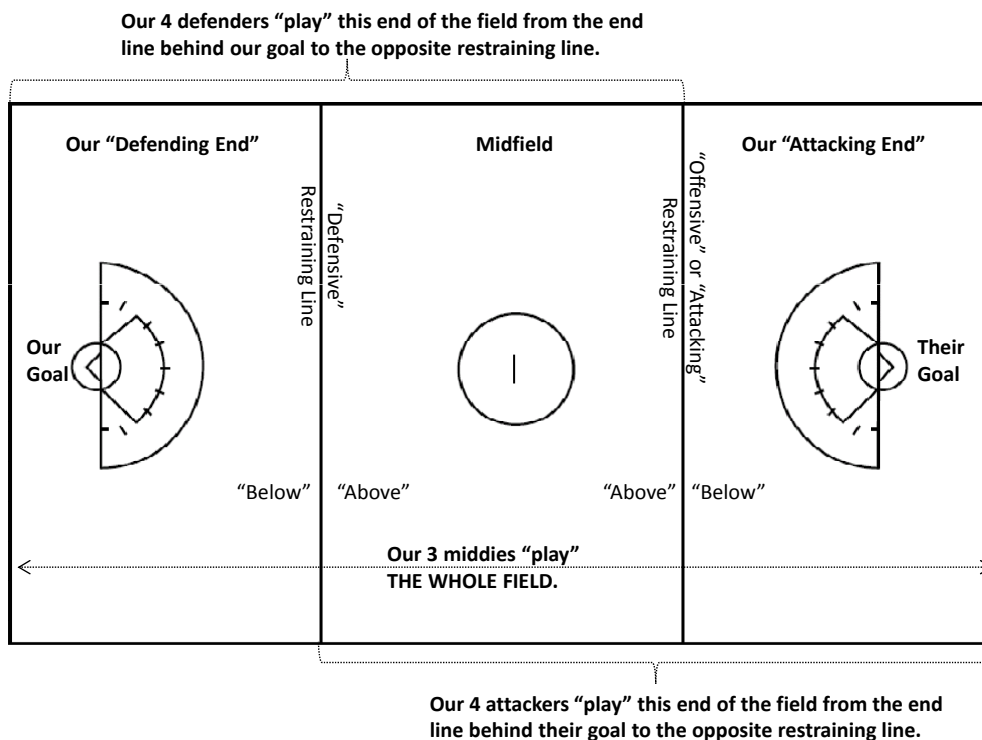


Players on the field

Each team has 12 players on the field: 1 goalie and 11 field players. We organize our 11 field players in a "4-3-4" scheme: 4 Defenders -- 3 Middies -- 4 Attackers



11-Oct-11

Position Basics.pptx

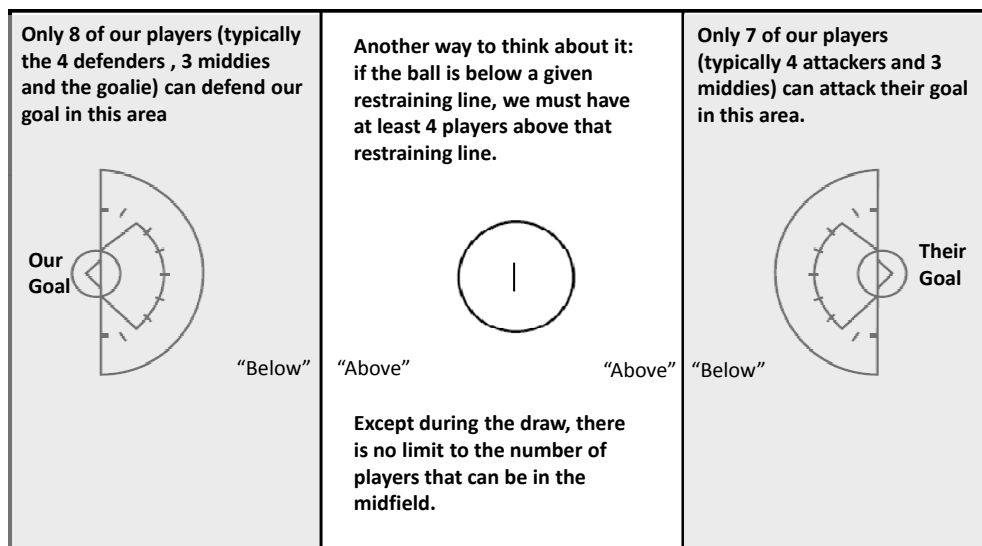
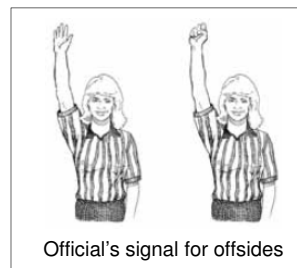
1

Below the Restraining Line

Below each restraining line:

- The attacking team can have 7 players
- The defending team can have 8 players (7 field players plus a goalie)

"Offsides" is when a team has too many players below the restraining line.



You can legally reach over and play a ball (or make a check) below the restraining line without being offsides. Your feet, however, must remain above (not on or over) the restraining line.

11-Oct-11

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2

Attacker Responsibilities

- When we have the ball in the attacking end
 - Stay **spread out** to make the opponent defend a larger area and create space for attacks on goal
 - Keep the 8 clear – the more attackers we have in the 8, the more defenders they have in the 8
 - Stay in motion and move the ball to force the defense to move and adjust
 - Probe the defense for one-on-one opportunities
 - Cut aggressively through the 8 (not into the 8) and with purpose
 - create space for another attacker
 - set a pick
 - get open for a pass with a quick shot opportunity
 - Smart passes, smart shots
- When we have the ball in the defensive end/midfield
 - Find open space and make yourself an option for a safe pass
 - Move to the ball to receive a pass
- When the other team gets the ball from us in the attack end/midfield
 - Ride (defend) **aggressively all the way to the opposite restraining line**
 - GET THAT BALL BACK! we can't score if the other team has the ball
- When the other team has the ball in the defensive end of the field
 - Come out and be ready to **help** finish transition to attack
 - 2 attackers should come up high towards midfield
 - 2 attackers lower just above the 12
- On the draw:
 - At least one attacker on the center circle (attack side)
 - If we are playing defensively (or we are "man-down") we may have 2 attackers on the circle.
 - If we win: find productive space to support the transition from midfield to attack
 - If we lose: attack the ball in the midfield to the opposite restraining line. Get that ball!

11-Oct-11

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3

Defender Responsibilities

- When the other team is attacking our goal
 - COMMUNICATE!!!!
 - Listen for cues from goalie
 - Protect the 8 to **prevent shots/shooting opportunities** – don't just chase the ball or your mark
 - Stay goal side – between your mark and the goal
 - On ball
 - Play body defense first and foremost, check patiently and sparingly
 - **Have a plan:** force them wide, to their weak side or into a double team
 - Mirror the attackers stick with your stick to get the block
 - Own your space, take the charge and get the ball
 - Off ball
 - Sticks up high in the passing lane -- take away passing options
 - See the ball AND see the girl you are marking
 - Double team aggressively and decisively and commit to the double team until turnover or pass
 - Slide to mark the greatest unmarked threat
- When we get the ball in the defensive end
 - Clear out wide and low and cut to get open
 - Support the ball carrier from behind at least up to mid-field
 - Move to the ball to receive a pass
- When we are attacking the other team's goal.
 - Mark the 4 attackers above the restraining line – be ready to prevent their transition to attack
- When the other team gets the ball in their attack end and is transitioning into attack
 - Focus on staying goal side but look for opportunities to block/intercept passes to your mark
 - Look for greater threats and slide to them aggressively (an un-marked opponent that becomes greater threat than your mark)
 - Get back fast to protect the 8 if their transition is succeeding
- On the draw:
 - At least one defender on the center circle (defense side)
 - If we are playing defensively (or we are "man-down") we may have 2 attackers on the circle and no defenders
 - Get the ball if the opportunity arises, but don't force it. Stay goal-side on your mark and slide to any bigger unmarked threat

11-Oct-11

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4

Middie Responsibilities

- Generally – the same as Attacker and Defender
- Additional considerations:
 - After we turnover the ball in the attack end
 - **quickly** retreat above the restraining line toward midfield to contain/disrupt the other team's transition to the attack end
 - focus on marking the unmarked girl who is the greatest immediate threat
 - aggressively double team the ball
 - When we get the ball in our defensive end/midfield
 - On clears break out high (toward restraining line): 1 middle and 2 wide
 - If you don't have the ball make sure you stay out of the way - draw defenders out of the ball-carriers path
 - Don't outrun the transition
 - Escort the ball down the field – find open space and cut to make yourself an option for a smart pass
 - Remember that if we turn over the ball in transition, you're back on defense
 - Manage fatigue
 - Hold stick up to call for sub but **dig deep** until sub opportunity arrives
 - Trade with Attacker or Defender for quick rest (communicate)
 - Be super-human but don't try to be a hero ... if you can't hustle you can't help

11-Oct-11

Position Basics.pptx

5

Goalie Responsibilities

- When the other team is attacking our goal
 - Lead the defense
 - Call out the ball position LOUDLY and REPEATEDLY
 - Stay in ready position
 - Track the ball with your body position along your arc from pipe to pipe
 - Alert defenders to unmarked players
 - Look for opportunities to block/intercept passes over/near the circle
- When blocking shots
 - Commit to your decision – be decisive
 - Step to the ball aggressively – lead with the ball-side foot followed quickly by the trailing foot
 - Move your top hand to the ball
 - Focus on saving the ball, not catching it
 - Have a short memory when they score
- After saves – you start the offense
 - Scream "CLEAR" to let your team know you have the ball and to break out of the 12 for transition.
 - Look for open players from high to low (try to start a fast break)
 - Be patient and make smart clearing passes
 - You have 10 seconds to get the ball out of the circle
 - If you are marked in the circle, somebody is open
 - If you are not marked in the circle, feel free to move the ball upfield – if you draw a mark someone will be open
- When we are transitioning the ball from our attack end/midfield
 - don't just stand in the circle -- look for opportunity to participate in the transition (intermediate pass to change sides of the field)
- When we are attacking the other team's goal.
 - Make sure defenders are marked up
- On the draw:
 - Make sure defenders are marked up

11-Oct-11

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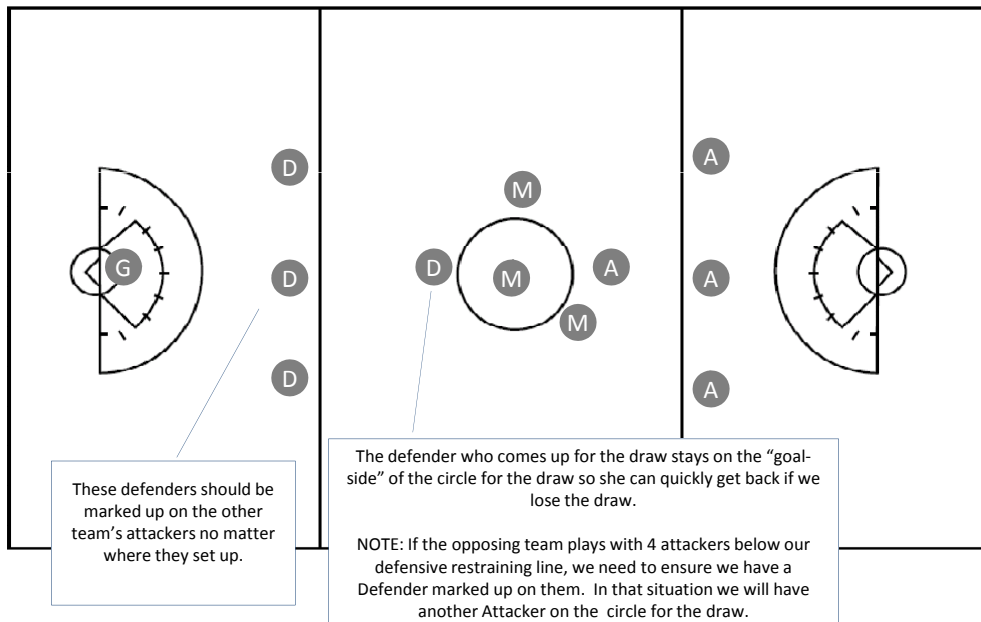
6

4-3-4 On the Draw

When playing a 4-3-4 on the draw:

- One Defender comes up for the draw
- One Attacker comes back for the draw

If we are losing a lot of draws and are giving up a lot of fast breaks, we may put 2 attackers on the circle for the draw instead and keep 4 defenders below the defensive restraining line.



11-Oct-11

Position Basics.pptx

7

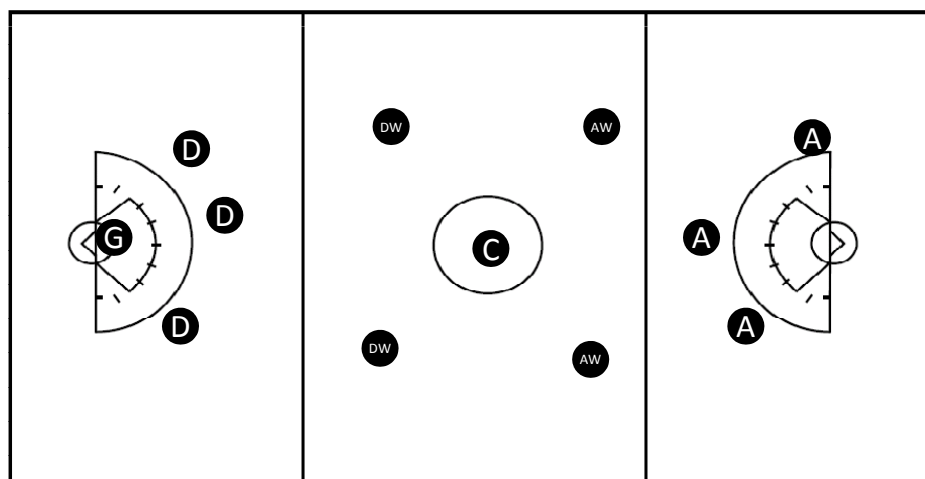
The 3-5-3 Schemes

Some of our opponents (most of them actually) play a 3-5-3 scheme:

- 3 Defenders
- 5 Middies (1 Center, 2 Attack Wings, 2 Defense Wings)
- 3 Attackers

We played this scheme in the past and found that it caused additional confusion without any additional benefit. To prevent offsides, the middies in this scheme have to constantly monitor and communicate which 4 of the 5 are going below the restraining line. As a result middies have more to think about and there is increased risk of being offsides. We feel the 4-3-4 is less confusing because it is the job of all middies to play the full field ... so less confusion.

If our opponents play 3-5-3 ... **DOESN'T MATTER**. We play our scheme, they play theirs. We both have to play 7v7 (field players) below the restraining line anyways. The only time there is a mismatch is if we are playing more defensively on the draw: we'll have 4 defenders below the line on the defense side vs their 3 attackers and 2 attackers below the line on attack side vs their 3 defenders.



11-Oct-11

Position Basics.pptx

8