

LACROSSE GAME SUMMARY by POSITION

ATTACK: plays offense only

- 1) Will not leave the box on a face off until possession is called.
- 2) When possession is called, if we have the ball **they will break to get open to give the midfielder an outlet.** If the other team wins possession and its still in our offensive side of the field, they will pursue the ball until it's over the midfield line.
- 3) The attack will not go offsides.
- 4) When our team is playing defense; the attack will stand near the midfield line, paying attention at all times looking for an errant pass to come over the midfield line and be ready to assist the defense and middies with the clear upon a change of possession.
- 5) During a clear, the attack will break to the side lines, getting open to be an outlet for the middies.
- 6) After a successful clear, the attack **will get the ball to X** (area behind the cage) to settle and start the offense.
- 7) When we have the ball in our offensive zone, the attack is responsible for keeping the field spread.
- 8) **Attack will always back up the cage on a shot**, making sure we maintain possession should the shot go wide. Closest to the ball when it goes out of bounds is awarded possession.
- 9) If the ball is on the ground in our offensive zone, the attack must swarm to the ball so we don't lose possession.
- 10) In the event we lose possession, **the attack will (ride) pursue the ball at 100% until the other team successfully crosses the midfield line** (then #4). Attack gets to rest while we play defense

MIDFIELD: plays the entire field, offense and defense

- 1) Middies start the game with a face-off; one in the middle and two on the wings. This is a ground ball fight to determine possession. This happens at the start of each quarter and after each goal.
- 2) When we win possession, there could be some defensive pressure from the other teams midfield and attack... **don't panic and force a pass. Look to your attack for and outlet pass or tuck the ball and run away from the pressure. Keep your head up and find the open man to make the easy pass.** Get the ball to the Attack.
- 3) Once we have settled and the ball is with the attack, the center middle makes cuts toward the cage with the stick ready to receive a feed. Time your cuts with the attack, if you don't get a feed, circle out and try again. Communicate with other middies so you're not all cutting at the same time.
- 4) When Middies have the ball, **there are 3 options; dodge your defender, pass to a teammate, or sweep across the field with the ball.**
- 5) **Make sure there is at least 1 middle up top by the restraining line at all times!!!** This prevents a fast break the other way in case of a turnover.

- 6) If you lose the ball fight for it like your life depends on it, the other two middies should start to drop back towards the defensive side in case we lose possession. **To prevent a fast break, do not let an opposing middle get behind you.** When we win back the ball, be an outlet for your teammate. (remember, the attack will be helping out the middle that lost the ball)
- 7) **If we lose possession of the ball, drop back to the "hole"** (area inside of our defensive box)
- 8) Find a man by calling out numbers and match up.
- 9) If you get lost or lose your man, drop into the "hole" and look to pick up your man, talk to your teammates "whose open".
- 10) When were playing settled defense, communicate with each other as to who has the ball and who has each others back, first slide etc.
- 11) **Don't play anyone in a settled situation outside the box, poke check the opponent's bottom hand when he is inside the box.**
- 12) When gain possession in the defensive half, break out (spread the field) and look to assist in the clear
- 13) This is also a time to substitute. You must go thru the box. The middle replacing you can't come on until you come off. **Run off the field, don't walk.**
- 14) The middle coming on the field must be aware that we may have turned the ball over during the clear. In this case, sprint to the hole then find a man. Otherwise, look to be an outlet to help clear the ball.

DEFENSE: covers opposing attackman in the defensive half

- 1) During the face off, you will be in the box next to your attackman
- 2) Will not leave the box on a face off until possession is called.
- 3) If we win the face-off, get open and be a potential outlet back for our middies.
- 4) When we have possession on offense; stay next to your attackman if he's by the midfield line or in front of him by a few yards if he's back closer to our goal. This is so you will be in excellent position to get a loose ball from an errant pass, also to prevent an easy clear by the opponent. Always know where your attackman is and always be close enough that you can disrupt a clearing pass on a change of possession.
- 5) **If they win possession, get to the hole, while watching your attackman. If he is positioned as a scoring threat you must cover him, if he runs to the sideline let him go and get into the hole.**
- 6) Communicate to the middies to drop into the hole and match up.
- 7) Communicate who has the ball and who has the help.
- 8) **Play your man inside the box, constant poke checks to the stick and gloves.**
- 9) Chase all shots that miss the cage. Possession is awarded to the team closest to the ball when it goes out of bounds. This is a killer for the other team if we can get possession from this.
- 10) When our goalie makes a save, two defensemen break directly to the sideline and the other defensemen should up the field towards the corner of the box to spread the field.

- 11) Be alert for the possibility that you may sprint back to the hole if we turn it over on the clear.
- 12) If you have the space to clear it yourself, yell 'MIDDIE BACK' to make sure we stay on sides and carry the ball over the midfield line. Find the closest open teammate and pass them the ball. Run back over the defensive half to release the middle that stayed on sides.
- 13) When the other team is clearing, know where both the ball is and your man is. In case our middies and attack let an opponent get past them, always ready to play fast break defense.

GOALIE protects the goal, coordinates the entire defense and the clear

- 1) On the face off, will be prepared to be an outlet for a middle under pressure
- 2) **Will constantly communicate the location of the ball, yelling; "Top Right", "Top Center", "Top Left", "Side Right", "Side Left", "Pipe" "Back Right", "Back Left" or "X"**
- 3) Will yell "**Hold**" to let the defense know when to hold their man.
- 4) Will tell the defensive players to "**Drop In**" if they are playing too far out.
- 5) Will yell "**Slide**" to let the defense know that a defender has been beat.
- 6) Will yell "**Check Stick**" on any feed into the crease area.
- 7) Will chase every wide shot to the end line.
- 8) After making a save, will yell "**Clear**" letting the defense know to spread the field;
 - a. **Has 4 seconds to get the ball out of the crease.**
 - b. First look is up-field to the breaking middies.
 - c. Second look is to the defensemen on the sidelines.
 - d. **Will never pass to a teammate in front of the cage, even if he's open.**
 - e. If no one is open, Goalie will run behind the cage, outside of the crease
 - f. Walk the ball up the field looking for the 2 on 1 mismatch.
 - g. Pass to the open defenseman when the riding attackman jumps the goalie.