

Girls Youth Lacrosse Motion Offense Overview

Spring, 2009: These pages are for those who may not be familiar with the girls' game of lacrosse at the Youth level.

It's not intended to substitute for the Rule Book which is a very good thing to read and is available as a searchable PDF on

the US Lacrosse website or in the Documents area of our team website.

Some Terms You Should Know

Settled Offense: All 7 Offensive and 7 Defensive players (plus the Goalie) are in the Attack zone (7v7).

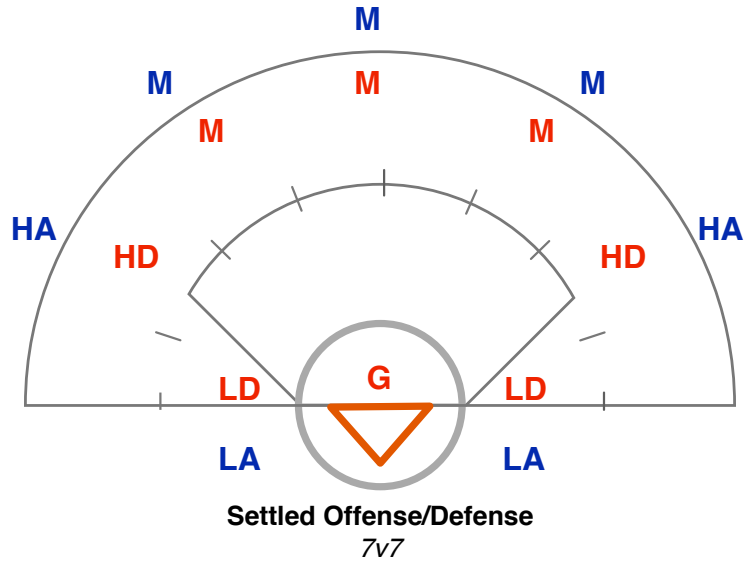
Wheel: All 7 Offensive players are *balanced* around the fan and goal.

Motion Offense: All 7 Offensive players are *cutting and moving* to occupy Defense. The ball moves around the wheel and is *passed within 3-seconds*.

M: Midfielder

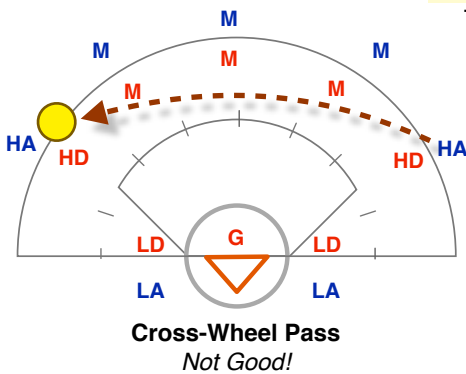
A, HA, LA: Attack, High Attack, Low Attack

D, HD, LD: Defense, High Defense, Low Defense



Your Options as Ball Carrier:

1. *Challenge your defender* by trying to beat her to goal.
2. If you can't dodge past her, back the ball out and look to pass.
3. *Keep the ball moving*; don't stand still! Every pass should be immediately followed by another, off-ball option. Off ball options (see page 2): set a pick, make a cut, make your defender work!
4. If you beat your defender, take the ball to goal and look for the shot.
5. If you get picked-up by another defender, look to pass. The new defender must have left someone open!
6. *Cross-wheel passes are risky, low-percentage options. Avoid them!*



7. All passes and feeds must be quick, sharp and direct.
8. No slow, loopy passing. Why? It gives the defense a chance to intercept.
9. Trust in your teammates to catch your passes. *Throw like you mean it!*
10. *Shoot like you mean it!* Shoot to the corners or low to the ground. Remember, hard bounce shots are tough to handle.

Don't Forget:

- *Be the first one to any ground ball*, any missed pass, any missed shot, or any ball going out-of-bounds. Once the ball is in our Offensive end, we want to keep it there!
- If you are not the first to the ground ball, help by blocking out the other team so your teammate can get the ball.
- If the ball turns over to the other team, *ride them hard* and sprint back to defense.
- *This is not the time to rest!*

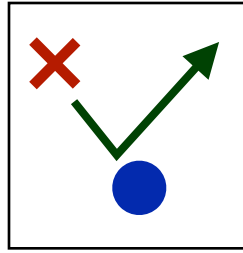
The Motion Offense

- The keys to success are:
 - Constant movement
 - Involvement.
- *Standing still is not an option!*
- Continuous movement:
 - Prevents the defense from resting.
 - Creates difficult situations for them to defend.
 - Opens passing lanes and potential scoring opportunities for us.

Your Off-Ball Motion Options:

Be an Outlet

If your teammate needs someone to pass to, cut hard at your defender and then cut hard away from her to open yourself up for a pass (V-cut).



Create Space

If you are next to a teammate who has the ball, you can cut hard at your defender and lead her away from the ball carrier. This will create space for your teammate to dodge and open a lane to the goal.

Make a Backdoor Cut

A backdoor cut is a cut that puts you behind your defender.

- Cuts should be made only off a pick or when your defender has been “wrong-footed” or thrown off-balance by a deceptive move you make before cutting. Fake!
- Sometimes, your defender may look away from you and give you a chance to make a cut without faking her. Remember The Ponytail Rule: *If you see the ponytail, Go!*

You can:

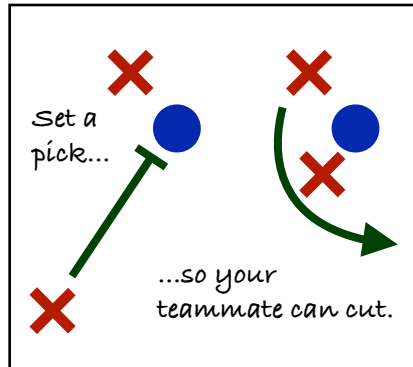
- Move quickly so your defender is forced to turn her head to find the ball, then cut.
- Dodge before you cut to create space between you and your defender.

Unless you do something to distance yourself from your defender, making a cut will be a waste of time!

Set a Pick for an Off-Ball Teammate

Set a pick for a teammate without the ball, allowing her to cut to open space to receive a pass.

- It is usually best to set a pick for a teammate who is on the off-ball side of the wheel.
- You must be completely stationary once the pick is set.
- The pick must be set to the side of the defender, giving the defender an opportunity to see you. No “blind” picks.
- Your stick must be straight up and down, not parallel with the ground.
- Having the stick parallel to the ground when setting a pick could result in holding the defender, which is a foul.
- When setting a pick, be prepared for contact!
- As soon as your teammate has run past your pick, move as quickly as possible for open space, looking for the pass.



Make Your Cut Off a Pick

Once a pick is set, use it effectively!

- Drive your defender into the pick and run off the shoulder of the player who set it.
- Accelerate through the pick and ask for the ball by giving a target with your stick.
- If you already have the ball, accelerate through the pick and head for the goal or immediately look for the next pass.

Switch Positions

If you are standing still, you are:

- Making it easy for the defense to mark you.
- Not benefiting fellow offensive players.
- So never stand still!

If you simply switch positions with another off-ball teammate, it will force the defender to pay attention to you. If your defender has to watch you, she can't pay as much attention to who has the ball. This may give the ball carrier the time she needs to get to the goal.

Balance the Field!

Always be aware of where you are on the field.

- Move around as necessary to maintain an even balance around the wheel.
- If attackers are bunched together (ball clot!), it's easy for defense to mark them.
- If you are too close to the ball, so are your defenders!
- Give the ball carrier someplace to go or throw!
- By balancing the wheel, offense has a better chance of recovering bad passes and missed shots.
- Spread out!