



US LACROSSE COACHING EDUCATION PROGRAM

Settled Offense in Boys Lacrosse

Settled offense is nothing more than players using set offensive plays or “formations” that incorporate basic offensive principles to create scoring opportunities around the goal area. Players need to recognize that if they are not able to exploit a numeric advantage, they must slow down the play and settle into a formation.

Players need to learn basic offensive principles in order to execute any offensive formation. As players run the settled offense, they use their basic individual skills to get past their defender with or without the ball.

Once mastered, this creates a situation similar to the fast break in which greater numbers of players are attacking the goal rather than defending the goal. In these situations, the same basic concepts of attacking the goal in transition apply.

1. Maintain Balance

- Spread offensive players out around the goal with a certain number of players around the perimeter and a select number directly in front of the goal. Spreading offensive players around the perimeter allows them to pass the ball to the specific areas of the field quickly as players move to get open. Shorter, quicker passes increase the reaction time of the defense and thus allow for more potential scoring opportunities.
- Placing offensive players directly in front of the goal creates a high-percentage shooting threat.
- Placing an offensive player behind the goal allows that player to 1) chase a missed shot and maintain possession of the ball, or 2) quickly transfer the ball from one side of the offense area to the opposite side, or from behind the goal to the front of the goal. When the ball is passed from behind to the front of the goal, the offense has a tremendous advantage in that the goalie has to turn and locate the shooter instantaneously.
- Placing an offensive player high in the center near the restraining line also allows for the ball to be passed quickly from one side of the goal to the other. This player also has the responsibility of trying to stop a fast break, should his team lose possession of the ball.
- Maintaining space also forces the defense to move a greater distance to help a teammate when his opponent beats him, thereby allowing the offense more time and an opportunity to shoot.

2. Field Sense

- A team of young, first-time players first needs to understand and recognize 1) where they are on the field, 2) where they are on the field in relation to the ball and 3) where they are on the field in relation to their other teammates. Knowing where and when to move to different spots on the field is called “field sense.”





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- Players' field sense develops slowly and has much to do with age and cognitive development.
- Coaches can help develop their players' field awareness by creating an easy verbal communication system that allows players to immediately identify the area of the field to which they should pass or move. For example, when a coach says "the ball must be passed to 1" (1 being the area behind the cage), the player immediately knows where the coach wants the ball. (Please refer to the reference section for an example of a communication system coaches can use to communicate to their players.)
- Be creative with your verbal communication system to help players develop a sense of field awareness.

The following offensive principles are introduced in the Boys Skills section. These offensive principles are incorporated into all offensive formations and should be used as ways to create a numeric advantage. Please refer to Boys skills section for an in-depth explanation.

- Creating space for players with the ball
- Picks and off-ball picks
- Post
- Cutting
- Cuts without picks:
 - inside cut
 - backside cut
 - "V" cut
 - flip
 - clear-through

