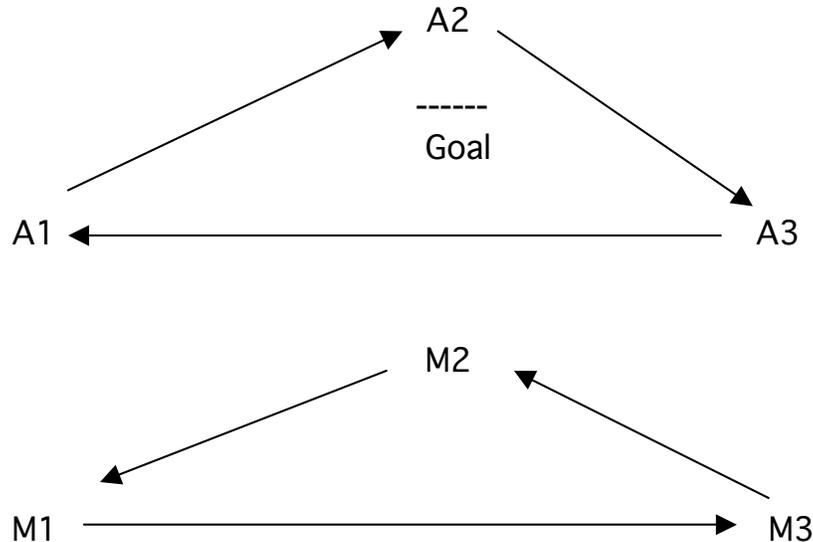


SETTLED OFFENSE-

A) Overview-

The offense is the 1-3-2 Motion Offense. Players will form 2 triangles. A1, A2, and A3 form one triangle and M1, M2, and M3 form another triangle. Players will move (rotate) within the triangles as other players move. This is called rotating triangles. Generally the triangles will rotate in opposite directions to create better passing situations. A diagram of the set up is below.



Benefits of the rotating triangle:

- 1)The field is balanced (offense spread out and as a result defenders spread out)
- 2)The offense moves to get open (they can receive a pas as they are cutting from one part of the triangle to the other).
- 3)The defenders need to move to cover players and are occupied (harder for them to cover their man and provide help to other defenders)
- 4)Two Midfielders play up top (near the restraining line) so they can fall back quickly on defense.

Explanations of what players can do (expectations of players) from each spot-

- 1)X (A2 in the diagram above)- The player at X acts as a feeder, and also backs up shots. The attackman at X can also dodge to the goal.

2)Wing attackmen (A1 and A3 in the diagram above). They can shoot or dodge to the goal. They can also feed the midfielders or the other wing attackman.

3)Crease midfielder (M2 in the diagram above). He can screen the goalie or look for a point blank shot.

4)Midfielders up top (M1 and M3 in the diagram above). They can shoot or also dodge to the goal by beating their man one on one (isolate their man- “iso”). They are also ready to fall back on defense.

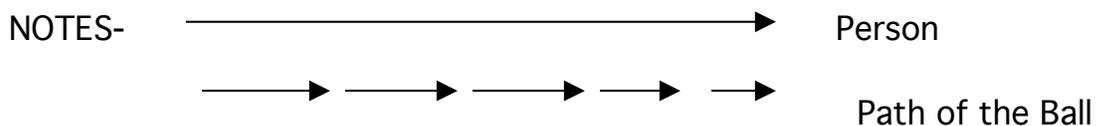
Movement of players within the triangle-

-Players are expected to move within their triangles. Therefore, if a player is playing attack he should view himself as playing all of the attack positions because he will be moving within the triangle. He may find himself playing X for a time and then find himself at the wing. An attackman shouldn't think of himself as a player who just plays X (he might start his time on the field at X but will be moving to different spots). The same concept applies to midfielders. As players are moving within their triangles they should be prepared to receive a pass.

-It should be noted that if the offense possesses the ball and it is passing it around amongst players, the players can move around within the portion of the triangle they are playing to get open for a pass.

-When players run a play and they don't score, if there is no quick follow up scoring opportunity and the offense maintains possession of the ball, they should get back into the original triangles and start over.

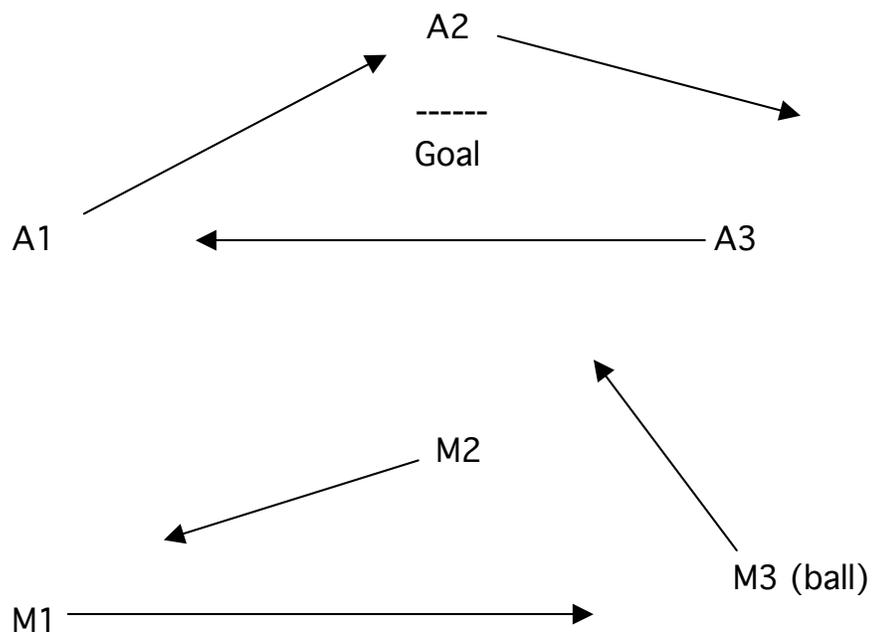
The rest of the settled offense section will cover the plays/movement patterns that Shelburne players will be using within the 1-3-2 motion offense.



B)MOVEMENT/PLAYS WITHIN THE TRIANGLES

1)**DODGES** from up top (midfielders- M1 and M3), dodges from the wing (attackmen A1 and A3), and dodges from X (attackman A2). These dodges will be known as **DINGO** (D for Dodge). The player making the dodge will call out Dingo so other players will know what he is doing. He will raise his arm to the side he is dodging so players know what direction he is dodging or he may tap the side of his helmet. The dodger's objective is to dodge toward the goal for an open shot. If he doesn't have a shot he can pass off to adjacent help.

As one player dodges toward goal, other players will clear space and keep the defense moving by rotating. Both triangles should be rotating when one player dodges. Below is a diagram of what this will look like if M3 is dodging from up top.



Notes on Dodge from midfield-

1)The midfield dodger (M3) should dodge toward the middle of the field as opposed to down the sideline so he will have a better shooting angle and more space. The defender will try to angle him down the sideline. A3 will clear space for him.

2) If he does not have a shot he may pass the ball to the attackman cutting from behind/X (A2) who will then look to drive towards the goal for a shot. If he (the original dodger-M3) doesn't have a shot he may also pull out if his dodge by curling away and rolling back to the midfielder who was in the opposite top corner (M1) and has moved towards the middle of the field (as an option he can pass to the rotating midfielder M1) Once the original ball carrier has passed the ball to the cutting attackman or midfielder (M1) he should cut to the crease and assume the crease midfield spot.

3) Going back to the original dodge, the crease midfielder should look to receive the ball but if doesn't get a pass he should clear space by moving up toward the restraining line and replace M1.

4) The wing attackman (A3) will be clearing space by cutting across the goal. He should pay attention as to whether he is drawing his man with him. If he is not covered he should be prepared to receive a pass by stopping and facing the goal.

5) The other wing attackman (A1) will move toward X but look for a pass to him as he is cutting. If he doesn't receive a feed he should move to X.

Additional Options- Below is a description of additional passing options off of a midfield dodge if the original midfield dodger can't get off a good shot. This is a little more complex and involves the option of attacking the weak side of the defense if the original dodger can't get off a good shot. The concept is called: dodge, pass, pass, dodge. This description is based on the diagram above:

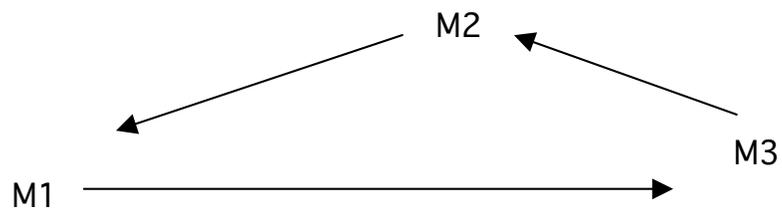
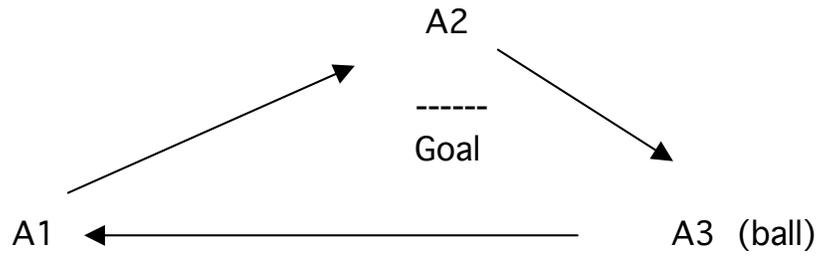
1) M3 dodges to the net. He should be drawing defenders to him (assuming there is a slide.)

2) If M3 is stopped he passes to A2 on the wing (A2 has just come out from behind the net/X)

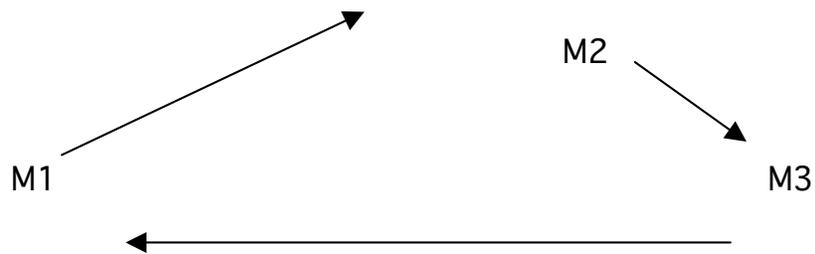
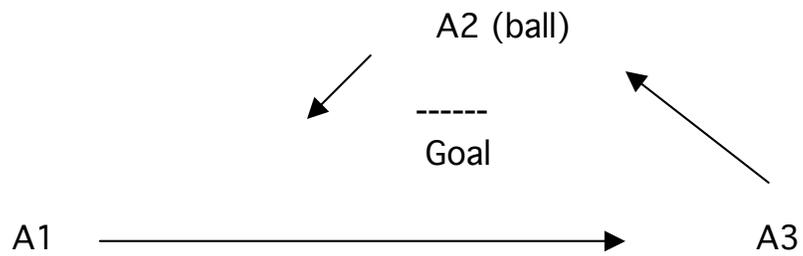
3) A2 who is on the wing and now has the ball passes to A1 who is now in the X position.

4) A1 who is now at X dodges to goal and takes a shot. In theory he should have a clear path to the net because the defense had shifted over to stop M3 on the original dodge.

A diagram of a dodge from the wing is below (A3 is the dodger):



A diagram of a dodge from X is below (A2 is the dodger):



Notes on the dodge from X-

1)The player at X (A2) with the ball should dodge and drive towards the goal. Once the dodger has committed to a direction the adjacent wing attackman he is moving toward can easily read the dodger and clear space.

2)As the ball carrier nears the goal the wing attackman (A1) on the same side of the goal as the dodger move towards the opposite wing. If his defender leaves him to stop the ball carrier , this player should be prepared to step back towards the ball carrier to receive an outlet pass and then to shoot.

3)The midfielder on that same side (M1) should cut toward the goal looking for a pass.

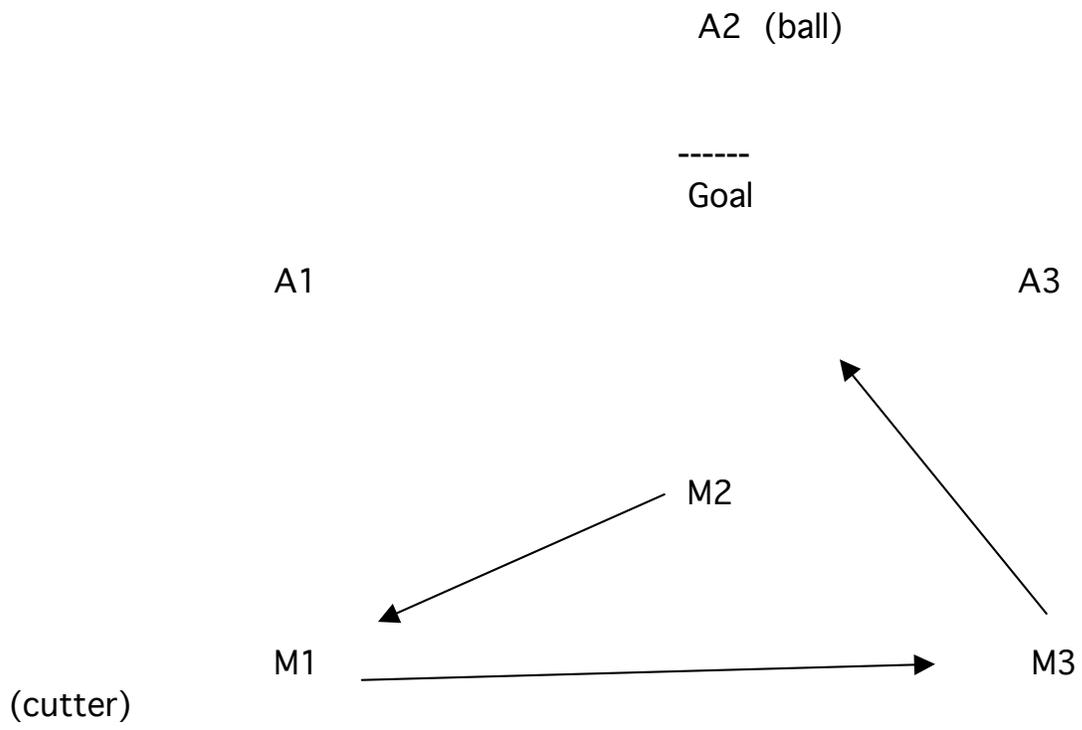
4)The crease midfielder (M2) should backpedal off the crease to the opposite high corner and be ready to receive the ball and shoot.

5)The wing attackman on the opposite side (A3) should first cut toward the goal line to get his defender to commit, and then move to replace the ball carrier at X. He may become an outlet.

6) The remaining midfielder up top (M3), opposite the ball, runs and fills space for M1.

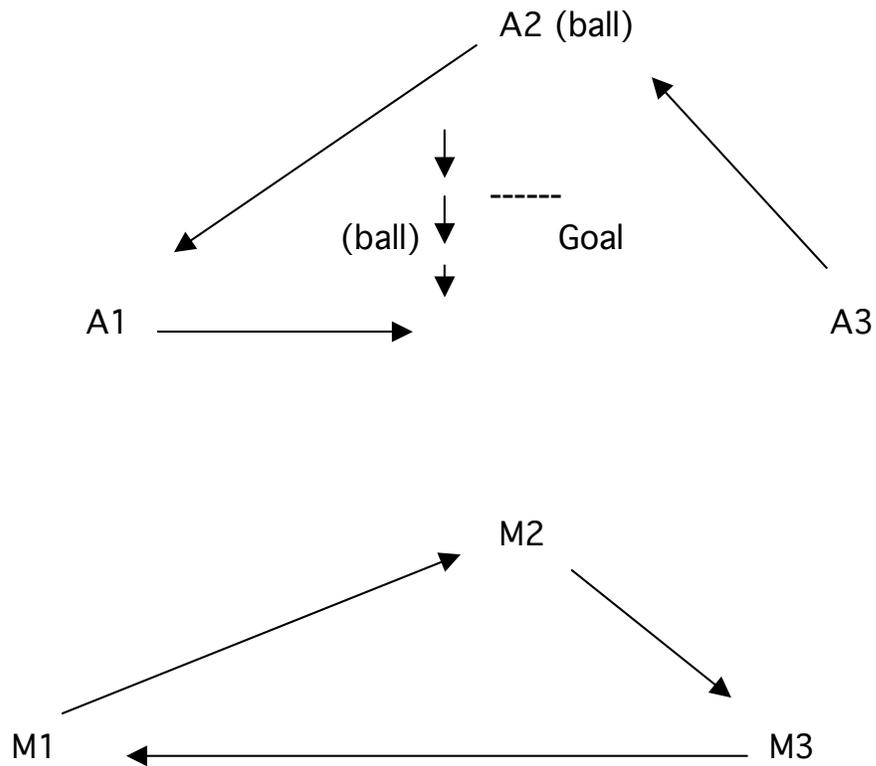
2)MIDFIELDER CUTS. These plays will be known as **COYOTE** (C because a cut is being made). The player at X will have the ball and either M1, M2, or M3 will cut toward the goal looking for a pass. Wing attackman A1 or A3 can be the feeder also. The attackman will not rotate in this case (if the wing attackman is the feeder), but the attackman without the ball could switch places. The cutter will call out COYOTE. Once he gets the ball the cutting midfielder would look for the attackman on the wing to feed if there is no open shot. If midfielders M1 or M3 cut toward goal the other midfielders will rotate.

Below is a diagram:



WING CUTS-

The player at X will have the ball. The wing attackman making a cut to the net will yell out coyote as he cuts. The player at x will feed him the ball. He will then fill the space of the wing attackman he passed to and the opposite wing attackman will go to X. The midfield triangle will be rotating. As an alternative the player at x with the ball will call out coyote and also call the name of the wingman he wants to cut. For example, "coyote Graham." Below is a diagram:



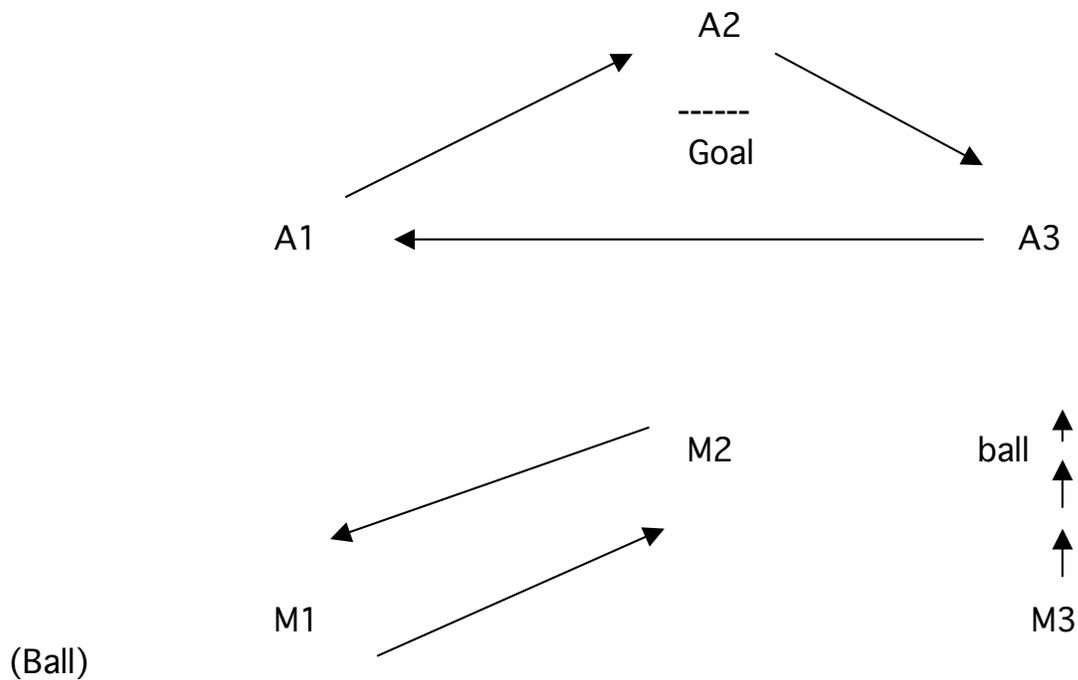
2B)X CUTS

The player at X can also cut out from X and receive a pass from a midfielder. Once he gets the pass he can shoot, go to goal, or pass. If the midfielder has the ball the player at X can call out Coyote so the midfielder knows he is cutting.

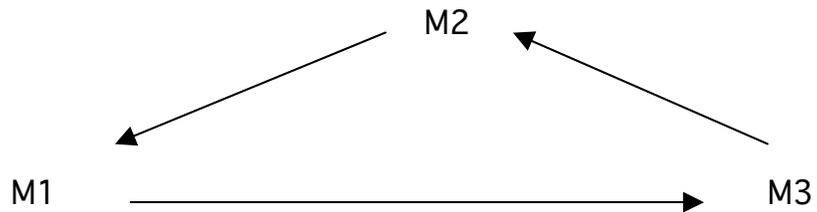
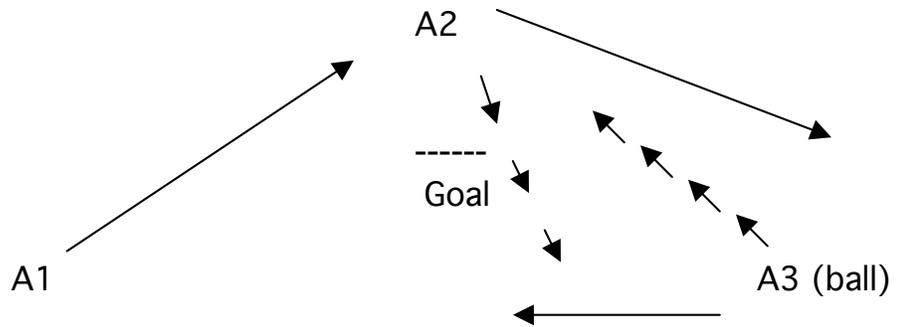
An example of this is:

- 1) M3 has the ball
- 2) A2 cuts to A3's spot.
- 3) A3 cuts across the goal to A1's spot
- 4) M3 passes to A2, who dodges to goal
- 5) A1 rotates to X
- 6) M1 and M2 switch places

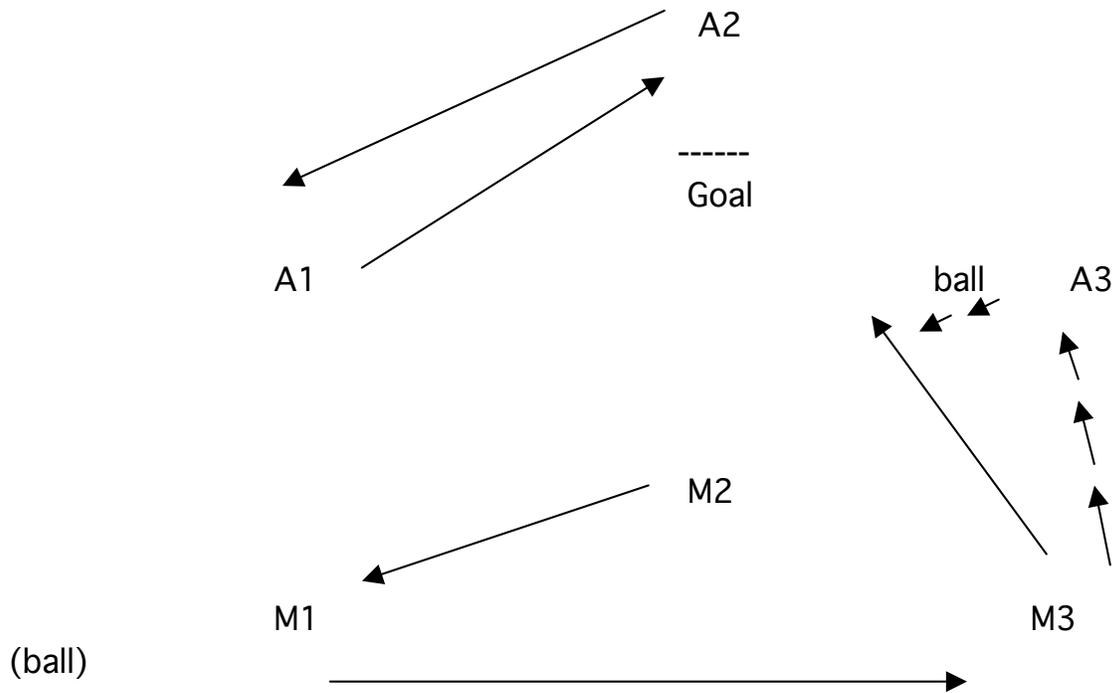
The same can be done from the opposite side. See the diagram below:



3) GIVE AND GO. These plays will be known as **GAZELLE**. These can be run from a variety of places. Option one is A3 on the wing will pass to A2 at X. A3 will get a return pass as he cuts to goal. The player with the ball calls out **GAZELLE**. The midfielders can rotate while this is happening. A1 and A2 can also rotate. The same thing can happen from the other side. A diagram is below:



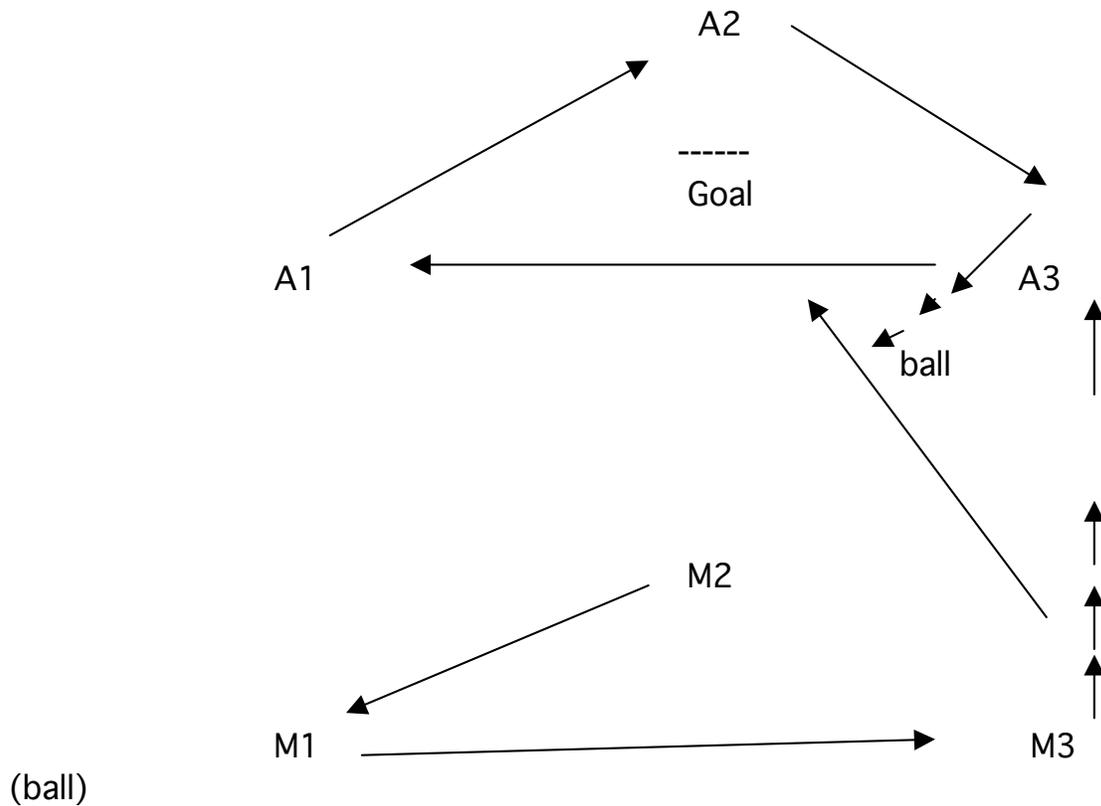
The GIVE AND GO can also be run from midfield. M3 can pass to A3 on the wing and get a return pass as he cuts to goal. M1 and M2 can rotate. A1 and A2 can switch places. The same play can be run from the other side of the field.



3A) GIVE AND GO FROM MIDFIELD WITH AN ADDED TWIST. Additional cuts can be made by the attackman to make the give and go even harder to pick up. An example of this would be:

- 1)M3 has the ball-he moves toward A3
- 2)A2 cuts out toward A3 to receive a pass
- 3)A3 cuts across the goal to A1's spot
- 4)A1 rotates to X
- 5)M3 passes to A2 after A2 cuts
- 6)M3 cuts toward the goal and receives a pass from A2

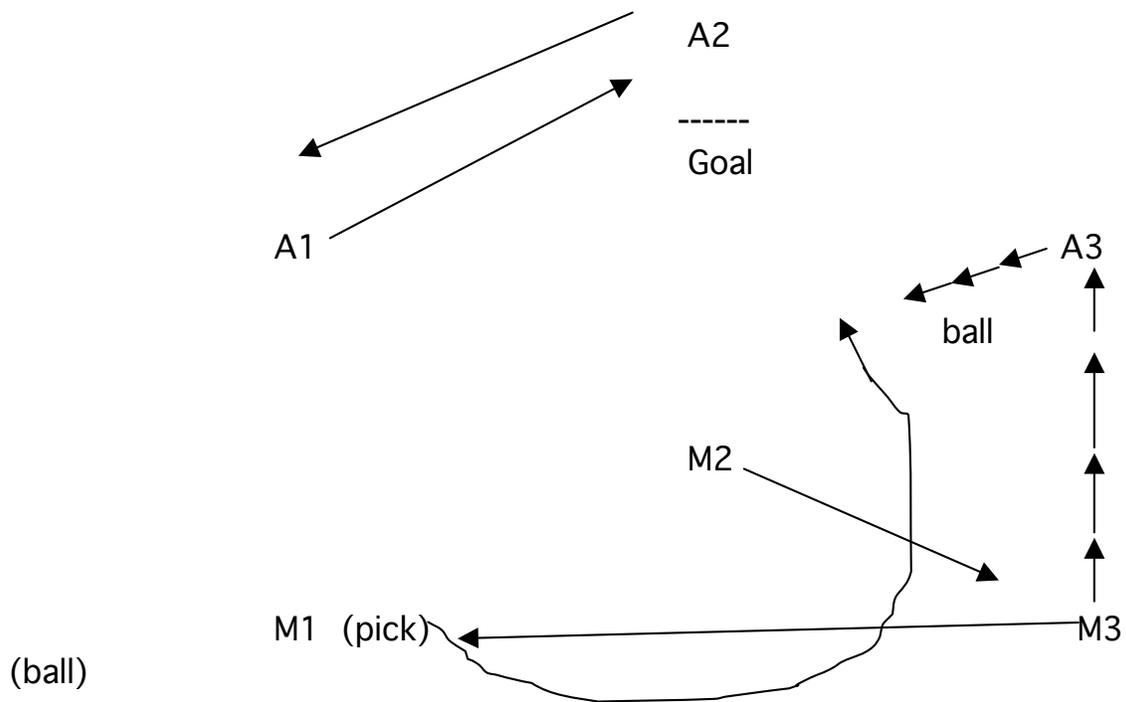
See the diagram below:



4) **PASS AND PICK AWAY** . This play will be called **PANTHER**. It will work as follows:

- a) M3 passes to A3.
- b) M3 sets a pick for M1.
- c) M1 cuts off the pick and receives a pass from A3.
- d) M2 will take the place of M3.
- e) A1 and A2 will switch places

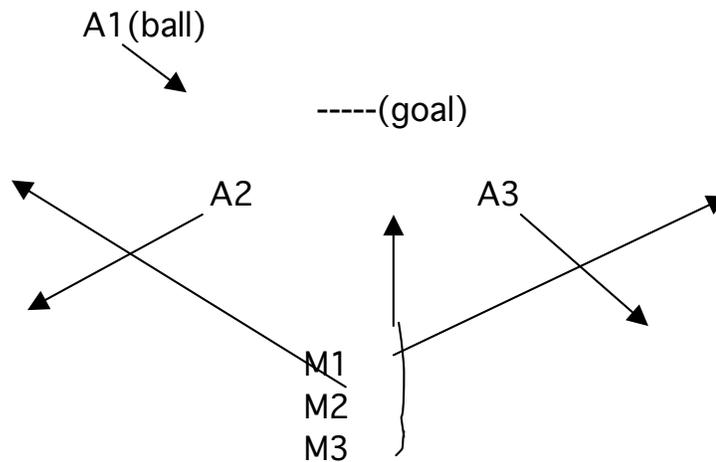
This can be run from the opposite side of the field as well. Below is a diagram:



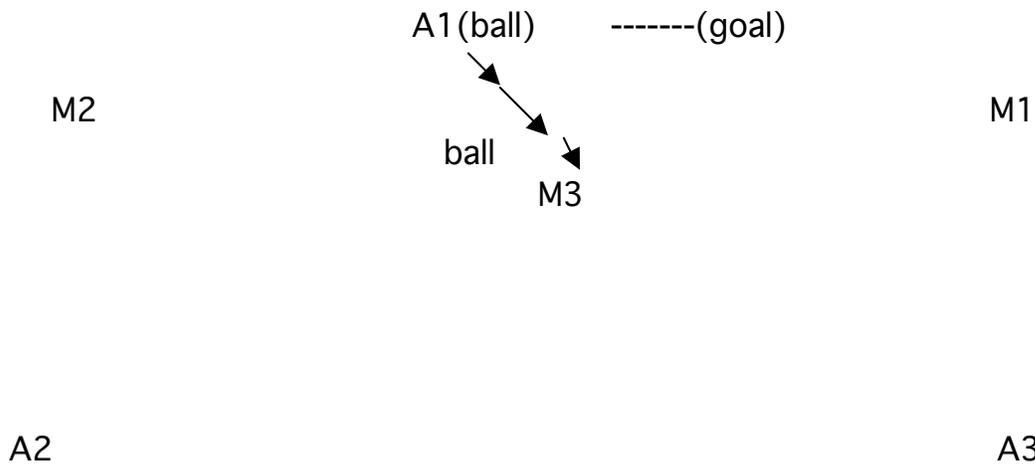
5) STACK PLAY

This play is not run out of the 1-3-2 rotating triangle scheme but can be added in for something different. It is intended to confuse the defense. It is called **SCORPION**.

1)Diagram 1



2)Diagram 2



1)A1 begins with the ball on the endline, while A2 and A3 screen the goalie in a double crease position.

2)M1, M2, and M3 line up in a vertical stack position with M1 closest to the goal. These players maintain a distance of 2 feet between them, and should be just inside the restraining box.

3)After players have taken their positions, A1 will drive toward the cage, pretending that he is the shooter.

4)When A1 begins his drive, A2 and A3 run upfield and out, clearing the crease area.

5)M1 breaks downfield toward the right wing, and M2 breaks downfield toward the left wing, drawing their men while signaling for the ball.

6)M3, the intended shooter, breaks straight toward the cage, his path clear since A2, A3, M1, and M2 have drawn their men out of the crease and toward the outside wings.

7)A1 passes to M3 for the shot.