

10 Fundamentals of Team Offense

"LACROSSE, the fastest game on two feet"

1. You should be constantly moving, midfield and attack.
2. The offense is a wheel that always should be rotating in either direction.
 - Midfield rotates independently of Attack.
 - Attack rotates independently of Midfield.
3. Person with the ball rotates the Wheel.
 - SWEEP or CARRY
 - PASS
 - DODGE
4. Keep your spacing. There must be a person in each "zone" all the time to balance the field.
5. Weak side attack MUST ALWAYS BACK UP THE CAGE!!!
6. The crease is set up opposite the ball.
 - If the ball is behind w/ the attack, the crease is high.
 - The ball is up top w/ the midfield, the crease is low.
 - Time the PICKING & CUTTING with the ball carrier
7. Crease Midfielder after 2-6 picks & cuts, floats out to the side, creates space for the next midfield cutter.
 - Middle Midfielder then becomes the next cutter and crease man.
8. PATIENCE, PATIENCE, PATIENCE
 - You have possession; there is no need to force it.
 - Make the easy pass, take the high percentage shot.
 - Expect 6-10 cuts before you get a good feed/shot opportunity.
 - Run away from trouble, find the open man.
9. V-CUT to get open for your teammate looking to pass, especially if he is in trouble.
 - Drive into your defender, then POP out to create space and a passing lane
10. TALK to your teammates
 - 'Here's your help'
 - 'Man' 'Ball'
 - 'Double team'