

SHELBURNE LACROSSE COACHES GUIDE

PLAYBOOK FOR:

TRANSITION OFFENSE AND DEFENSE- (FAST BREAK AND SLOW BREAK)

RIDING

CLEARING

MAN UP

MAN DOWN

DRILLS TO TEACH TEAM CONCEPTS

TRANSITION OFFENSE AND DEFENSE- FAST BREAK AND SLOW BREAK

OVERVIEW- The fast break that will be used is the standard 4 v 3 fast break. Below is a drill that can be used to teach the 4 v 3 fast break.

DRILL- 4 v 3 FAST BREAK DRILL

Goal- To develop offensive and defensive understanding of a 4 on 3 fast break situation.

Description-

This drill will simulate a typical 4 on 3 fast break situation. This drill can be run on one-half of the field. Designate 3 players to play attack and 3 players to play defense. Have them spread out along the top of the restraining line. Have another player (midfielder) who will become the fourth player on offense stand on the midfield line. It is optional to have a player in goal. Roll out a ball for this fourth player (midfielder) who will scoop up the ball and start the fast break. Once the ball is rolled out the 3 attackmen and 3 defenders on the restraining line will run into position. Instruct players to take the following steps:

- a) The 3 attackmen will form an L. One attackman will be about 3-5 yards inside the restraining line and the other two attackmen will be down about 7 yards up and five yards out from the Goal Line Extended. The two low attackmen will be across from each other. The high attackman will be adjacent to one of the low defenders (see diagram). This creates balance and spreads out the defenders.
- b) The 3 defenders will form a triangle with each defender covering an attackman.
- c) The midfielder with the ball will run at the goal. If no defender challenges him he can go to the goal and take a shot. If he is challenged he will run to the open spot in the L and turn the L into a square.
- d) Typically the top defender will slide over to cover the ball carrier and stop his penetration. Instruct the top defender to do this.
- e) This should leave the top attackman open for a pass. Instruct the midfielder to pass the ball over to the open top attackman.
- f) One of the low defenders should then slide up to cover the top attackman with the ball.
- g) Instruct the top attackman to pass the ball down low to the open attackman.

- h) This will force the other down low defender to slide over to cover the open low attackman.
- i) This will leave the other low attackman open for a pass and the ball should be passed over to him for an open shot.

General Offensive concepts on a fast break:

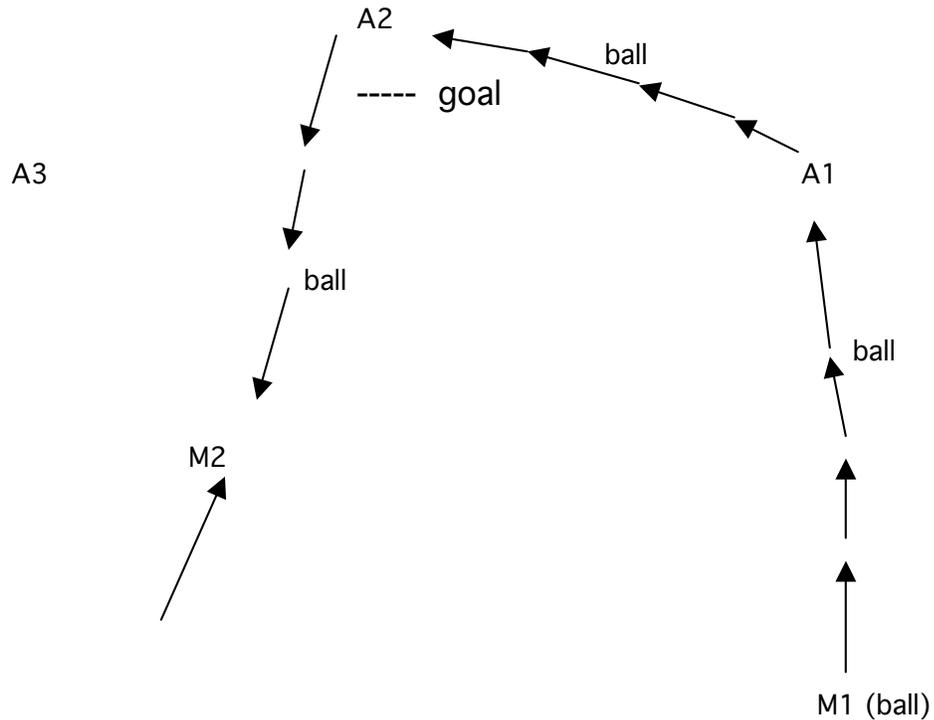
- 1) Stay spread out
- 2) Move the ball to the direction the slide came from. This man should be open
- 3) A skip pass can be used at times. Instead of passing the ball to the person adjacent an attacker can skip over this person and pass to a person diagonally across from him. This man might be the open man depending how the defense reacts.

General Defensive concepts on a fast break:

- 1) Keep a tight triangle, with defenders about 10 yards apart. One defender plays point, with 2 defenders left and right on the crease. The point defender stops the ball when the attacker gets within 15 yards of the cage.
- 2) Point man slide- Wait to slide until the attackers are within scoring distance.
- 3) Additional slides- Other defenders slide to cover the open man. After the initial slide a point defender will have to move back to cover an open man.
- 4) Keep sticks out in the passing lanes.

Situations in which fast breaks generally occur-

- a) a player beats another in the open field
- b) off of a face-off
- c) off of a turn over
- d) after a save by the goalie and the ball is passed up the field beyond the defenders
- e) after the ball goes out of bounds and possession is awarded to one team



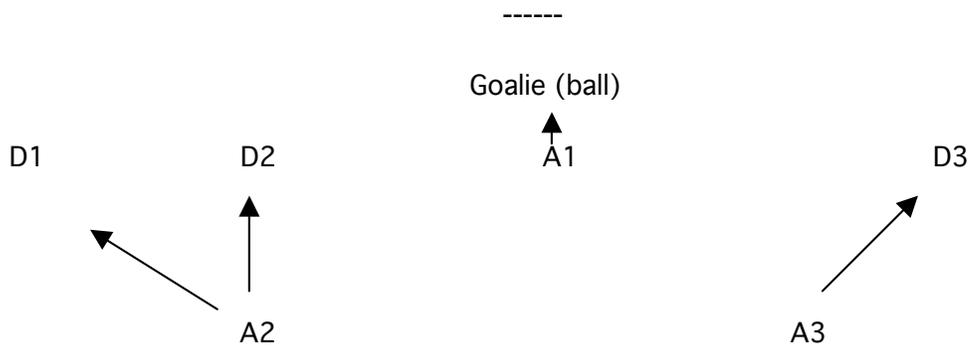
Note- By passing the ball to X the offense hopes to get the defense to look at the man at X and loose track of the cutters who are moving to the net (or look out from the goal upfield and loose track of what the player at X is doing).

Defense of the Slow Break-

The defense should not chase the man at X. they remain in front of the goal. They would form a triangle shape if they were 3. If they had 4 players they could form a square. One player may have to cover two offensive players (stay in between them) until all the defenders get back on defense.

RIDING

1) Live Ball Riding (off of a shot or turnover). Unsettled situation.



M1

M2

M3

Progression-

- 1) One attackman pressures the ball. This could be the goalie or it could be a defenseman.
- 2) The 2 other attackman play a zone. If the goalie passes off to a defenseman the attackman closes pressures that person. The goal is to pressure adjacent passes,
- 3) Midfielders drop back and play a zone.

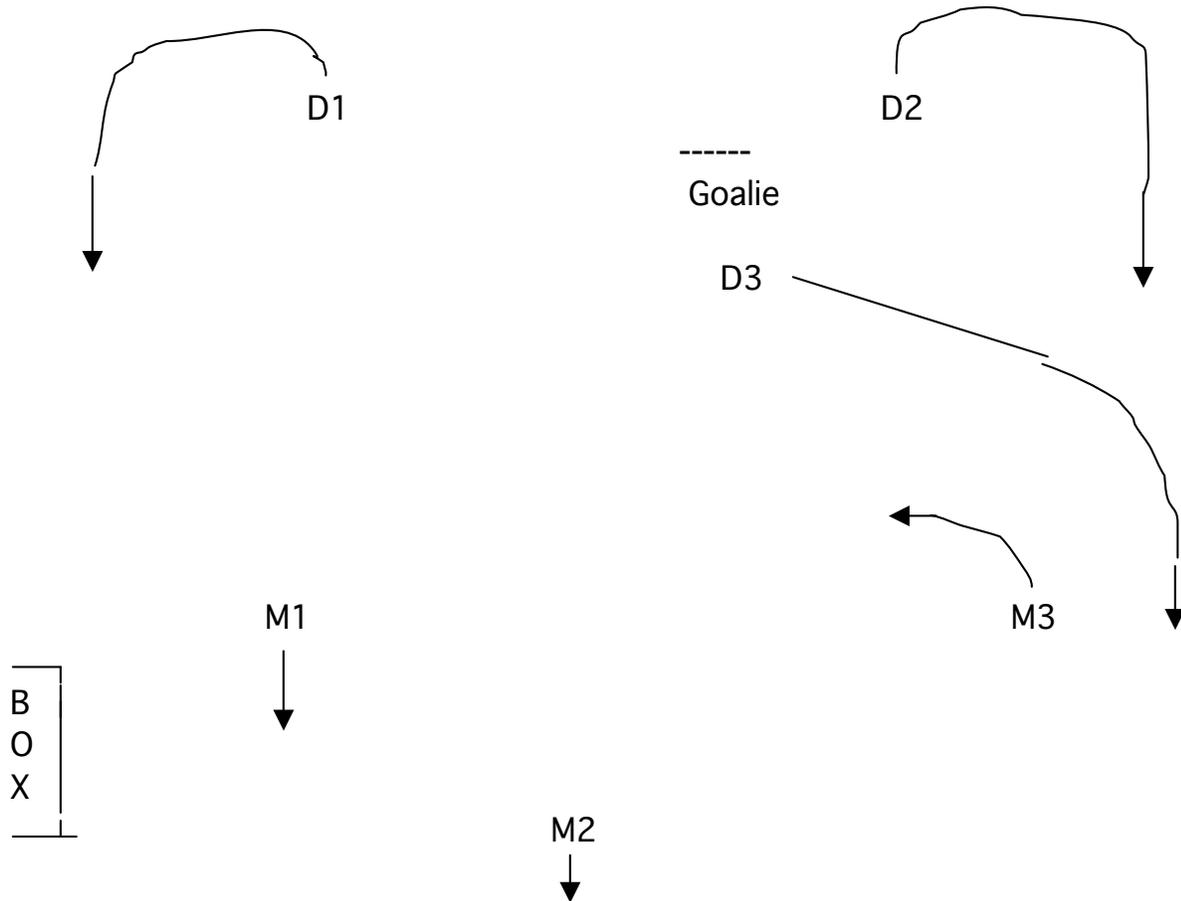
Notes-

- a) Use the sidelines as an extra defender and force ball handler to sideline.
- b) Force the long pass
- c) At the younger levels if the goalie can't handle the ball well you could leave him uncovered and put a defender on the uncovered field player.

CLEARING

1) IN BOUNDS CLEAR- (GOALIE IN POSSESSION OF BALL)

This clear will use a 3-1-3 set up.



Progression-

- 1) Goalie has made the save and wants to clear the ball.
- 2) D1 and D2 will banana cut out toward the sideline
- 3) M2 and M3 will head up to midfield and get open for a pass (if one is a long stick middle he may go off the field and a short stick will come on)
- 4) M3 will curl in toward the goalie and get open for a pass. He is a key player and hunts the ball.
- 5) D3 will head up to the sideline opposite the substitution box
- 6) Goalie will first look for an open player at midfield (to get a fast break going)

7) If they are covered the next look is to the middle who has curled back (he should be a player who can handle the ball)

8)The final look is to the defenders on the sideline (D1 and D2). If the ball goes to one of these players M3 should run up near him so they can set up a 2 on 1 situation. If the middle is covered the defender can throw cross field to the other defenseman (who is near GLE). M3 will then run over to him to set up a 2 on 1.

9)When the ball makes it upfield, M3 should run up and get in position for a pass.

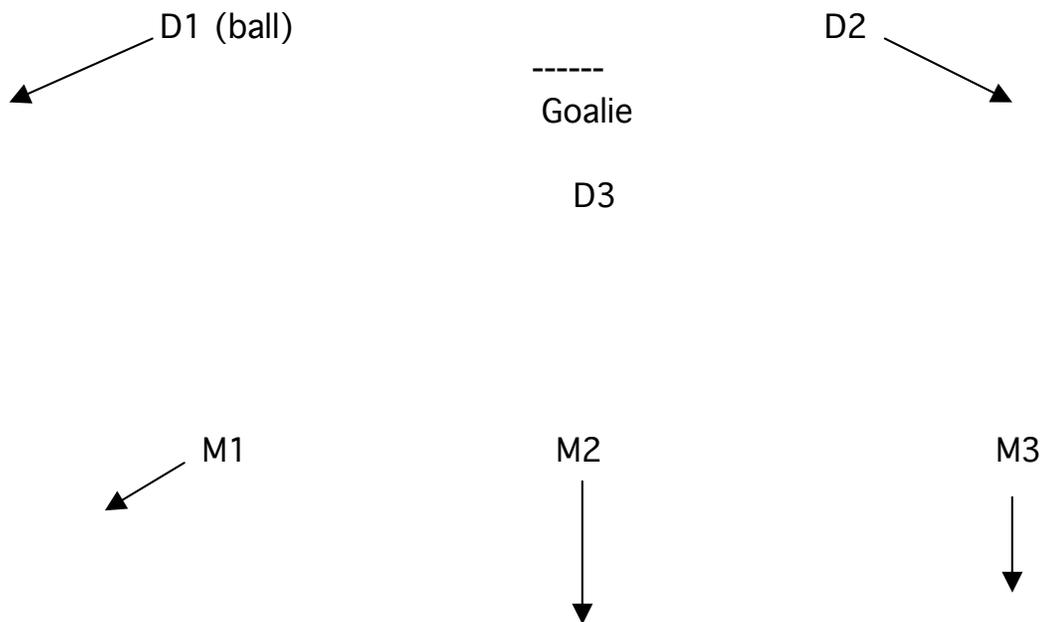
KEY CONCEPTS FOR CLEARING-

A) players spread out wide on the field

b)use your numerical advantage and set up 2 on 1 situations

2) IN BOUNDS CLEAR- (DEFENDER IN POSSESSION OF BALL)

This clear will use a 3-1-3 set up.

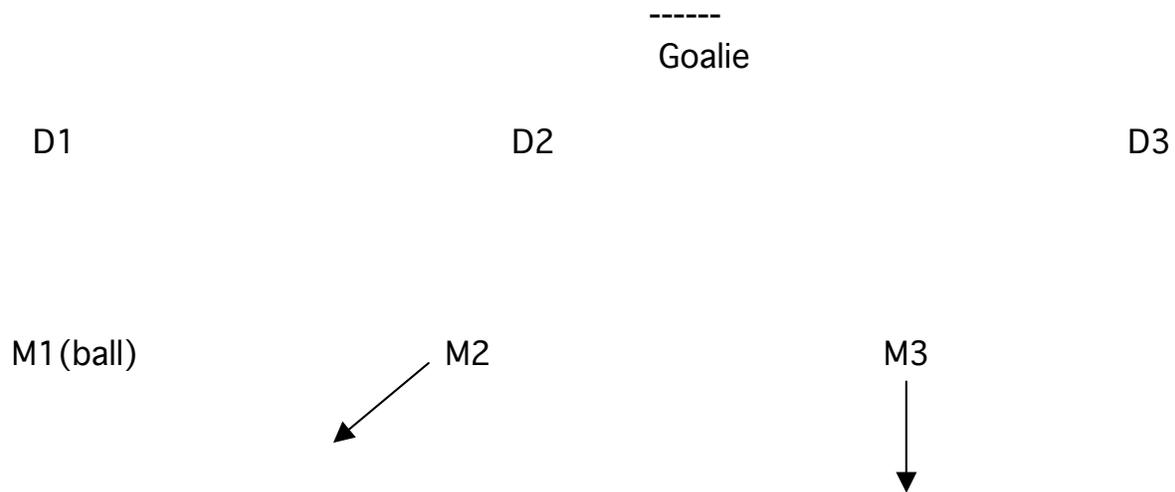


Progression-

1)Assume D1 gets the ball. D1 cuts away from the goal and toward the sideline.

2)M1 cuts toward D1 to set up a 2 on 1 situation. (This could be M2 moving into position for a 2 on 1 instead of M1 if M1 is covered.) M1 should be prepared for an outlet pass. M1 is the first look for D1.

4) OUT OF BOUNDS CLEAR (SIDE LINE)



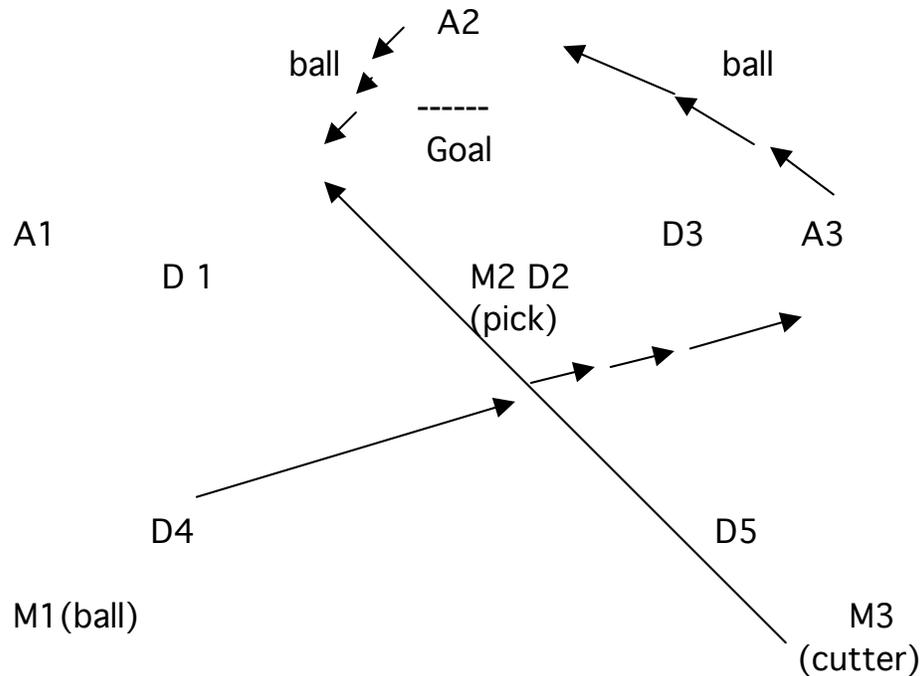
PROGRESSION

- 1) M1 starts with the ball. This should be a good ball handler. It is important to have a midfielder start with the ball because they can handle the ball better than a long stick defender. He should try to beat his man one on one.
- 2) M2 will cut toward M1 to provide a 2 on 1 situation. M1 will pass to M2 if he can't beat his man.
- 3) M3 will cut up field.
- 4) D1, D2, and D3 will stay spread and provide outlet passes.
- 5) If D2 or D3 get a pass they will move it up the field opposite the side of M1.

Notes- a) Use a similar set up if the ball goes out on the other side of the field.
b) Even if the ball is deep have a middle drop back to handle the ball. A defender and the middle can switch.

EXTRA MAN OFFENSE (MAN UP)

OVERVIEW- With extra man offense you can run plays that you use in settled offense. Below is an additional play designed to get a player into a position to take a point blank shot on goal. The play is designed to put multiple players into the crease area where defenders will have to make a choice on who they cover. The play is called **MUSKRAT (M for man up)**.



Here is how the play works:

- 1) M1 starts with the ball. He cuts through to his right and passes the ball to A3.
- 2) M3 cuts in front of M1 toward the crease by the left goal post.
- 3) A3 passes the ball behind the goal to A2.
- 4) M2 sets a pick on D2
- 5) A2 drives to the goal
- 6) M3 takes advantage of the pick set on D2 by M2 and gets ready for a pass by A2
- 7) If D2 goes with M3, M2 will head to the net and get the pass from A2
- 8) A1 is a decoy

MAN DOWN DEFENSE

OVERVIEW- The type of man down defense to be played will be the box and one (or 2-1-2). Players will pack in tight. They will be playing a zone defense and defenders are responsible for players in their zone. A defender will go out to meet the ball carrier in his own zone. (See diagram 1)

GENERAL PRINCIPLES FOR MAN DOWN DEFENSE

- 1)Communication is important. Defenders should tell other defenders where on the field they are going to play. Players should use the standard defensive communication terms such as “got ball” and should call out to identify cutters.
- 2)Defenders’ sticks should be up and pointed into the middle of the field toward the passing lane.
- 3)Players should sag into the middle of the defensive area to force the ball to the perimeter for an outside shot. As the ball moves around the perimeter, all defenders should shift in their zones toward the location on the field where the ball is. This is to provide back up if another defender is beat. (See diagrams 3 and 4)
- 4)Players should not chase the ball.
- 5)Players should keep their positions. Stay in their area of the field when playing a zone. Don’t chase the ball and cutters out of their zone. (See diagram 2)
- 6)Players should be taught patience in order to use up as much clock as possible.
- 7)If the ball goes behind the goal, generally players should not follow. Players should pick up the offensive player when he gets to goal line extended. (You don’t want the defender getting beat one on one behind the goal and putting the team at an even greater disadvantage). Note- if the player behind is an excellent feeder, coaches may choose to pressure the ball behind to prevent a good feed.
- 8)In the Box and One zone defense, the top 2 players are 12 yards from the goal and the bottom defenseman are 3-4 yards from the goal. One player in the middle covers the offensive player on the crease and doesn’t leave that man.
- 9)If the ball goes into their zone, the defender should move out to challenge the ball carrier. If a defender is athletic, he may be able to play an offensive player tighter (less chance of getting beat).
- 10)Long pole defenders should play closer to the goal. Short stick defenders should play up top.

11) If there are 2 offensive players in a defender's zone, he will have to split them. This will be similar to a 2 on 1 where the defender plays in between the 2 offensman.

Diagram 1) Diagram of the 2-1- 2 (Box and 1) (D is defense):

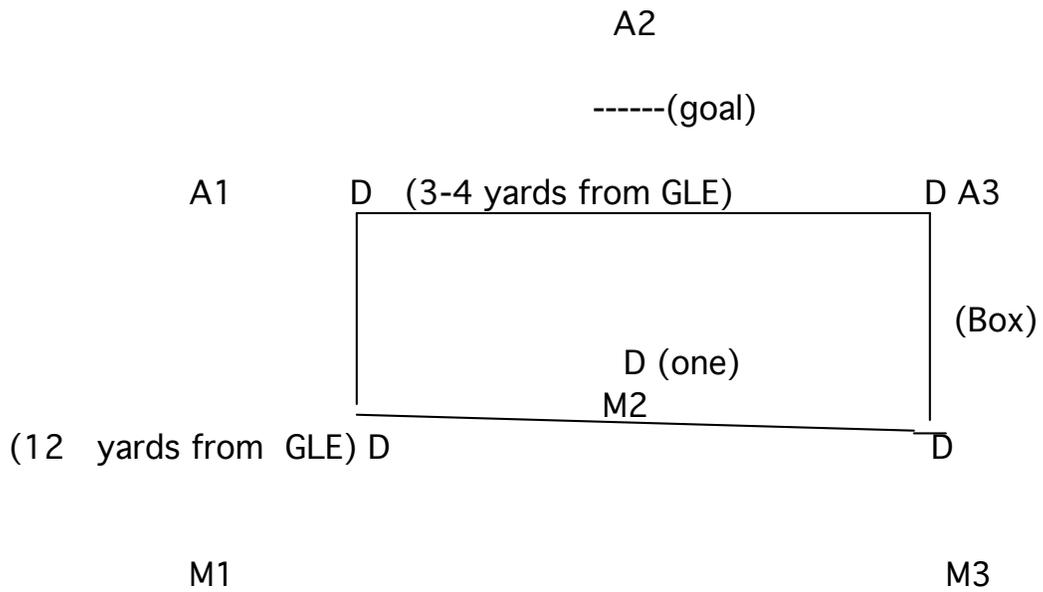


Diagram 2) Areas typically covered in a box and one man-down zone defense.

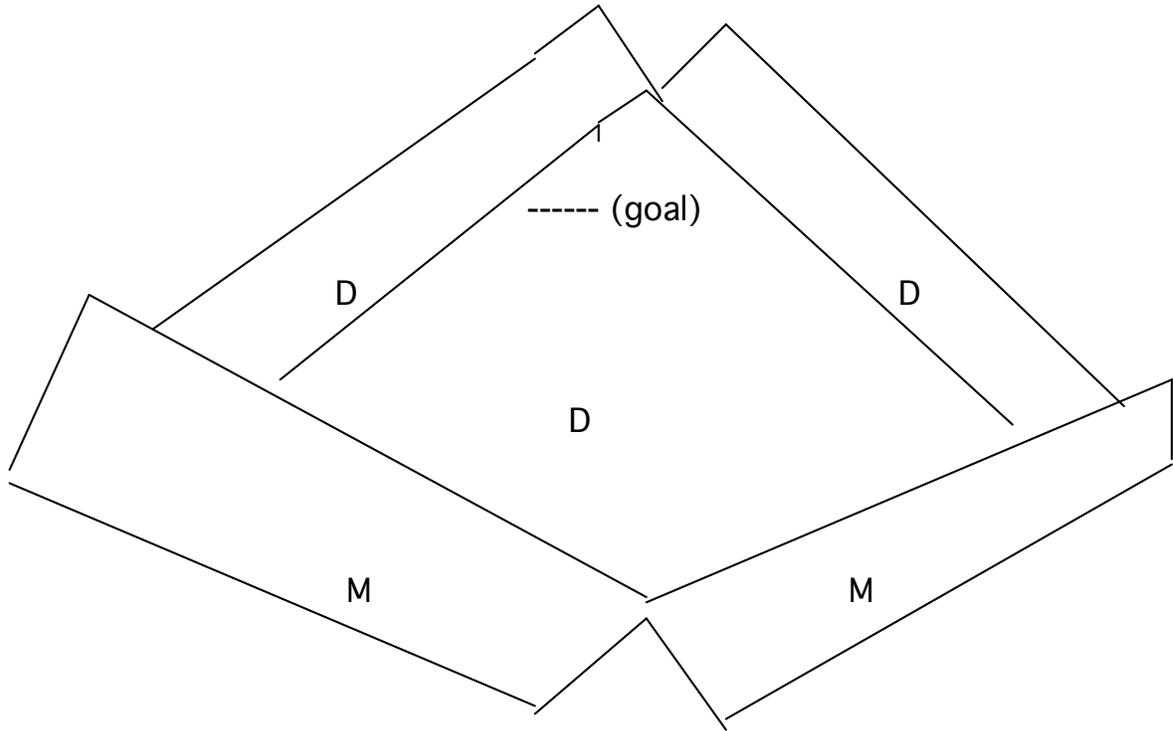


Diagram 3) Example 1 of how defenders shift depending on where the ball is on the field. Here the defenders have shifted toward A1 with the ball.

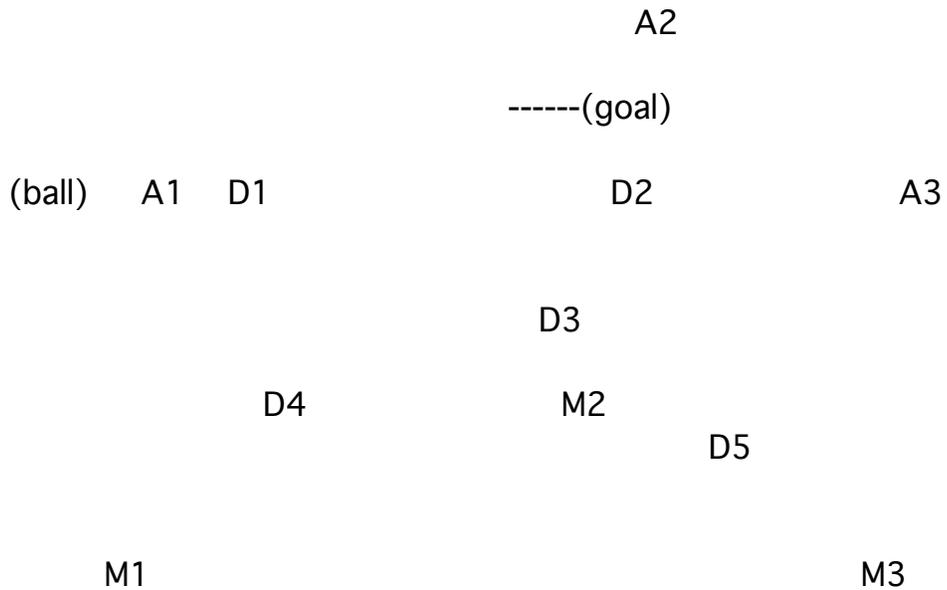
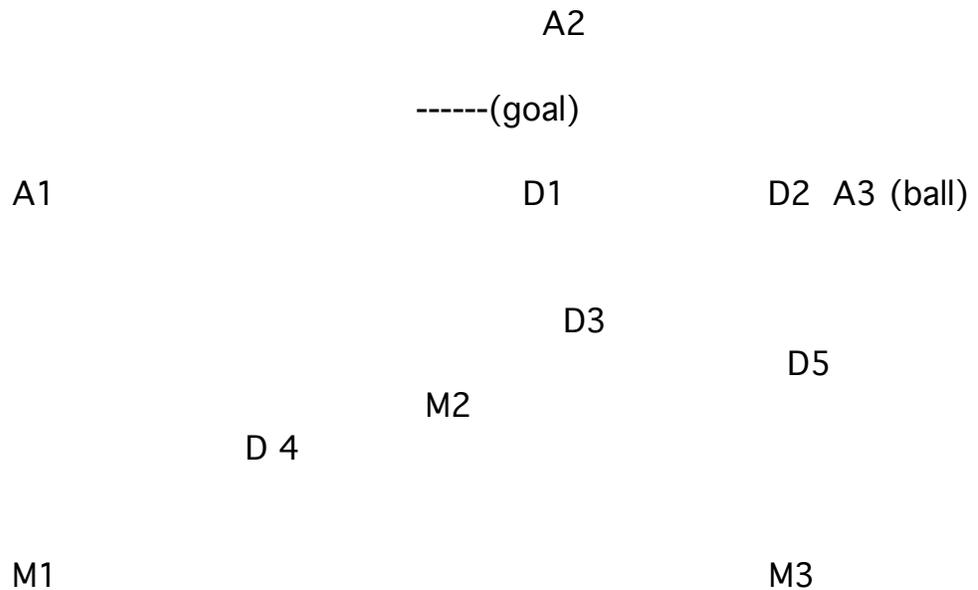


Diagram 4) Example 2 of how defenders shift defending on where the ball is on the field. Here the defenders have shifted toward A3 with the ball.



MAN DOWN DEFENSE DRILL

Goal-

To have defenders learn defense while playing without a man.

Description-

Six offensive players arrange themselves in the attack box area in a 1-3-2 formation (the 1 being behind the goal). Five defensive players set up. The defense will be playing a 2-1-2 zone defense. Two players will be up top and 2 players will be spread along the crease (see diagram below). One defender will be in the middle. The offense passes the ball around the perimeter while you check each defender's on-ball and off-ball positioning. The defenders will be pinching into the hole area. This is also called sagging in. Instruct the offensive players not to pass until you have corrected the position of all defensive players.

Be sure the defenders use the piston concept as the offensive team passes the ball: one defensive player moves out to the ball and one moves back in. The player moving out to the ball carrier says, "I've got ball," or "ball." Make sure the defensive player moves out to the ball in a controlled manner, otherwise the ball carrier will just run past the charging defender and have an open shot. Make sure that the defender understands that if he runs out, there is no way he can change directions if the ball carrier decides to dodge. Instruct the defenders that the offensive player adjacent to the ball carrier is the next most dangerous player and the defender can play a little closer to that player. Tell all defenders to apply the principle of "sticks in and bodies out." Defenders should position their sticks to the inside (pointing to the crease), cutting down passing lanes to the crease area.

OTHER DRILLS TO TEACH DEFENSIVE POSITIONING

2 V 1

3 V 2

4 v 3

6v5 in the half field. If defense gets a stop they get a point. If offense scores they get a point.

DRILLS/GAMES TO TEACH TEAM SKILLS AND INDIVIDUAL SKILLS

OVERVIEW- Below are some drills to teach various aspects of individual skills and team lacrosse. A number of these drills/games are found in the Shelburne Lacrosse Coache's Guide.

DRILLS TO HELP TEACH SETTLED OFFENSE

Overview- take elements of each part of the offense and break it into pieces.

1)One on one from midfield

2)One on one from the wing

3)One on one from X

4)Give and go from midfield with a shot on goal

5)Give and Go from the wing with a shot on goal

6)Pass and pick away from midfield with a shot on goal

7)Feeding from X with a shot on goal. Feed a cutter coming in.

8) Draw and dump from X

9) Dodge and rotate (Players are in a triangle. One player with ball runs to another's spot and does a dodge along the way. Other players rotate. Player passes to adjacent player after he gets to the new spot. The next player repeats. And so on.)

10) Run plays with no defenders.

11) Run plays with 5 defenders.

12) 6 on 6.

13) One on one without ball. Players line up near the restraining line for a one on one. There is a feeder behind the net (x) with the ball. Offensive player tries to beat the defensive player toward the crease and get a feed from x. Defensive player stays with cutter.

DRILLS TO TEACH CLEARING

1) 2 On 1 from the end line. Start on the end line and use a 2 on 1 to move the ball up to midfield.

2) Set up clear- no pressure. Both settled and unsettled. Coach rolls out ball.

3) 6 v 6. One team tries to clear. The other rides. One point for successful clear. One point to riders for broken clear.

DRILLS TO TEACH RIDING

1) 6 v 6. One team tries to clear. The other rides. One point for successful clear. One point to riders for broken clear.

DRILLS TO TEACH FAST BREAK

1) See Coaches' Playbook- fast break section

DRILLS TO TEACH DEFENSE

1) See Coaches Playbook and Coaches' Guide

DRILLS TO TEACH MAN UP (EXTRA MAN OFFENSE)

1) Run the man up play versus 4 or 5 defenders

DRILLS TO TEACH MAN DOWN

1) Set up the man down and have them play half field against 6 players on offense

DRILLS TO TEACH CATCHING AND THROWING

NOTE- Many of these drills are described in detail in the SHELBURNE LACROSSE COACHES' GUIDE. Below is a quick summary of the drill or the name of the drill.

1) QUICK STICK

Players stand opposite each other and catch and throw using a quick stick. Players absorb and throw in one motion.

2) CUT TO THE NET AND SHOOT WITH A QUICK STICK

A group of players stands to the side the net on Goal Line Extended (GLE). Another group stands on the restraining line. The first player from the group on the restraining line cuts to the net and receives a pass from the first player on GLE. The player catches and shoots in one motion (quick stick). Players switch lines.

Variations-

Have the players on the restraining line start with the ball. He will pass to GLE and cut to the restraining line for the return pass. (give and go)

For more of a challenge add in a defender or a goalie.

3) PARTNER PASS

Two players stand opposite each other and pass back and forth. They pass right to right and then left to left. They can also pass right to left. They also catch with one hand, switch hands, and pass with the other. They should then catch with one hand, roll back, and throw with the other hand.

4) PARTNER PASS ON THE RUN

Same as above but on the run. Players will face each other.

5) TRIANGLE PASSING

3 players form a triangle. Players keep their sticks to the outside. Players catch, roll back and switch hands, and throw. After going in one direction for a time, go in the opposite direction.

Variation-

Have the player catching make a cut to the side and catch on the run. He then rolls back and throws to the next player making a cut.

6) 2 MAN PASSING DOWNFIELD

Players form 2 lines. The first 2 players in line run down field passing the ball back and forth. They keep their sticks to the outside.

7)OVER THE SHOULDER LINE DRILL

2 lines are formed facing each other. The first player in line has the ball and steps to the side. A player runs out and catches the ball over the shoulder. He then passes the ball to a player in the opposite side who has stepped out to the side. The first player in that line runs out and catches the ball over the shoulder.

8)BOX DRILL

This is a three-man drill that has one player moving continuously around the outside of 2 standing players. The goal is to have the moving player catch and throw from the box area next to his head as he moves around the stationary players. To do the drill position 2 players facing each other. A third player will run around them. One stationary player starts with the ball. He passes it to the moving player (how has his stick to the outside) running towards him and gets an immediate return pass. He then passes the ball to the other stationary player. The moving player runs around the first player who had the ball and gets a pass from the second stationary player. He gives a quick return pass to the stationary player. This continues on. Players can then switch positions. They can also go in the opposite direction.

9)MONKEY IN THE MIDDLE

See Coach's Guide.

Note- To make it more competitive give points for a successful pass and for a takeaway.

NOTE- FOR THE FOLLOWING DRILLS SEE THE COACH'S GUIDE

10) 3 MAN BOX

11) 3 MAN BOX WITH TWO DEFENDERS

12) 3 MAN BOX WITH ROLL BACK

13) GOOD GUYS – BAD GUYS

14) 4 MAN BOX

15) STAR DRILL

16) 3 MAN PASSING WITH WEAVE

DRILLS TO TEACH OTHER INDIVIDUAL TECHNIQUES

See the Shelburne Lacrosse Coaches' Guide

