    - Cut to weak side pipe
      - Seal weak side defender with inside leverage
    - If late on cut, set a pick and read defense
    - C-cut or fishhook back to the ball if your defender slides
    - Time up a cut down the pipe line if ball moves to X
  - Fade
    - Back-door cut if available
- Behind dodger
  - Follow and fill space vacated by dodger for an easy return pass

## Defense

- Be on the same page with your defense
  - If pressure, deny the pass
  - If soft, slough in
- Stay disciplined
  - Do not adjacent slide unless absolutely necessary
- Flow quickly out to your man and then in for help as ball moves

# Position 3: Inside

## Offense

- Set up with “outside leverage”
  - Disrupts slide
- Always be ready to receive pass
  - If it is close, go get it
- Protect the ball
  - Stick/body/man orientation
- Shoot from your ear
- Low and away
- Hammer the nail

## Defense

- Chest to chest with help
- Stick on crease man
- Inside leverage (between ball and man)
- Read posture of dodger
- Communicate
- Be ready to slide hard and finish slide with body
- Better to slide early

# Position 4: Through

## Offense

- Move to create a visual lane with dodger
- Always be a threat
- Step down (in) and shoot
- Catch and re-dodge
  - Change hands or hitch
- Through attackman must back up shot

## Defense

- Slough in to “paint” or help line
- Weak side middie should be at level of dodger
- Push the next defender (be early)
- Stick up and in passing lane
- Big eye, little eye

# Part 5: Repetition

# Practice Components



- Good practices must be organized and planned in advance
- Players become bored easily, so practices should be designed to move players quickly from station to station
- Practices should be sufficiently intense so that extra conditioning is not needed (although it may be beneficial)
- Practices should be progressive in nature, teaching skills in isolation, then with heightened pressure, and finally in a high-pressure game like situation
- Kids do not learn by hearing, so drills need to be designed to hardwire the muscles with desired game day behavior
- Coaches should be positive role models and always remember these players are just kids. Stay upbeat!



# Warmup

## Partner Progressions

- Passing (both hands/10 yds)
  - One (or no) cradle
    - Add face dodge
    - Add split dodge
  - Quicks
  - Knees
  - Canadian
  - One handed (move closer)
  - Behind the back (move closer)
  - Around the world (move closer)
  - Add second ball
- Passing on the Run
- <http://www.youtube.com/watch?v=tTGdDWRMW1A>

## Faceoffs

- Pop-Overs/Clamps
- Back-to-Back
- Butt End Wars
- Wrecking Ball
- Faceoff Progression
- <http://www.youtube.com/watch?v=chyu1CGMj6k>

# Warmup

## Team Ground Balls

- Ball Bag
  - <http://www.youtube.com/watch?v=91MGBJggIXc>
- Roll Pressure
  - <http://www.youtube.com/watch?v=E810Bz8fNpgWings>
- Roll Pressure with Redirect
  - [http://www.youtube.com/watch?v=6ECpd\\_\\_bnAo](http://www.youtube.com/watch?v=6ECpd__bnAo)
- 1v0
  - with trail
  - with box out
- 1v1
- 2v1

## Coaching Keys

- Two hands
- Tight stick
- Both butts down
- Scoop near foot
- Scoop to face mask
- Stay low until free
- C-cut or fish hook to pass
- Help “gets in the mirror” and calls name/location
- Move the ball quickly off the ground

# Stations

8 minutes per station

1 coach per station if possible

1 min break between stations

Stations:

1 – Offensive Passing

2 – Shooting

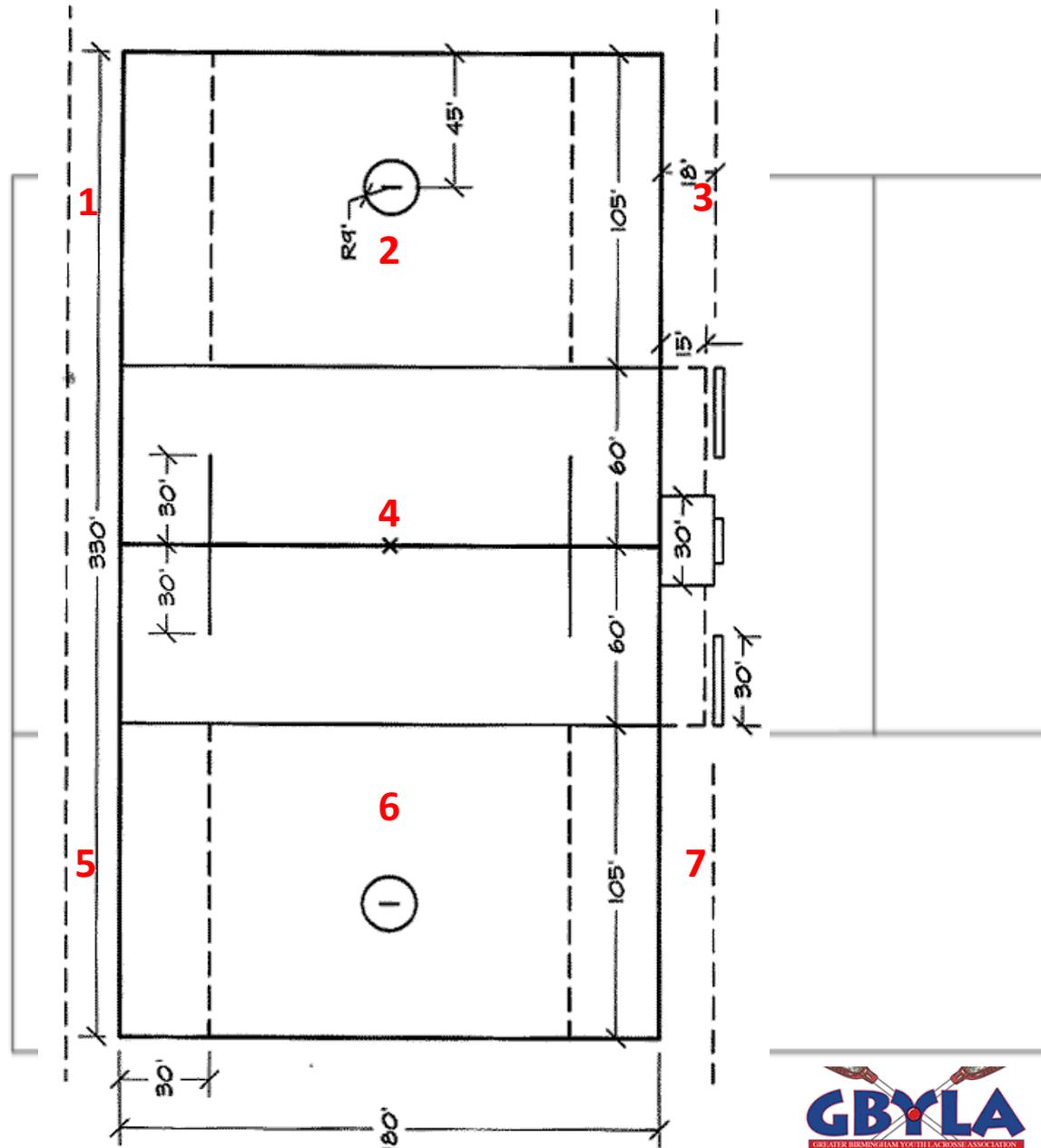
3 – Offensive Footwork

4 – Defensive Passing

5 – Defensive Agilities

6 – Offensive Agilities

7 – Defensive Footwork



# Station 1 – Offensive Passing

## Drills

- Roll Back/OTS
- Shuttle
  - <http://www.youtube.com/watch?v=jlyrDRFd2sA>
- 3 Man 2 Ball
- Star
  - <http://www.youtube.com/watch?v=zpNHEo0RnOk>
- Weave/Wave
- Triangle
- Iron Man
- 4 Man 2 Ball (see slide)
- Box Passing (see slide)

## Coaching Keys

- Communicate
- Pass to a spot
  - Space (when on the run)
  - The “box” (when stationary)
  - Facemask (when inside)
- Soft hands (stick in fingers, not palm of hand)
- Hips to the sideline
- Step and throw
- Catch with a flat stick behind ear
- Beginners should use a “tight stick” (hand near the plastic)
- Pull/push
- Snap the pass
- Smell the glove (get hands back)

# Station 2 – Shooting

## Drills

- **Bucket**
  - <http://www.youtube.com/watch?v=p4fjrCHOPBA>
- **Rapid Fire**
  - <http://www.youtube.com/watch?v=dTlxpMILAVs>
- **Up Top Series**
  - <http://www.youtube.com/watch?v=J1OjeJRq9Eo>
- **Box**
  - <http://www.youtube.com/watch?v=ILHzBfbprrg>
- **Shoot on Run**
  - <http://www.youtube.com/watch?v=UK22M8uJi18>
- **Shooting Mechanics**
  - [http://www.youtube.com/watch?v=\\_3PcxHGwcag](http://www.youtube.com/watch?v=_3PcxHGwcag)

## Coaching Keys

- Hands back, shoot from your toes
- Punch hands out, then rotate back
- Maximize torque (hip-shoulder relationship)
- Drive the back hip
- Transfer weight to your front foot
- Snap the wrists
- Slap the back pocket
- Hips determine direction of shot, head level determines height
- See the net, hit the net
- Change levels
- Shoot from the ear (inside)
- Hammer the nail (inside)

# Station 3 - Offensive Footwork

## Progression

- Bounce
  - Fwd/Back
  - Fwd/Back/Side
  - Fwd/Back/Side/Roll
  - <http://www.youtube.com/watch?v=iqqlbWKTBI4>
- Zig Zag
- Cone Dodges
  - Split
  - Face
  - COD
  - Finalizer
  - Swim
- Pepper

## Keys

- Head up
- Change of speed
- Change of direction
- Executing dodge at break point
- Keeping stick-body-man relationship on dodges
- Finishing dodge before switching hands
- Approach GLE as feeder
- Tight, vertical stick

# Station 4 - Defensive Passing

## Drills

- 3-Step Drop
  - [http://www.youtube.com/watch?v=GPgDI\\_irRXg](http://www.youtube.com/watch?v=GPgDI_irRXg)
- Passing Routes
  - <http://www.youtube.com/watch?v=yKQj1wv8YQI>
- Weave/Wave
- Triangle
- 4 Man 2 Ball
- 4 Man 2 Ball OTS
- Cross Field Passes

## Coaching Keys

- Proper passing/catching mechanics
- Tight stick (**critical** for defenders)
- V cut to receive the ball
- “Attack” (move to and through) the ball
- Communicate (“one more!” “help!”)
- Roll back if necessary
- Catch and throw with proper hand to avoid pressure
- Move ball quickly

# Station 5 – Defensive Agilities

## Drill

- Cylinder
  - <http://www.youtube.com/watch?v=mKitN3UUwMk>
- Dolphin
  - <http://www.youtube.com/watch?v=psYTU38z7AA>
- Asterisk
  - <http://www.youtube.com/watch?v=IErC-Uzpak0>
- Gauntlet
  - <http://www.youtube.com/watch?v=ds6zEUgSgn4>
- Fire Escape
  - <http://www.youtube.com/watch?v=CzdOhA5sfGw>
- Firecracker
  - <http://www.youtube.com/watch?v=ivsfjIB5jsM>

## Keys

- Head up, back straight
- Knees bent, on balls of feet
- Heel toe alignment
- Eyes at level of opponent's chin
- Stick out and pointed at numbers
- Hands shoulder width apart
- Butt end out or in hip holster
- Communicate!
- Punch bottom hand on holds

# Station 6 - Offensive Agilities

## Progression

- Offensive Ground Balls
  - <http://www.youtube.com/watch?v=mxyPF5eNMns>
- Turn the Corner
- Wishbone
- Back and Forth Shooting
  - [http://www.youtube.com/watch?v=JW7\\_9mg3d2U](http://www.youtube.com/watch?v=JW7_9mg3d2U)
- Bowtie
- Attack Shooting
  - <http://www.youtube.com/watch?v=TwuFlu00ShE>
- Survival
  - <http://www.youtube.com/watch?v=BFLWQN3FX1A>

## Coaching Keys

- Beat your man, score a goal
- Head up
- Stick-body-man
- Tight, vertical stick
- Change speed
- Change direction (never move in a straight line)
- Attack defender's top foot (force hips open)
- Dodge at the "break point"
- Stick leads the body
- Finish the dodge (dodge down hill or turn the corner)
- Clear your hips to shoot

# Station 7 – Defensive Footwork

## Progression

- 2-Man Check
  - <http://www.youtube.com/watch?v=3RrHewszpDQ>
- 4v2 Rotation
  - <http://www.youtube.com/watch?v=q2ZBdWTo7uI>
- 4v3 Rotation
  - <http://www.youtube.com/watch?v=uJnIOTInoO0>
- Umbrella
  - <http://www.youtube.com/watch?v=kH7eLuUw3Gw>
- Defend the Cone
  - <http://www.youtube.com/watch?v=veypmvI7Ark>
- 32 Lunch Pail
  - [http://www.youtube.com/watch?v=Qd0QpCs06\\_M](http://www.youtube.com/watch?v=Qd0QpCs06_M)
- Dodge Bounce Redodge
  - <http://www.youtube.com/watch?v=7ur4s6YHllg>
- Irish Channel
  - <http://www.youtube.com/watch?v=FMhBEObE9sE>

## Keys

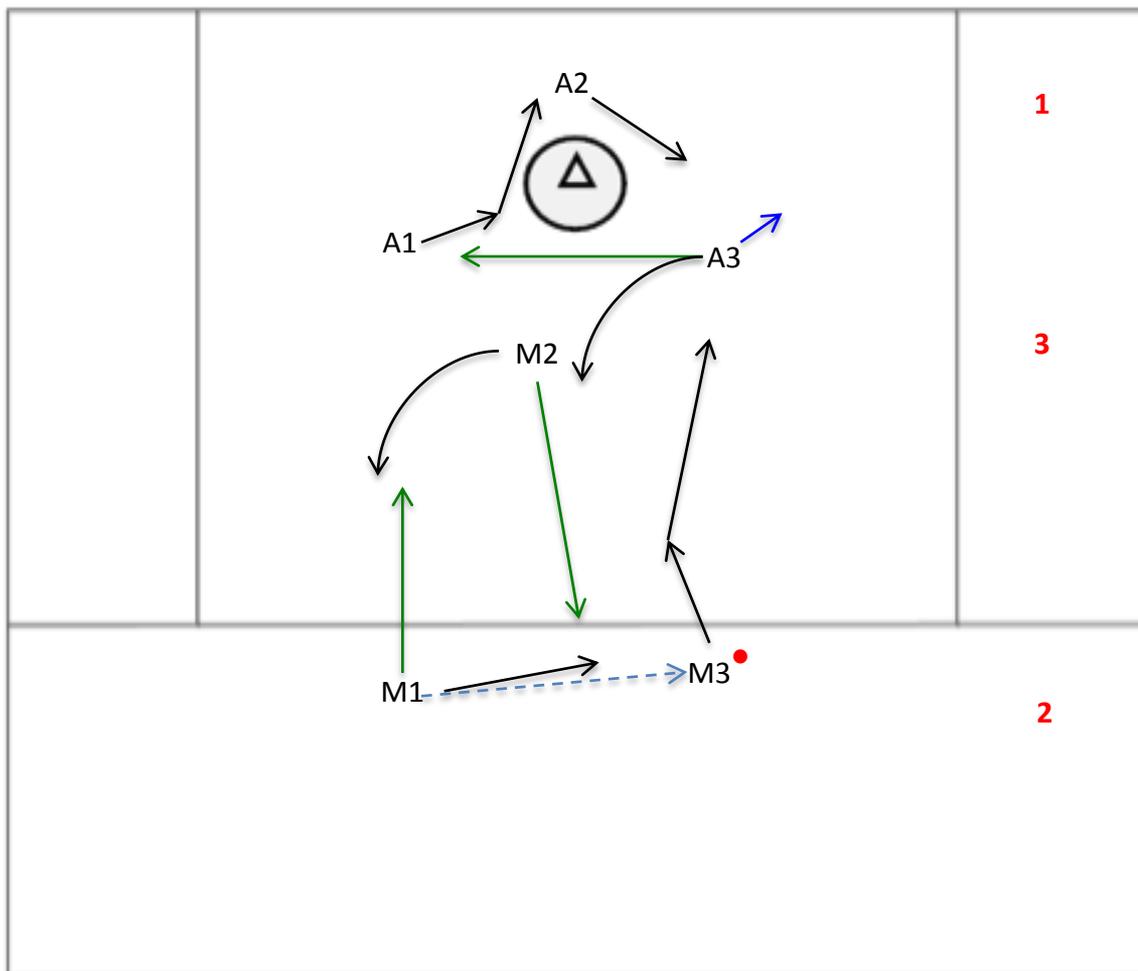
- Head up, back straight
- Knees bent, on balls of feet
- Heel toe alignment
- Eyes at level of opponent's chin
- Stick out and pointed at numbers
- Hands shoulder width apart
- Butt end out or in hip holster
- Communicate!

# Offensive Sets



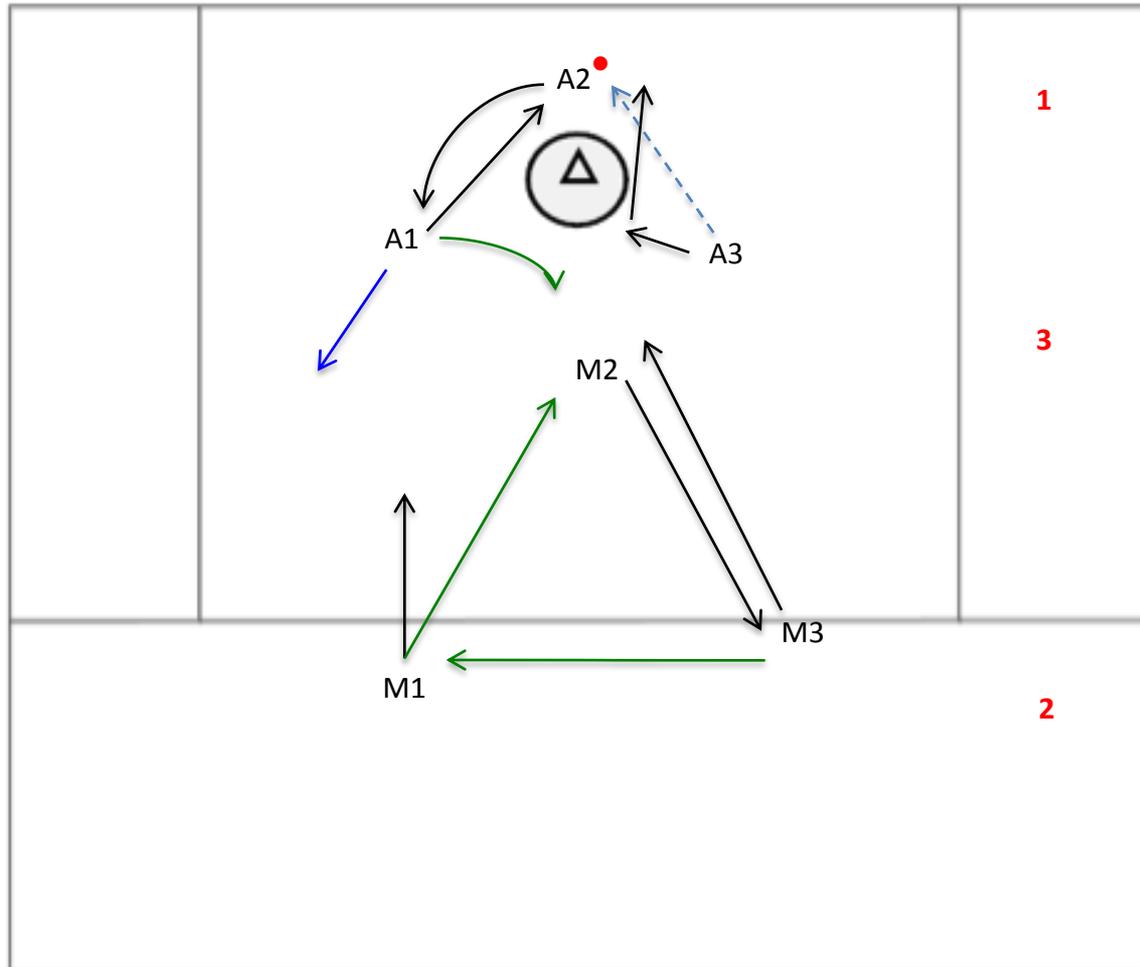
# 2-3-1 (“300”) From Top

- **Overview**– The motion offense is our base offense, utilizing quick ball exchanges and off-ball movement to create defensive imbalance and multiple dodging and shooting lanes
- **Initiation** – The offense begins with a pass from M1 to M3 (or sweep or pick; the point is you need to “switch fields”)
- **Dodger** – M3 dodges inside and then splits outside to preserve shot angle
- **Front Adjacent** – A3 either clears through up the strong side pipe, clears through to the weak side pipe, or fades
- **Inside** – M2 looks for space and a pass and then moves to weak side step down shooting area; or if M1 is out too far M2 should pop to fill space vacated by M3
- **Through** – A2 shows at GLE, A1 sneaks to back pipe and then looks to fill at X and back up shot
- **Back Adjacent** – M1 fills space vacated by dodger and looks for return pass, which if he receives he will quickly move to M2 on the back side; or if M1 is too wide he should cut toward back pipe and fill open shooting area



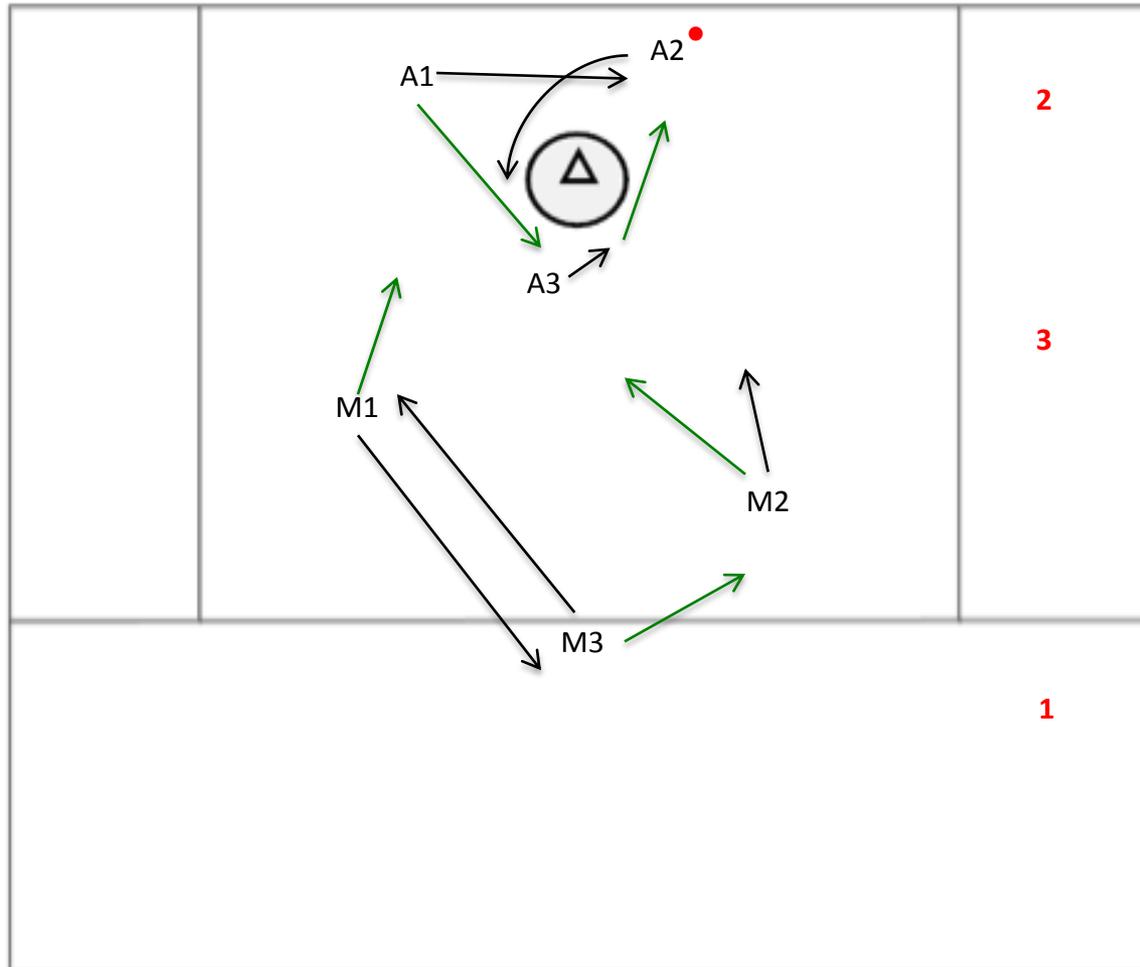
# 2-3-1 (“300”) From X

- **Initiation** – The offense begins with a pass from A3, a pick by A1 at X, or a sweep by A1 with a pass back to A2
- **Dodger** – A2 dodges making sure he is a feeder below GLE, but ready to turn the corner or get to the Island once above GLE
- **Front Adjacent** – A1 either picks, clears through up the strong side pipe, or fades (if he sees adjacent slide)
- **Inside** – M2 looks for space and a pass and then moves to weak side high wing, either in an exchange with M3 or simply filling the space vacated by M3
- **Through** – M3 either exchanges with M2 or fills space vacated by M1; M1 either moves into crease area or steps down into strong side wing area
- **Back Adjacent** – A3 sneaks to back pipe and then quickly moves to X to back up shot and fill space vacated by A2, or holds if A1 has set pick at X



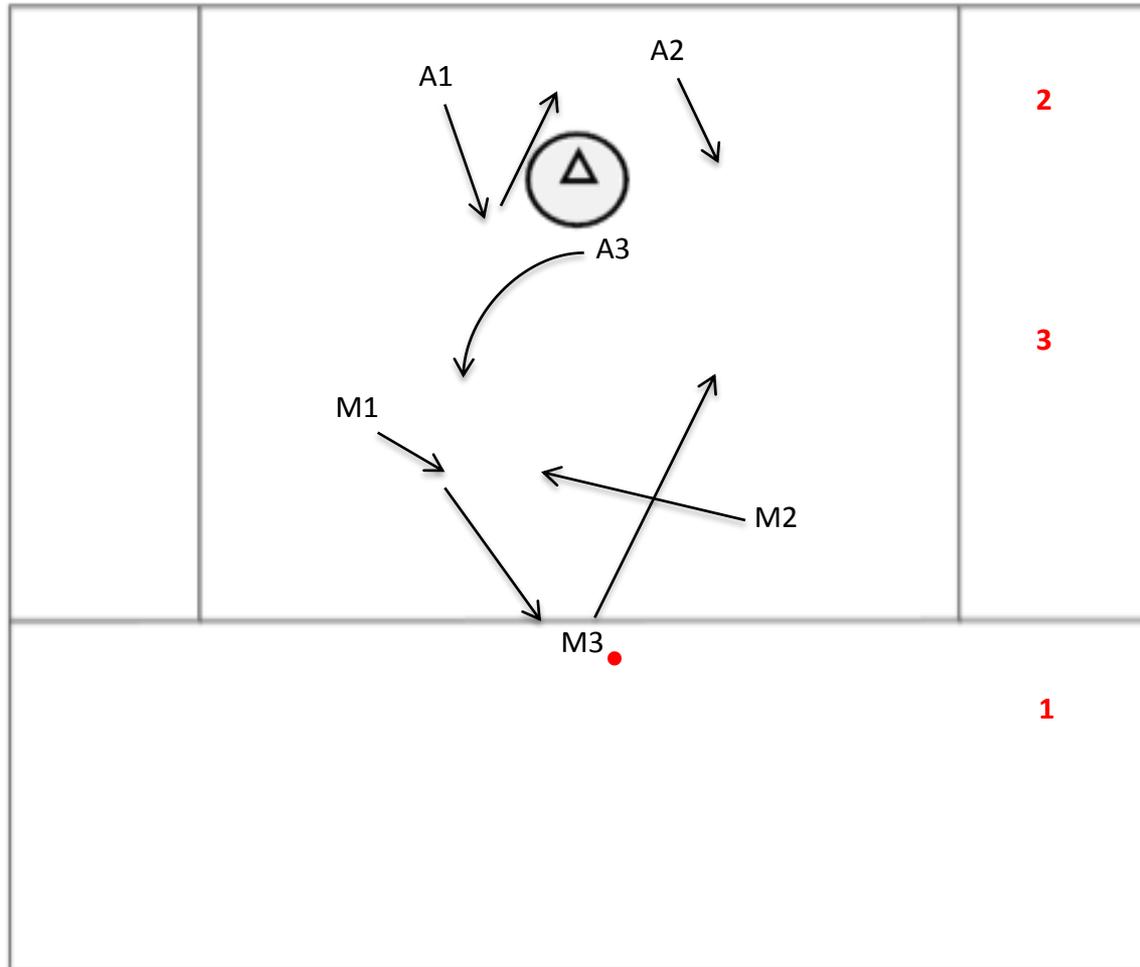
# 1-3-2 (“Wishbone”) From X

- **Overview**– This variation of the motion offense exploits a two man game behind and close crease play to create numerous “lay up” opportunities
- **Initiation** – The offense begins with A1 setting a pick for A2 at X, A1 sweeping and passing back to a cutting A2, or A1 clearing through top side for driving A2
- **Dodger** – A2 dodges making sure he is a feeder below GLE, but ready to turn the corner or get to the Island once above GLE; ideal is to “bounce” at GLE and feed A3 on back side pipe
- **Front Adjacent** – M1 exchanges with M3 or steps down if adjacent slide
- **Inside** – A3 looks to move down or toward back pipe for feed from A2, and continues through if A1 moves to crease
- **Through** – M2 cuts to high crease or moves to open space for step down shot; M3 either exchanges with M1 or fills space vacated by M2
- **Back Adjacent** – A1 looks for return pass from A1 or backs up shot



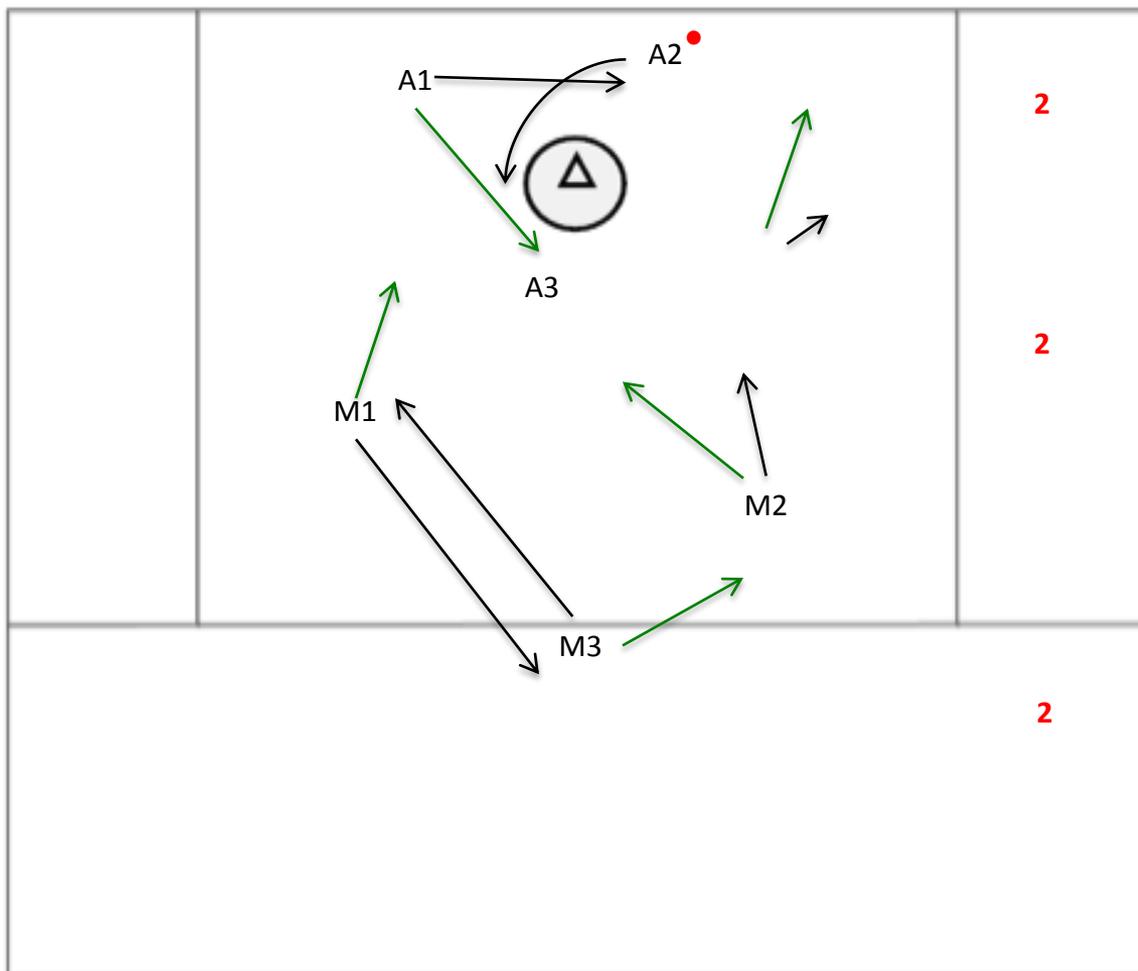
# 1-3-2 (“Wishbone”) From Top

- **Initiation** – The offense begins with M2 flushing to the other side
- **Dodger** – M3 dodges hard down the alley
- **Front Adjacent** – A2 shows, looking to spin the ball through X or sneak if defense slides adjacent
- **Inside** – A3 looks to move down or toward back pipe for feed from A2
- **Through** – M1 holds in shooting space and then fills space vacated by M3; A1 sneaks to back pipe and then moves back to X if ball is passed to A2
- **Back Adjacent** – A1 looks for return pass from A1 or backs up shot



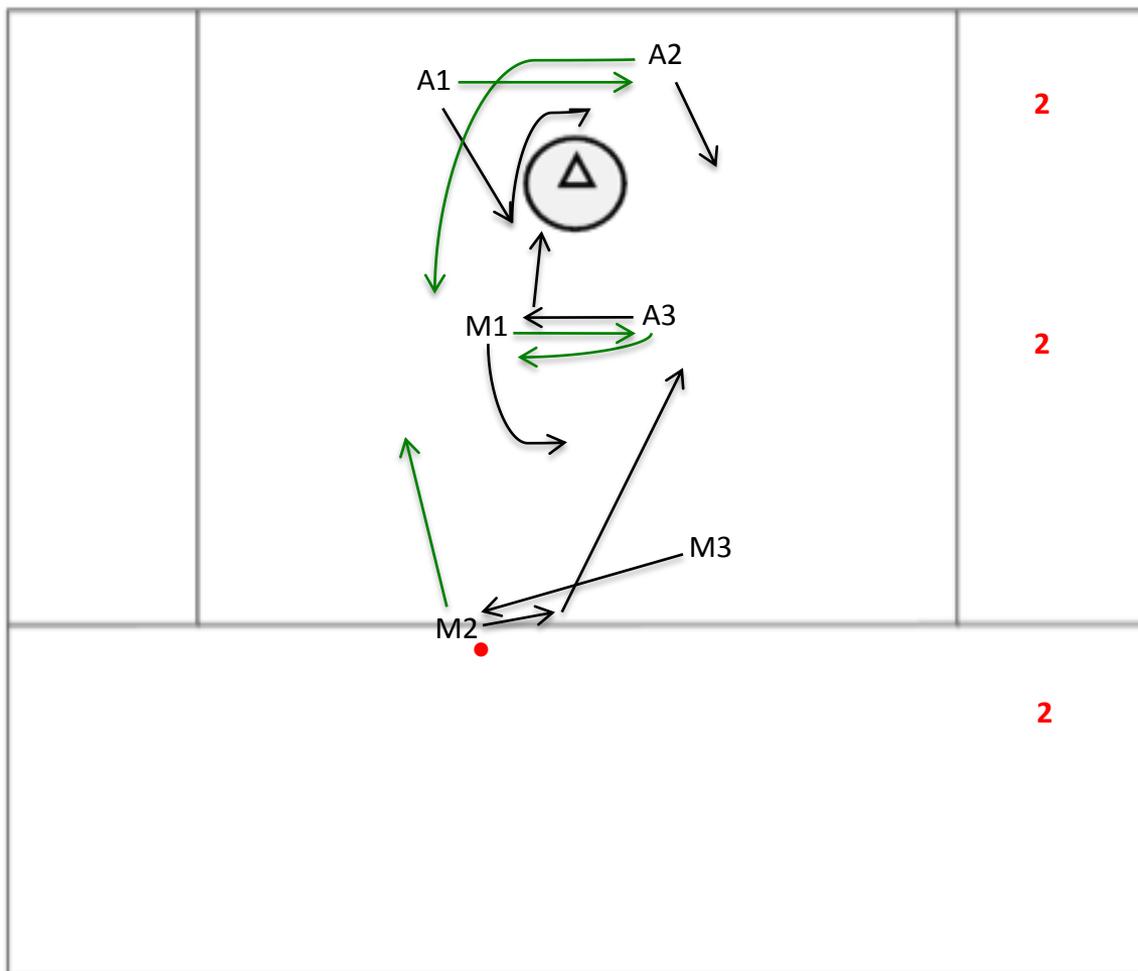
# 2-2-2 (“200”) From X

- **Overview**– The 200 offense is designed to attack a strong man defense by utilizing the two-man game (picks and sweeps) and providing opportunities for high percentage inside shots
- **Initiation** – The offense begins with A1 setting a pick for A2 at X, A1 sweeping and passing back to a cutting A2, or A1 clearing through top side for driving A2
- **Dodger** – A2 dodges making sure he is a feeder below GLE, but ready to turn the corner or get to the Island once above GLE; ideal is to “bounce” at GLE and feed A3 on back side pipe
- **Front Adjacent** – M1 exchanges with M3 or steps down if adjacent slide
- **Inside** – A3 looks to move down or toward back pipe for feed from A2, and continues through if A1 moves to crease
- **Through** – M2 cuts to high crease or moves to open space for step down shot; M3 either exchanges with M1 or fills space vacated by M2
- **Back Adjacent** – A1 looks for return pass from A1 or backs up shot



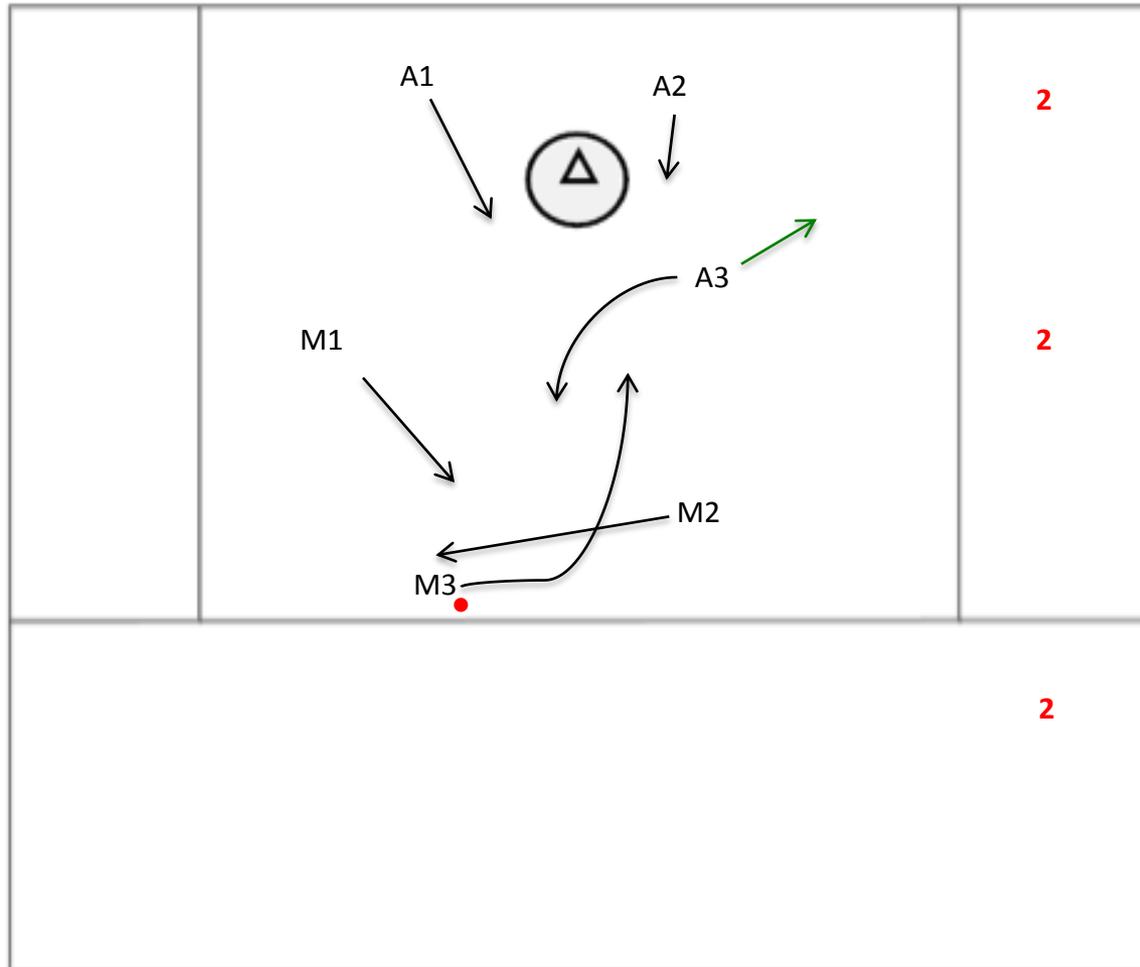
# 2-2-2 (“200”) From Top

- **Initiation** – The offense begins with M3 picking or sweeping for M2; or pick/no pick with M2 dodging alley
- **Dodger** – M2 dodges hard down the alley
- **Front Adjacent** – A2 shows, looking to spin the ball through X or hit M1 or A3 cutting; or A1 picks for a sweeping A2 if M2 dodges right alley
- **Inside** – A3 picks for M1 and then looks to slip back pipe if ball is passed to A2; M1 c-cuts off pick from A3 and then looks to crash the pipe if ball is passed to A2; or M1 and A3 exchange if M2 drives right alley
- **Through** – A1 sneaks back pipe and then fills the space vacated by A2 and backs up shot; or A2 sweeps top side of A1 pick and looks for pass from M2 and a shot or pass to A3
- **Back Adjacent** – M3 looks for return pass from M2 and a quick re-dodge



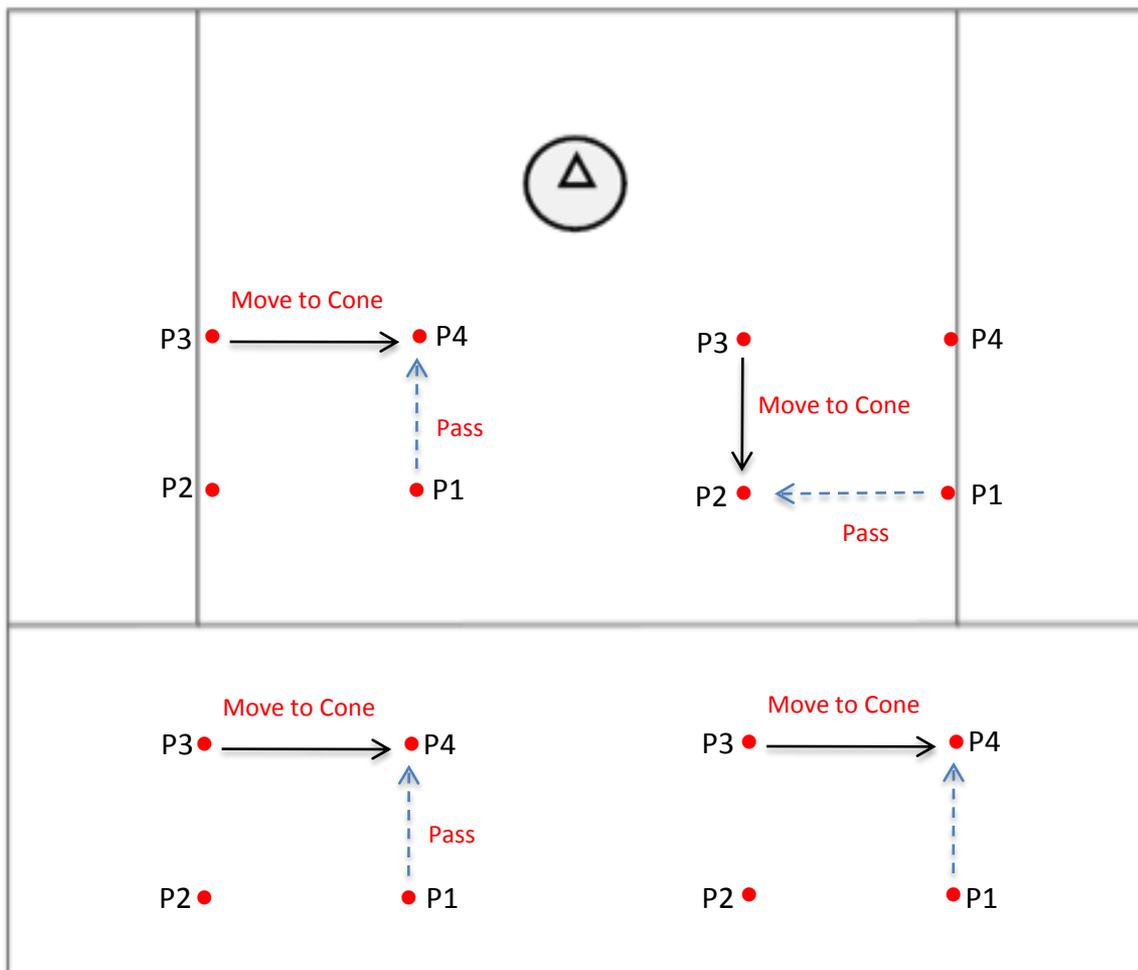
# 2-2-2 Open (“Circle”)

- **Overview**– The Circle offense is designed to take away the crease slide and allow us to exploit match-up advantages on the perimeter; it is a free flowing offense where the off ball players are reacting and moving to space
- **Initiation** – The offense begins with a pick or sweep by M2
- **Dodger** – M3 dodges the alley looking to beat his man and then a sneak by A2 or A1, and inside pass to A3 or a skip back to M1
- **Front Adjacent** – A3 clears through up near pipe or fades if adjacent slide
- **Inside** – The Circle initially does not have an inside player
- **Through** – A1 and A2 sneak and find space
- **Back Adjacent** – M1 looks for space and a skip pass from M3



## Box Passing

- Set up 10 yard boxes on the field
- 4 players to a box, with one player in the middle with a pile of balls to keep the drill going
- Drill can move clockwise or counter-clockwise
- Player with the ball passes to the open cone, and player closest to the open cone must fill space and catch
- Work on passing to space, filling space, and hitting the outside shoulder
- Variations include
  - Pass across body
  - Turn to outside shoulder and pass
  - Players do pushups or burpees after player in center replaces [4] balls



## 4 Man 2 Ball

- Set up 4 across field with two balls
- Keep plenty of balls at feet of outside players so the drill keeps moving
- Keep linemates together if possible
- Inside players need to move to the ball
- Variations:
  - “Over the Top”: Outside player passes to inside player, who turns and passes to opposite outside player
  - Add ground ball
  - Shorten distance to 15 yards between players to have rapid fire drill (good for younger players, and good cardio too!)

