

UVM Club Lacrosse Playbook



OFFENSE

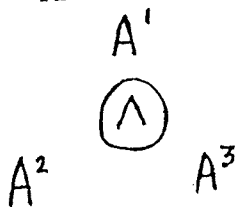
Offensive Terms

One More	The call a player makes when he wants his teammates to make an extra pass that will lead to a higher percentage shot.
Single	The first easy pass to an adjacent player
Skip Pass	Passing the ball to a player who is not adjacent and there is a clear passing lane to do so.
Pull Pass	When a player dodging down the alley passes the ball back across his chest.
Screen	Any action used to free a teammate away from the ball.
Slip	After screening for a teammate, face the ball carrier and cut to open space.
Pick	Any screen set for a player carrying the ball
Pop	When the player occupying the crease area vacates that spot just as a dodge has started.
Island	Refers to the area five yards above the goal line and five yards wide of the near goal pipe.
Slot	Refers to the area of the field ten yards above the goal line and between the football has marks.
Fade to Feed	When an offensive player steps away from his defender in order to free his hands to make an accurate pass.
Reverse	A call that is made when you want to change the direction the ball is traveling around the offensive perimeter.
Dodge Opposite	Dodging away from the part of the field the ball just came from
Keep the Flow	Continuing to play at a high speed and within the principles of the offense when our initial looks are not available.
Echo the Call	Upon hearing what set or play we are attempting to run, each player should repeat it to another player to ensure everyone knows what we are doing.
Double, Double	A call each player should make loudly to alert his teammate of an approaching slide or double team.
Square and Go	Catching the ball with your chest already facing the goal and prepared to dodge as soon as you receive the ball.

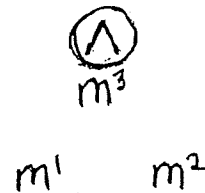
Motion Offense is one of the most difficult offenses to defend. This is the case only if this offense is run effectively and efficiently. Our Motion Offense will be very similar to other offenses we will run in that we will try to force a defense to slide and make very quick decisions. If run appropriately, our Motion Offense will make it extremely difficult for a defensive group to determine who is the first slide as well as the second and third slides. In this offense, there will be a great deal of freedom afforded to our offensive personnel. However, there will be several guidelines that we must follow. The most important rule of any offense will be that all six players play extremely hard, dodge with a purpose, and work together. If we do not do these things, any offense we run will be ineffective.

A BASIC LOOK AT OUR TWO TRIANGLES IN THE MOTION OFFENSE

Attack Motion



Midfield Motion



BASIC RULES OF MOTION OFFENSE

- Motion Offense consists of two triangles
- Our Attack will work together in one triangle
- Our Midfield will work together in another triangle
- Dodging will take place from "X" behind and up top (For Now)
- Keeping the field balanced is of major importance
- Understanding the philosophy and schemes of a Defense will be important.
- Always know where your outlets are.
- Never be surprised to receive a pass. Always be prepared for the single pass (one more).
- When initiating a dodge, the ball carrier will always square to the goal.
- Upon drawing a slide, shoot the ball or sprint away from pressure to make the single pass (one more).

ADDITIONAL RULES FOR THE ATTACK

- When initiating a dodge from “X” behind, our goal will be to first beat our Defender for a shot or to get to the “Island”, draw a slide and move the ball quickly.
- Balance—We must always make sure that we have an Attackman at “X” behind as well as backing up the cage.
- When a Midfielder initiates a dodge, our adjacent Attackman must clear through in order to provide space for the dodging Midfielder. As the adjacent Attackmen clear space, our two other Attackmen must rotate into the ball in order to provide an easy adjacent outlet (single) as well as an outlet and back up at “X”.
- “Double, Double, Double”—These terms will be used whenever we see a teammate being double-teamed. When making this call, it is important to move and provide an outlet for the player being doubled.
- Passing Lanes—When you are the adjacent outlet make sure you create a clear passing lane. Do not force a ball carrier to throw through a Defender.
- Dodging Opposite—When you receive the ball and initiate a dodge, it is imperative that you initiate this dodge away from the area the ball came from. This will force the Defense to go from “Help Side Defense” to “Ball Side Defense” very quickly.

ADDITIONAL RULES FOR THE MIDFIELDERS

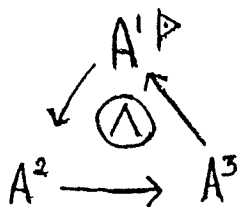
- When initiating a dodge, always square to the goal.
- Dodge off of ball movement as much as possible.
- Our first option is to always dodge to score. Our second option is to dodge, draw a slide and make the single pass very quickly.
- Understand the philosophy of the Defense, where the slide will come from, and where your easy outlet is. Dodge with your head up.
- Field Balance—We must make sure that we balance the field through off ball movement. If executed properly, we should always have one or two players in position to protect against any fast break. The best defense is a balanced, patient, and high percentage passing and shooting offense.
- Upon drawing a slide, shoot to score or sprint away from the double and make the “Single Pass”.

- When initiating a dodge off of ball movement, always dodge away from the area you received the ball from (even if this means going to your weak hand).
- “Double, Double, Double”—We will make this call when a teammate is being double-teamed. We must make sure that we move and create a clear passing lane for the player being doubled.
- If you are an adjacent outlet, create a clear passing lane for a teammate.

ATTACK MOTION

When ball is with the Attack—

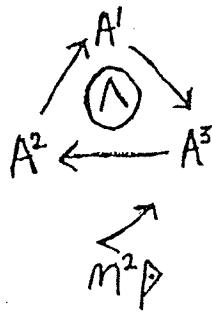
As A1 initiates a right-handed dodge, A2 will clear through in order to clear space. As A1 clears through he will look to receive a back door pass or attempt to set a cross screen for any player on the crease. A3 will rotate to “X” behind in order to provide A1 with an easy outlet. If A1 draws a slide, and passes the ball to A3 at “X” behind, A3 will immediately catch and square to the goal and drive hard to opposite of where he received the ball. It will be important for our initial dodger A1 to beat his Defender for a shot or get to the “Island” and draw a slide.



When the ball is with the Midfield--

When M2 is initiating a dodge, he must catch and square to the goal. As M2 initiates for his right hand A3 must create space and clear through as A3 clears through he should be looking for a back door pass or to set a cross screen for any player on the crease. A1's responsibility will be to rotate from “X” behind as wide and as high as necessary in order to provide an easy outlet for M2 (Single Pass). The reason for being high and wide is to stretch the Defense. As A1 rotates from “X” behind, to become an easy

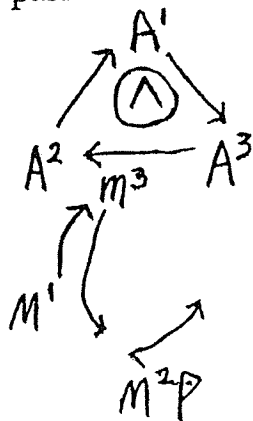
adjacent outlet, A2 will rotate to "X" behind to provide backup for any shot or to be an outlet (Skip Pass). If the a single pass is made to A1 from M2, A1 will immediately pass the ball to A2 who will then catch, square and drive hard opposite.



MIDFIELD MOTION

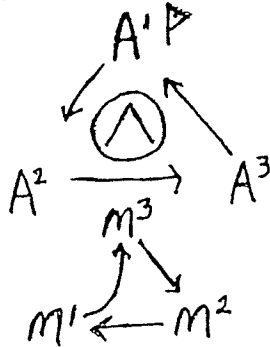
When the Midfielders have the ball--

As A2 throws the ball to M1, M1 will move toward the ball to create an easier and shorter exchange as well as creating space for M2 to dodge. Upon receiving the ball, M1 will then pass to M2 who will catch, square, and dodge opposite from where he received the ball. This dodge must be a strong move to the goal. As M2 dodges, M3 will roll up top in order to balance the field and protect against any fast break. M1 will read the defense and decide whether to cut to crease, or stay out on wing. Since M3 is the initial creaseman, it will be typical in a crease-sliding defense for his man to slide. It is important for M3 to be vocal and move to an open area. After initiating his dodge, M2 will have two outlets (Singles). The first outlet will be rotating up and out from "X" behind and the other will be M3 who will be popping off crease area to balance field and protect against a fast break. If M2 draws a slide and rolls back, M3 will be his outlet, A2 will then move to "X" for the skip pass and A3 will be on the back pipe.



When Attack has the ball--

As A1 dodges right handed and A2 clears through, A3 will rotate to "X" behind. As this occurs, M3 (who is located on the crease) will back pedal to the high and away position (never losing sight of the ball). M1 will then cut behind his Defender (back cut) to the far side of the crease. M2 will rotate over and become the adjacent outlet for A1 (Single Pass).



IMPORTANT NOTES

As you can see, everything we do in our Motion Offense is based on catching, squaring to the goal, and attacking your Defender and constant movement without the ball. If we do not provide each other with easy outlets as well as space to dodge, this Offense will not and cannot be effective. However, if six players work together and are accountable for their responsibilities, we will have the ability to put extreme pressure on the Defensive personnel. As with any Offense, making good decisions and not forcing the ball will be of the utmost importance.

Remember—

- Never stand still. Don't spend more than a two or three count on the crease.
- Understand the Defensive scheme and where they will support from (know your looks).
- Good crisp movement with the ball and without it are vital. Anticipating two or three passes ahead can be the difference between a lay-up and an average shot.
- When receiving the ball, be prepared to do something with it. Get to your spot before the ball arrives.
- Always move your Defender. Don't stand in one place. If your Defender turns his head, move.

- Always dodge hard to the goal. Understand that a double may be coming.
- When you draw two Defense men, sprint away from the double until you can make the easy outlet (Single Pass).
- Dodge opposite to exploit the numbers advantage on the opposite side of the field.
- Patience is key.
- Timing gets thrown off from time to time, so don't be afraid to pull it out and reset the offense.

TERMS

ONE MORE—Making one more pass.

MAKE SINGLES—Throwing the easy adjacent pass and not the home run.

ISLAND—Five yards above goal line extended and five yards wide.

BEING EARLY—Anticipating where you should be and getting there in a timely fashion.

SKIP—A pass that bypasses the adjacent player.

BALANCING THE FIELD—Knowing the three positions you are responsible for within your triangle.

DOUBLE, DOUBLE, DOUBLE—Letting your teammate know he has been double teamed and moving to an open area to create an easy outlet.

SCREEN—Any action off ball that an Offensive player uses to free a teammate.

PICK—Any screen set on ball.

GOAL CUT—Any cut toward the goal.

CARRYING THE DOUBLE—After dodging to the goal and drawing a slide, sprinting to an open area and carrying both your defender and the sliding defender.

DODGE AND RE-DODGE—Vs. a fake sliding defense, re-dodging after the initial dodge is effective.

Why do we have outlets in every offense we run?

As the dodger, what is the first option in every offense?

As the dodger, what is the second option in every offense?

Why do we run offenses out of a 1-4-1?

Why do we run offenses out of a high wing or Dutch set?

Why do we play 'SL' at times?

Why do we invert at times?

Why is it important during a flag down situation that we are organized and get a quality look at the goal?

Why do we 'Pop' players to difference areas on the dodge?

Why do we run double up and double down?

Why do we 'Mumbo' or switch off ball players on the dodge?

Why do we dodge from the wing or run sideways?

Why is it important to sprint in the '86' process?

Why is the first 3-5 seconds so important in the ride?

Why do we get to 'white'?

Why is balance so important in any offense?

Why is spacing so important?

Why are perimeter turnovers a sign of being out-worked or lazy?

Why would a team zone us?

Why would a team take away a player's strong hand?

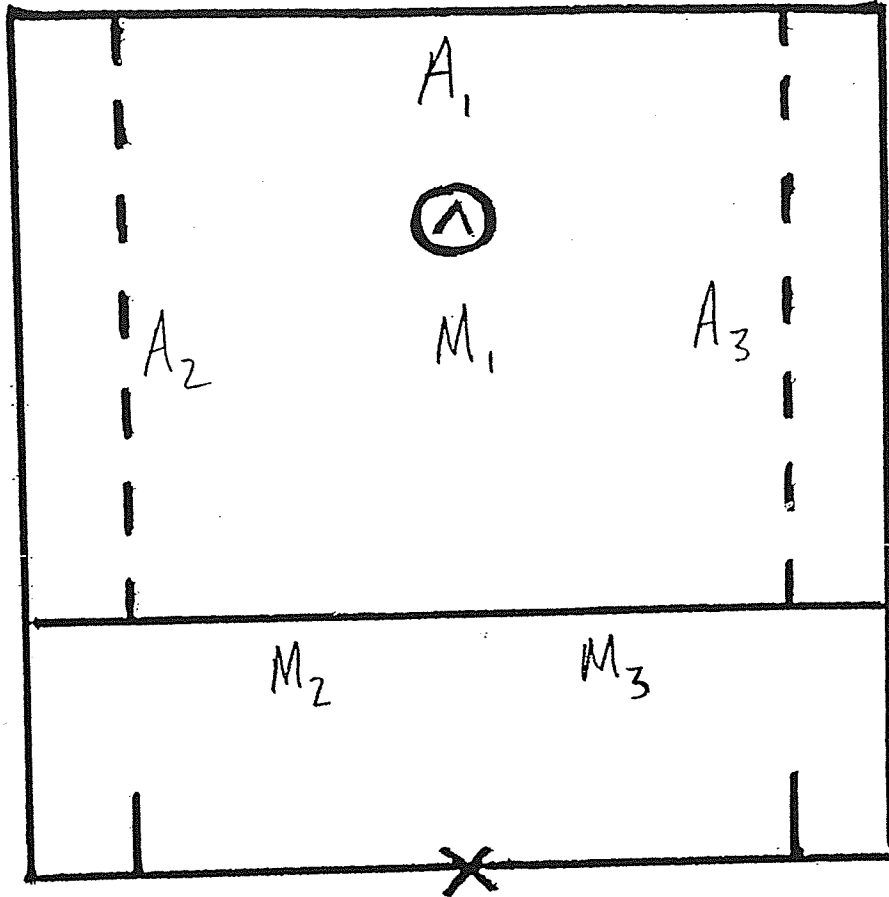
Why do we put such an emphasis on riding?

Why do we put such an emphasis on the transition game?

What do picks and screens do?

Why do we play 2-Up 1-Back in 4 vs 3 transition?

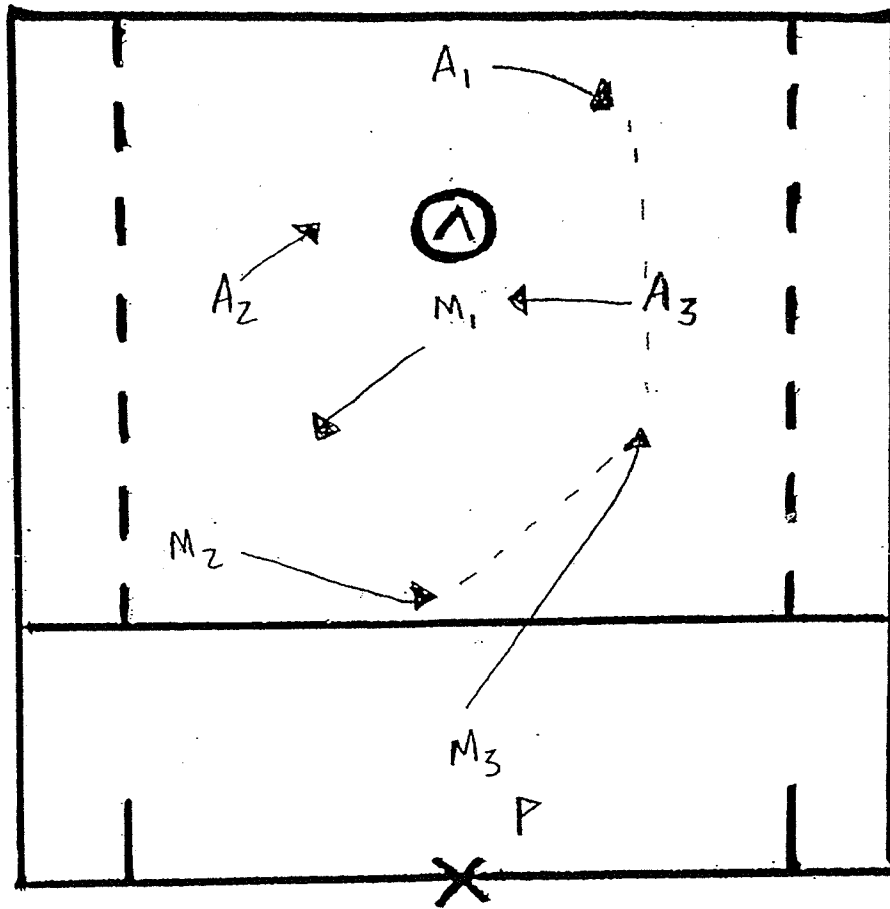
"MOTION"



1-3-2 Motion Offense

- Consists of two triangles (Attack triangle and Midfield triangle) working in sync with one another.
- Basic Rules:
 1. Clear through toward crease when a dodger moves toward you
 2. Follow behind as a dodger moves away from you.
 3. Attempt to dodge opposite the direction the ball came from.
 4. Always have two(2) adjacent outlets.

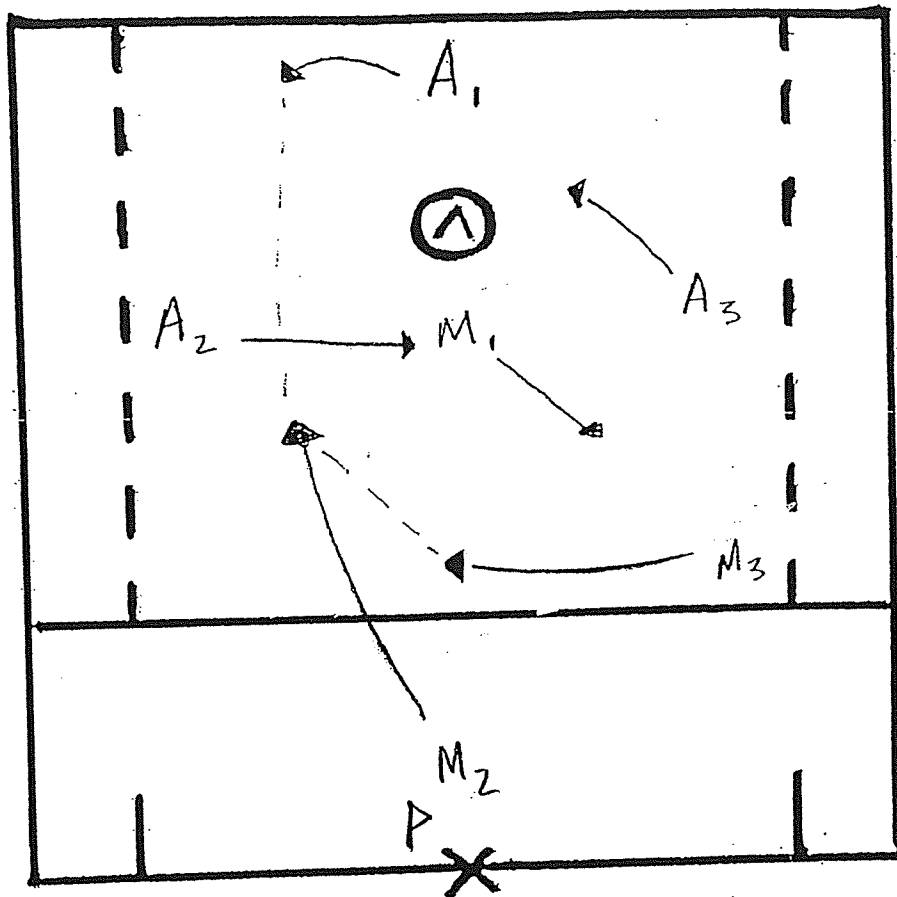
"Motion"



Right-Handed Midfield Dodge

- M3 - Dodges hard to "slot". Has outlets in A1 and M2.
- M2 - Follow to middle of field on dodge
- M1 - "Pop" to opposite slot on dodge and position into skiplane to ball carrier
- A1 - Position into adjacent outlet in front of ball carrier
- A2 - Move down the field into position to catch next pass from A1
- A3 - "Clear Through" toward crease and stop at near goalpipe.

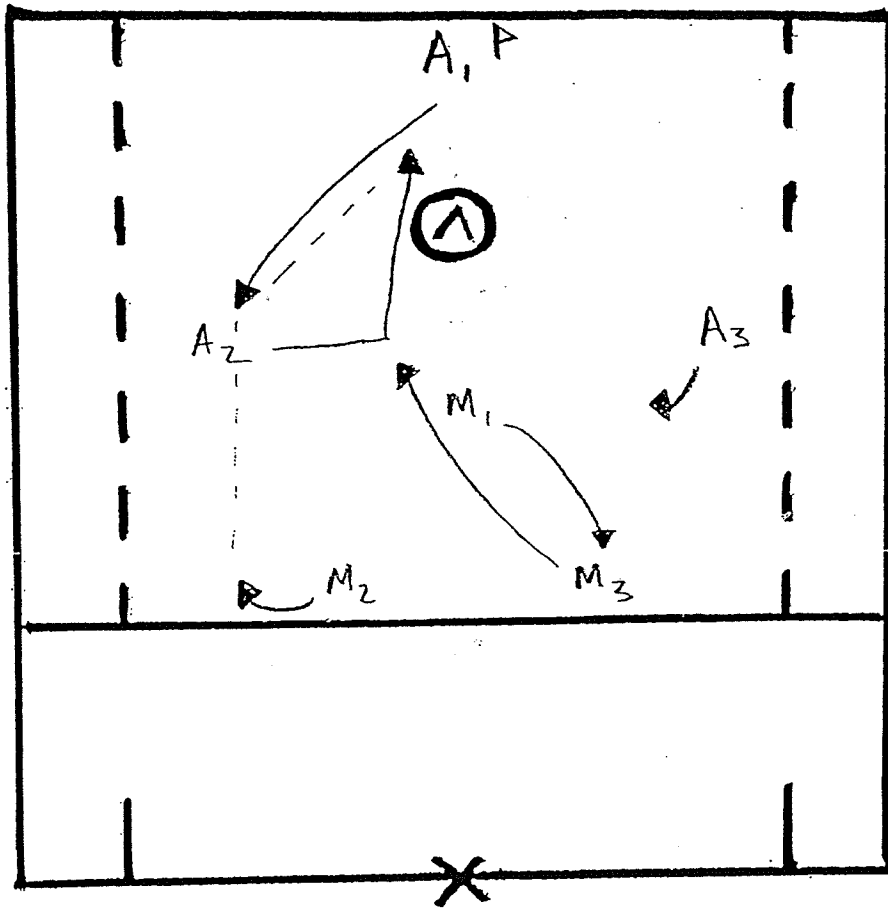
"MOTION"



Left-Handed Midfield Dodge

- M2 - Dodges hard to "slot". Has outlets in A1 and M3.
- M3 - Follow to middle of field on dodge
- M1 - "Pop" to opposite slot on dodge and position into skiplane to ball carrier
- A1 - Position into adjacent outlet in front of ball carrier
- A2 - "Clear Through" toward crease and stop at near goalpipe.
- A3 - Move down the field into position to catch next pass from A1

"MOTION"

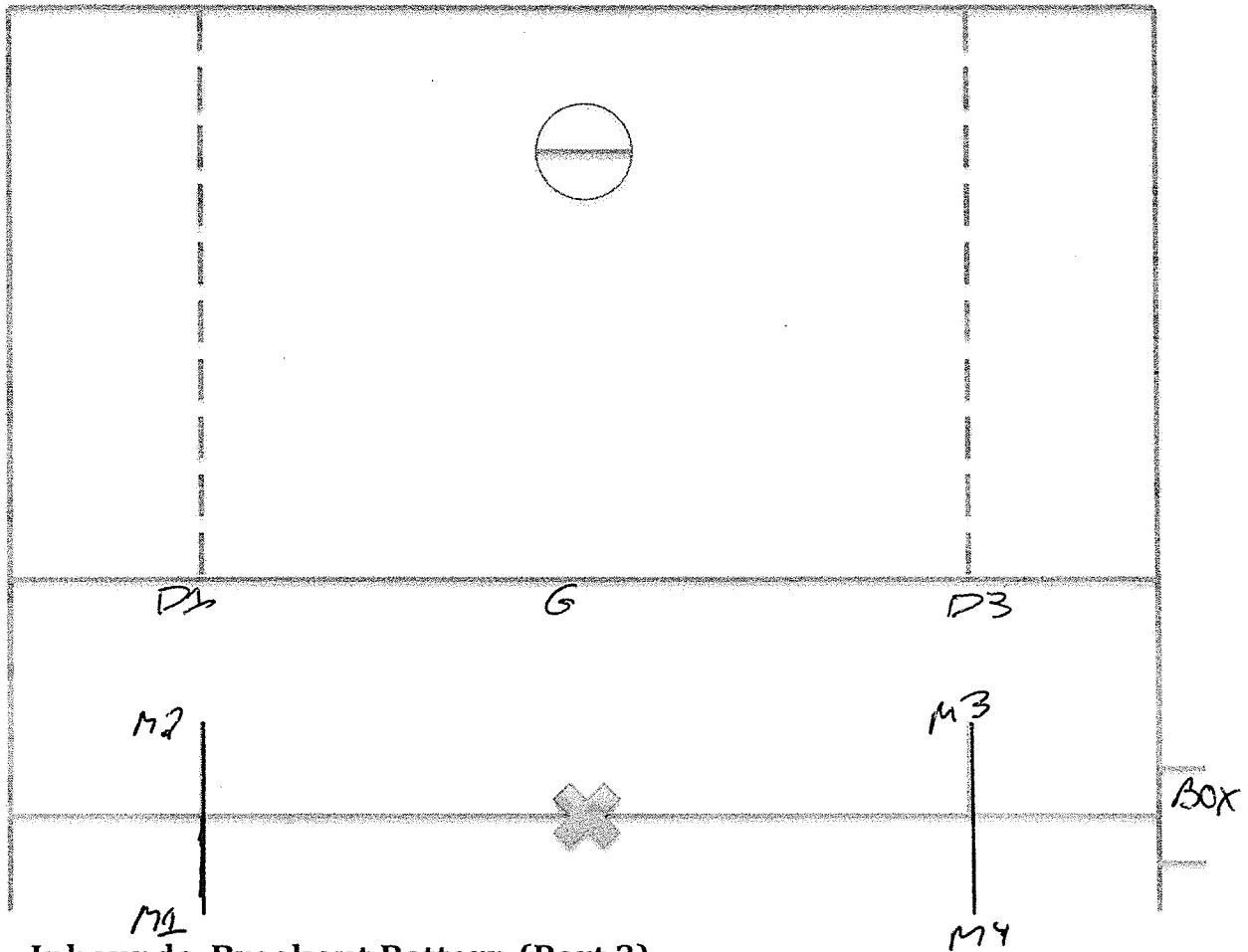


Right-Handed Attack Dodge

- A1 - Dodge to Island. Outlets in M2 and A2.
- A3 - Find skiplane from A1.
- A2 - Clear through toward crease on dodge, then break to X to become outlet behind.
- M1 - Back out opposite the dodge and find skiplane from A1
- M3 - Hard Cut to A1 and continue to top of crease
- M2 - Position into adjacent outlet in front.

CLEARs

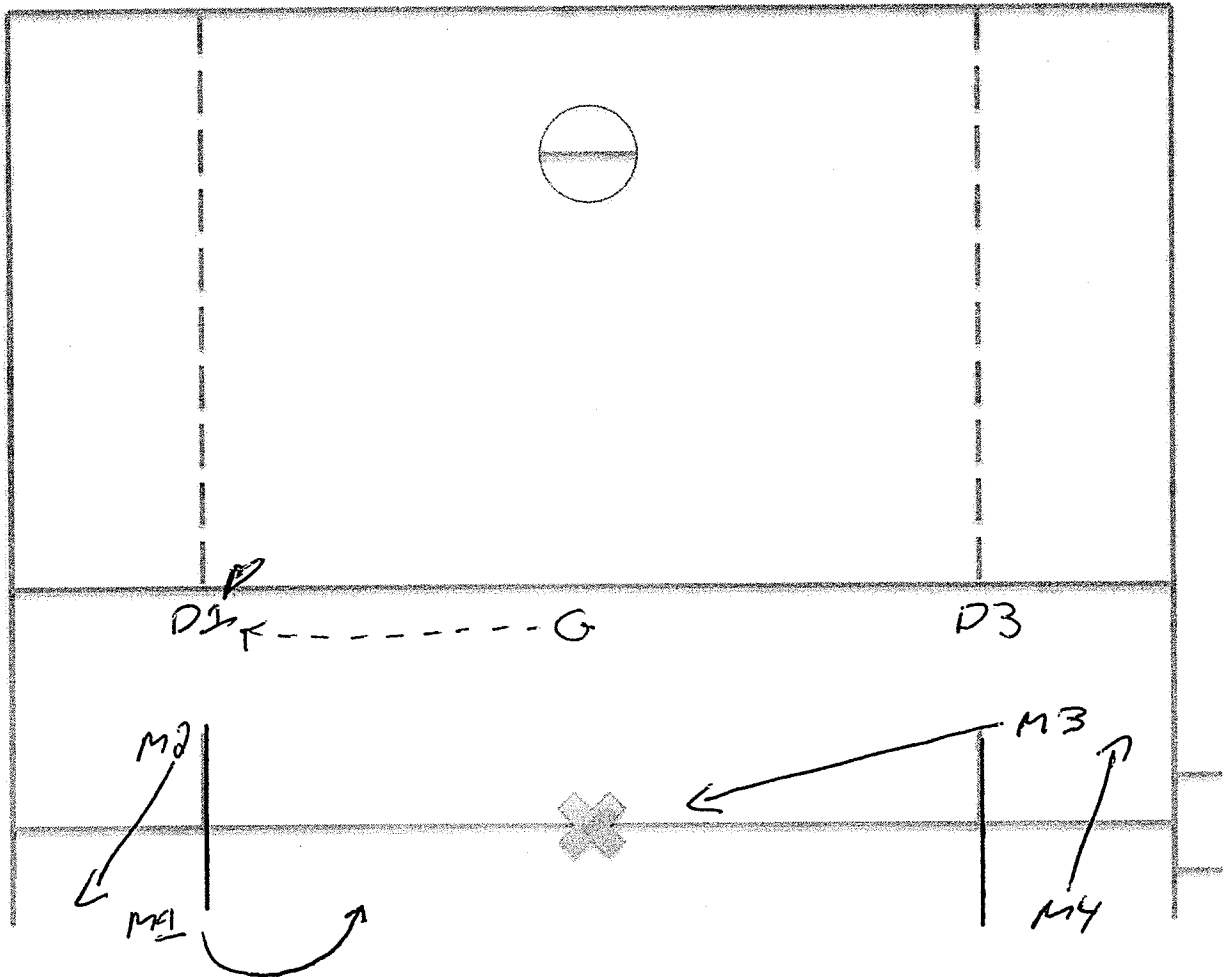
Inbounds Breakout Pattern (Part 3)



Inbounds Breakout Pattern (Part 3)

If we execute the previous aspect of the inbounds clear and we cannot headband the ball up the field, our patterns will put us into our 'open clear' spots (shown above).

OPEN CLEAR



'OPEN CLEAR' Patterns

When the ball is thrown to D1:

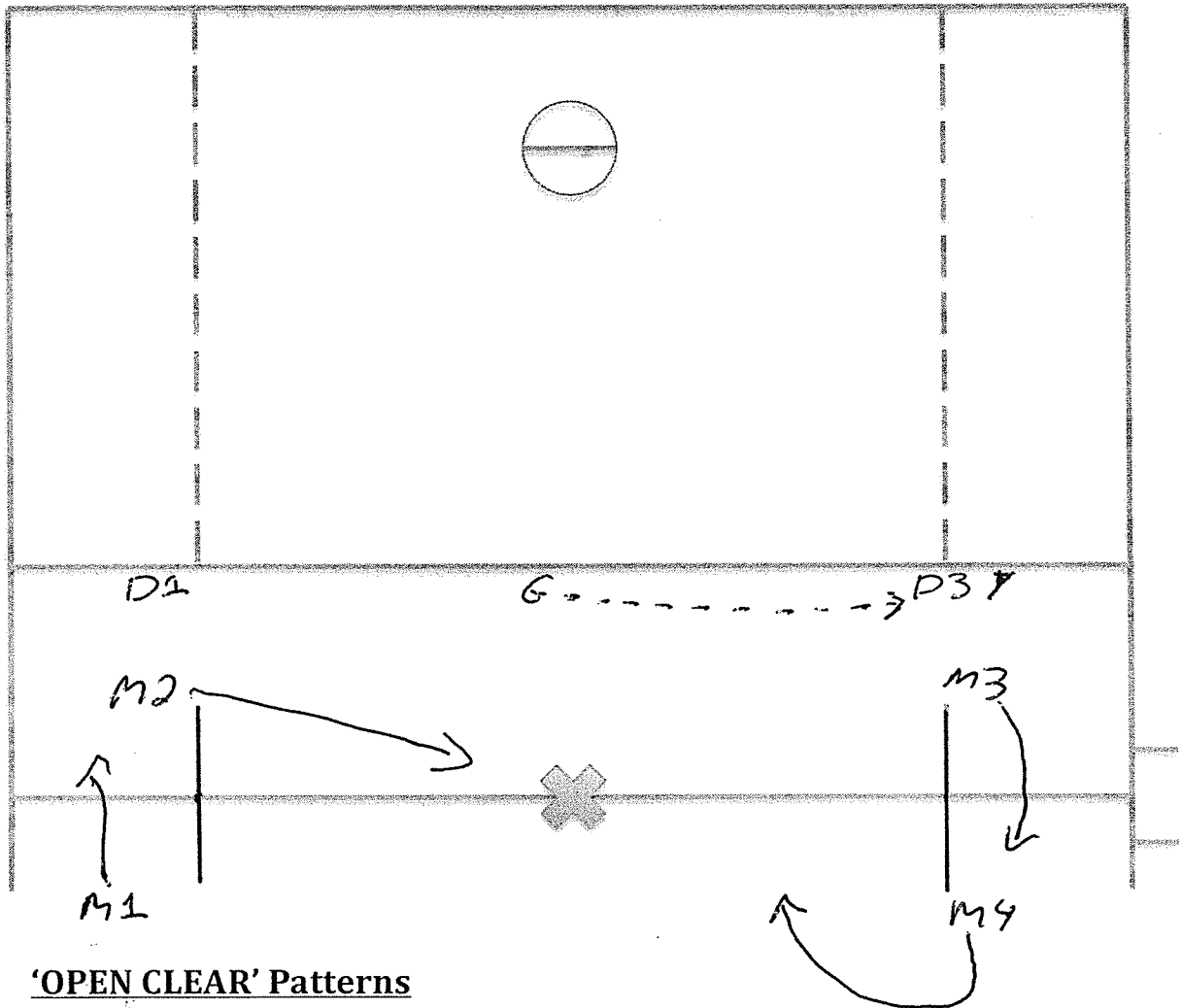
M1 - 'Stretches' down the field to allow space for M2 and toward the middle so that he is in D1's view.

M2 - 'Stretches' over the midfield line, keeping his butt toward the sideline and looks for open space to catch ball from D1.

M3 - 'Drags' across the field toward the faceoff X and looks for open space to receive pass. M3 is permitted to go over the midfield line only if M4 has gotten back on sides.

M4 - Has 'on-sides responsibility' and must get back onto defensive half of field. He must also be prepared for a cross-field pass from D1 if he is left uncovered.

OPEN CLEAR



'OPEN CLEAR' Patterns

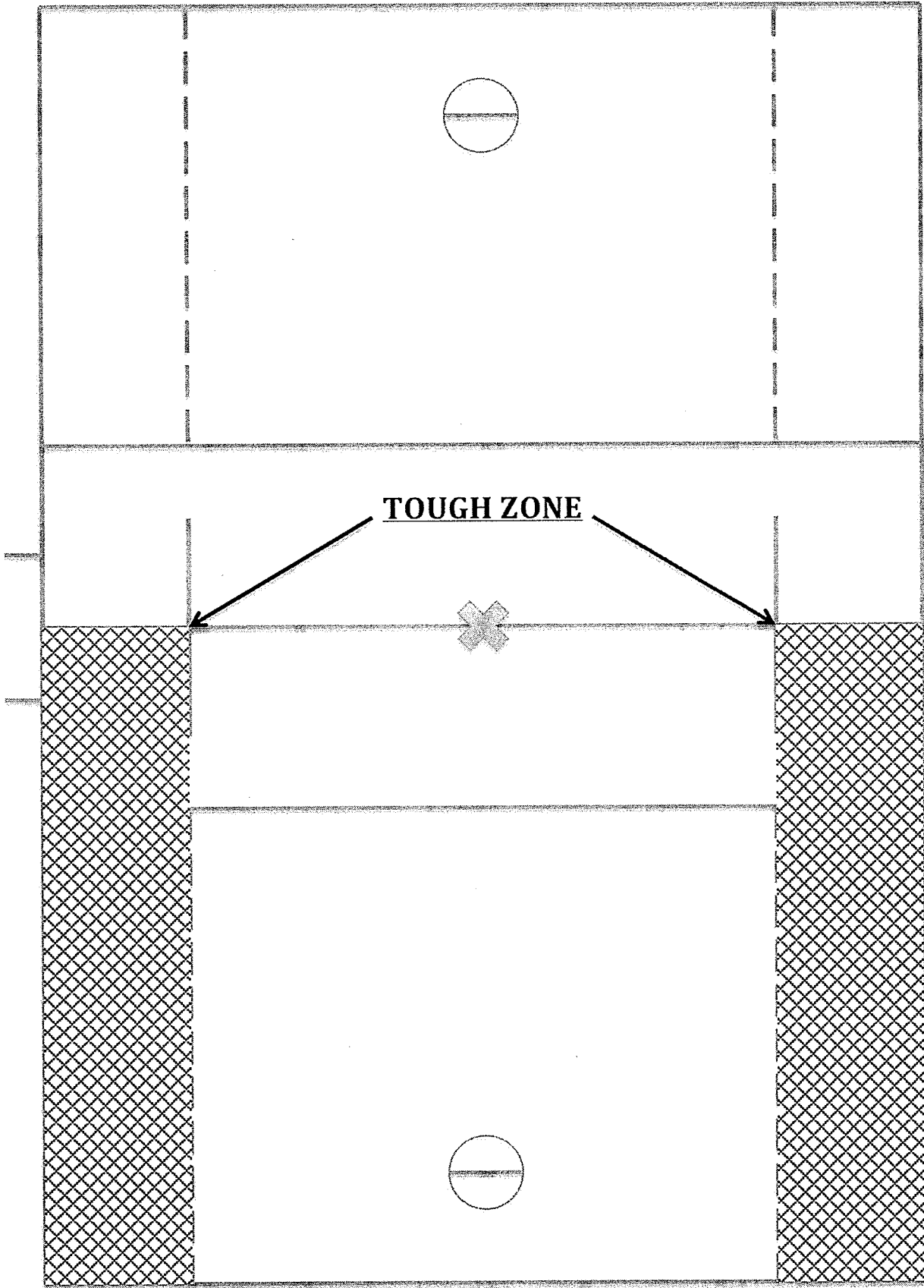
When the ball is thrown to D3:

M4 - 'Stretches' down the field to allow space for M3 and toward the middle so that he is in D3's view.

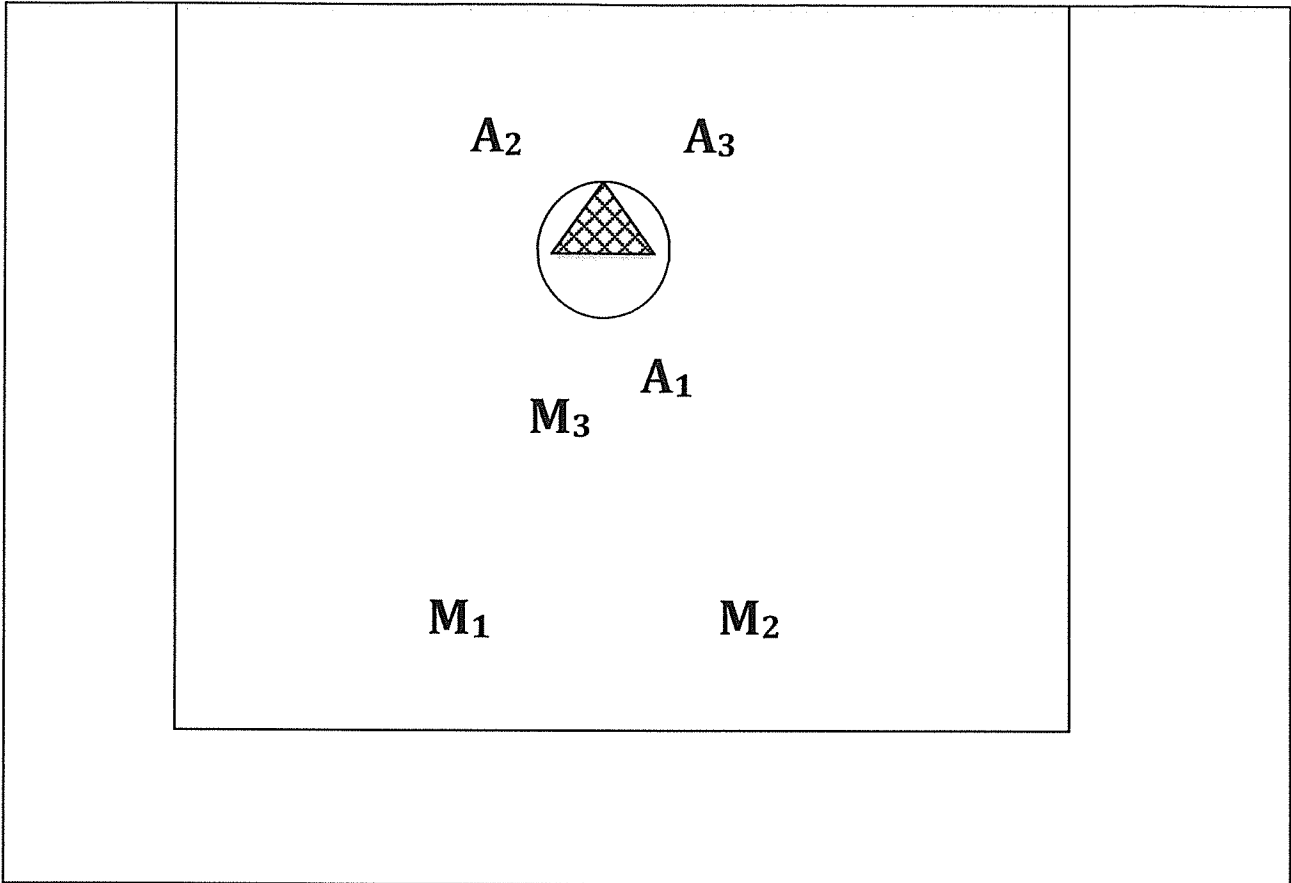
M3 - 'Stretches' over the midfield line, keeping his butt toward the sideline and looks for open space to catch ball from D3.

M2 - 'Drags' across the field toward the faceoff X and looks for open space to receive pass. M2 is permitted to go over the midfield line only if M1 has gotten back on sides.

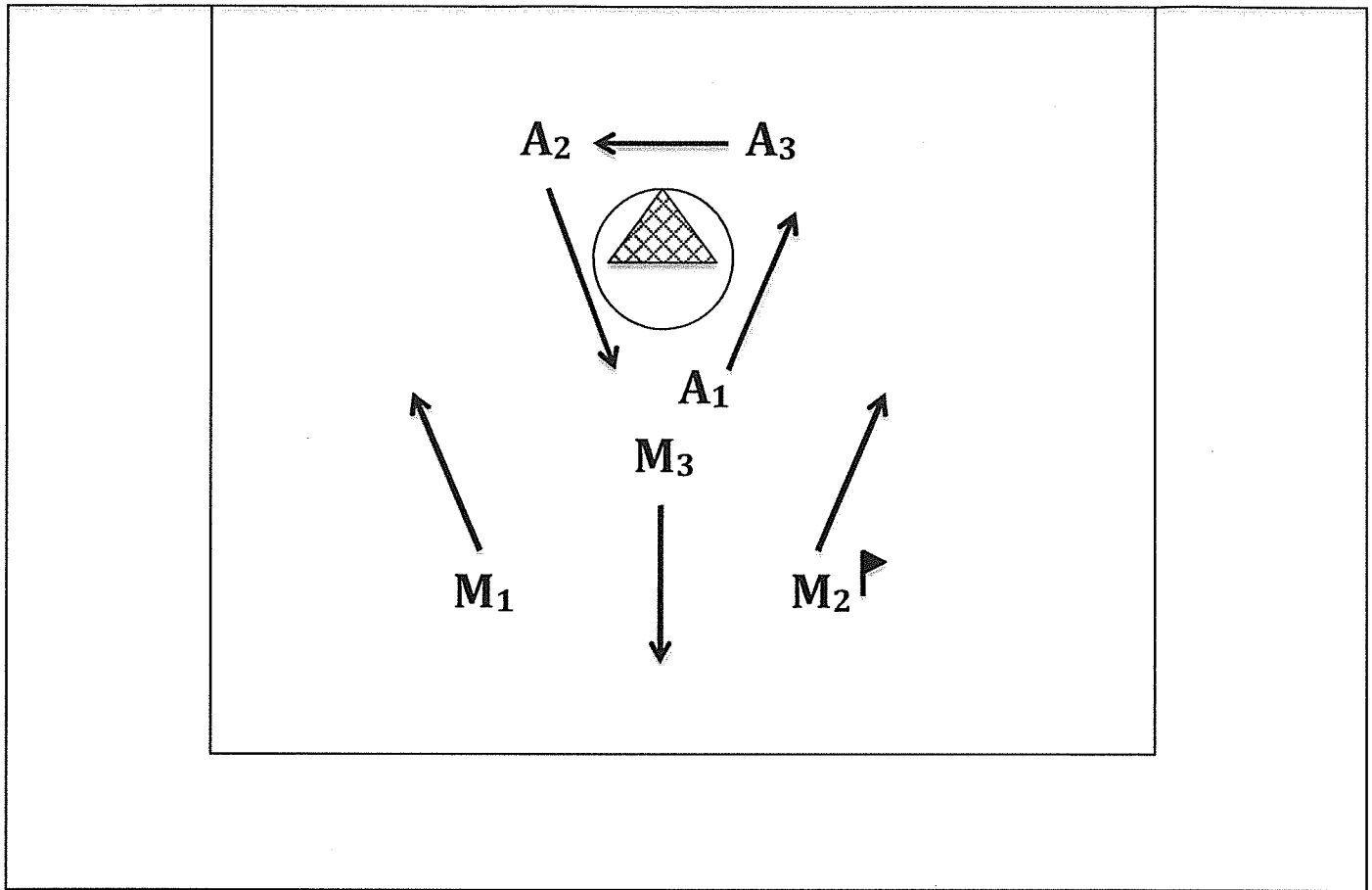
M1 - Has 'on-sides responsibility' and must get back onto defensive half of field. He must also be prepared for a cross-field pass from D3 if he is left uncovered.



MAN-UP

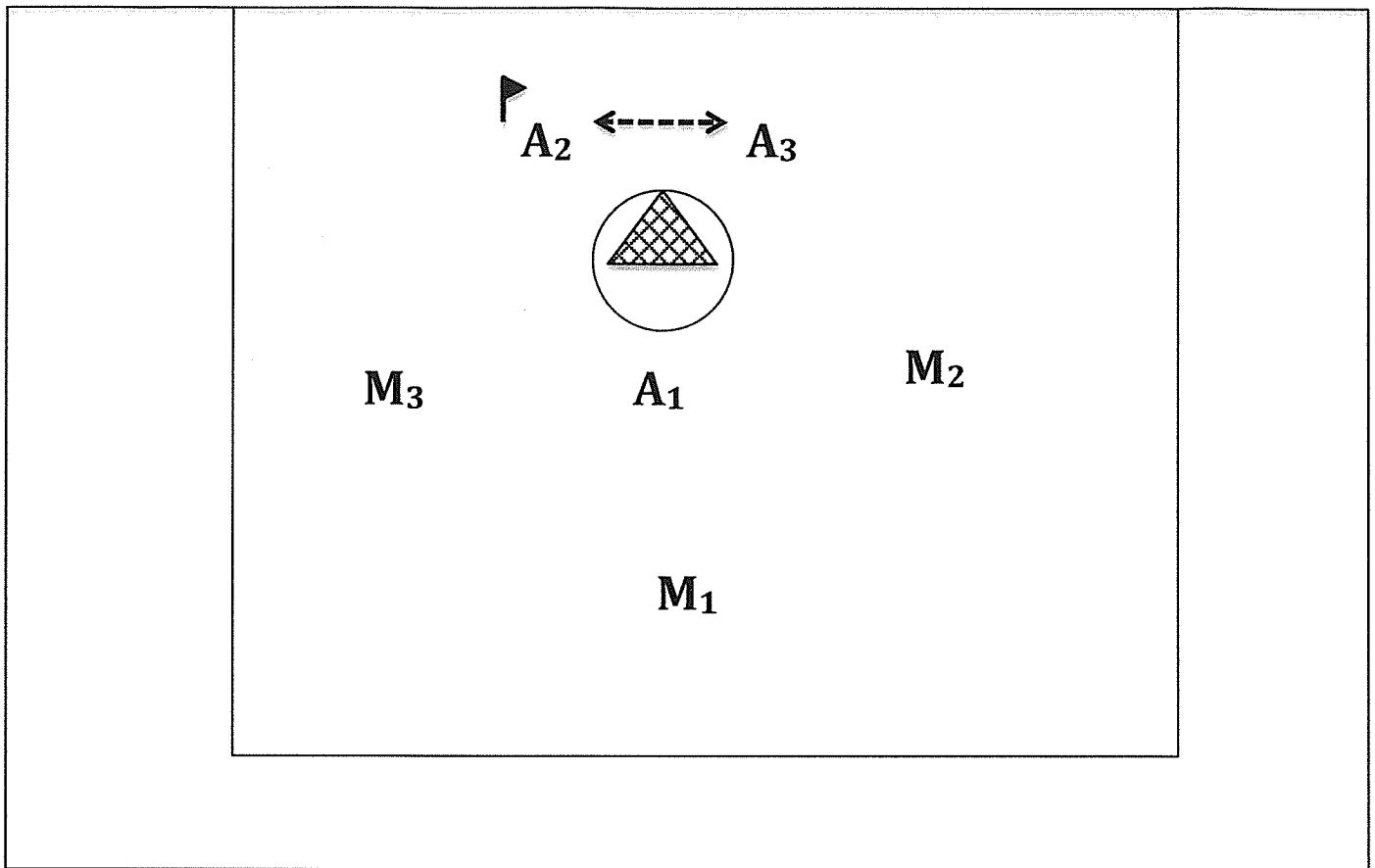


22 Base - What we start at beginning of man up



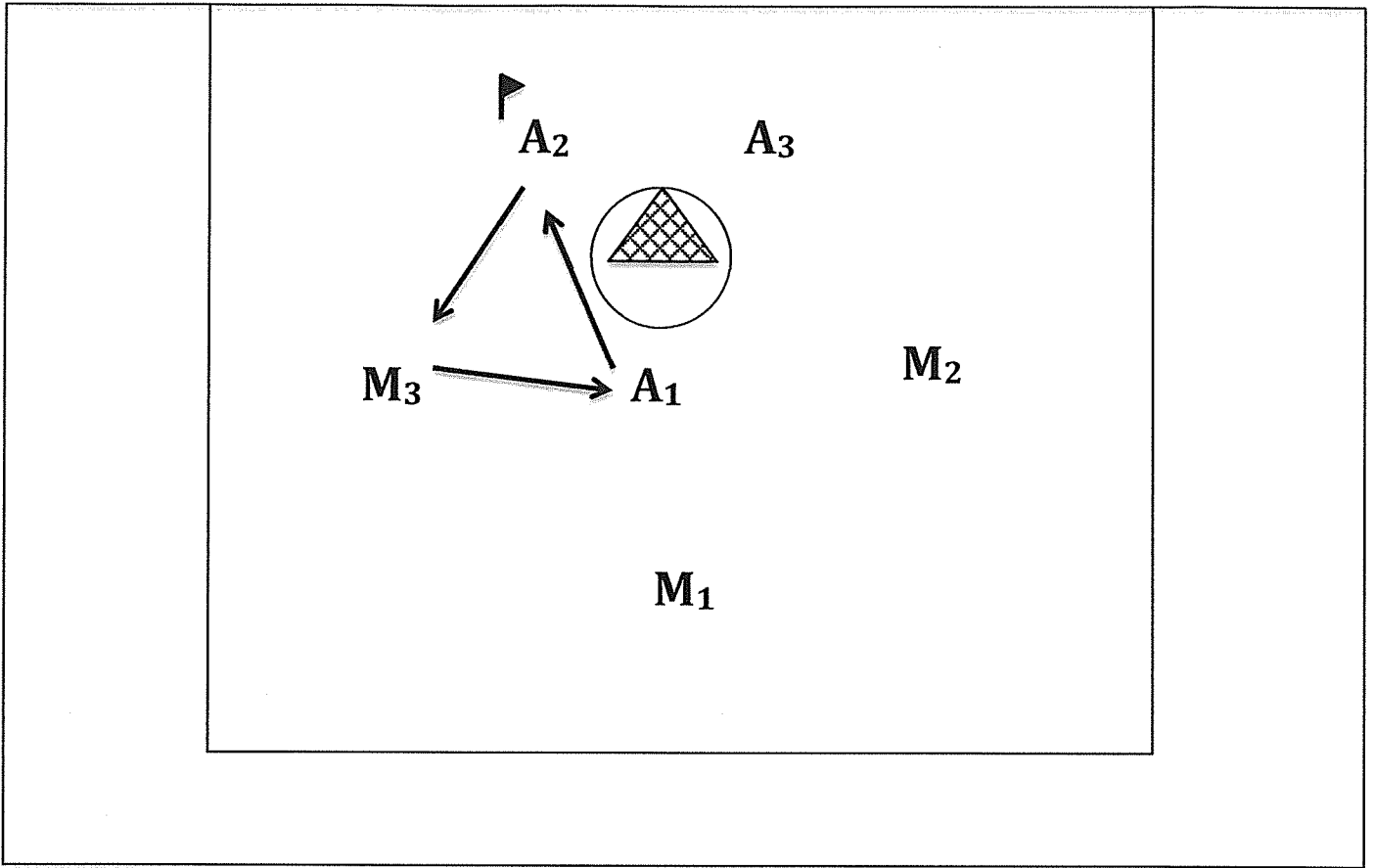
33 Rotation [from top right] – Do to transition from 22 base to 33 base

- First thing is to get the ball to M₂. For M₂:
 - Look to see if can take a step down shot on way to new position
 - Remember to look for A₂ swinging around the other side of the net
 - A₁ is your primary outlet pass
 - If it is not there roll for M₃ popping high center
- Everyone else should be ready for a pass and moving there feet to get in open passing lanes
- **THERE IS ALWAYS ONE MORE PASS TO MAKE!**



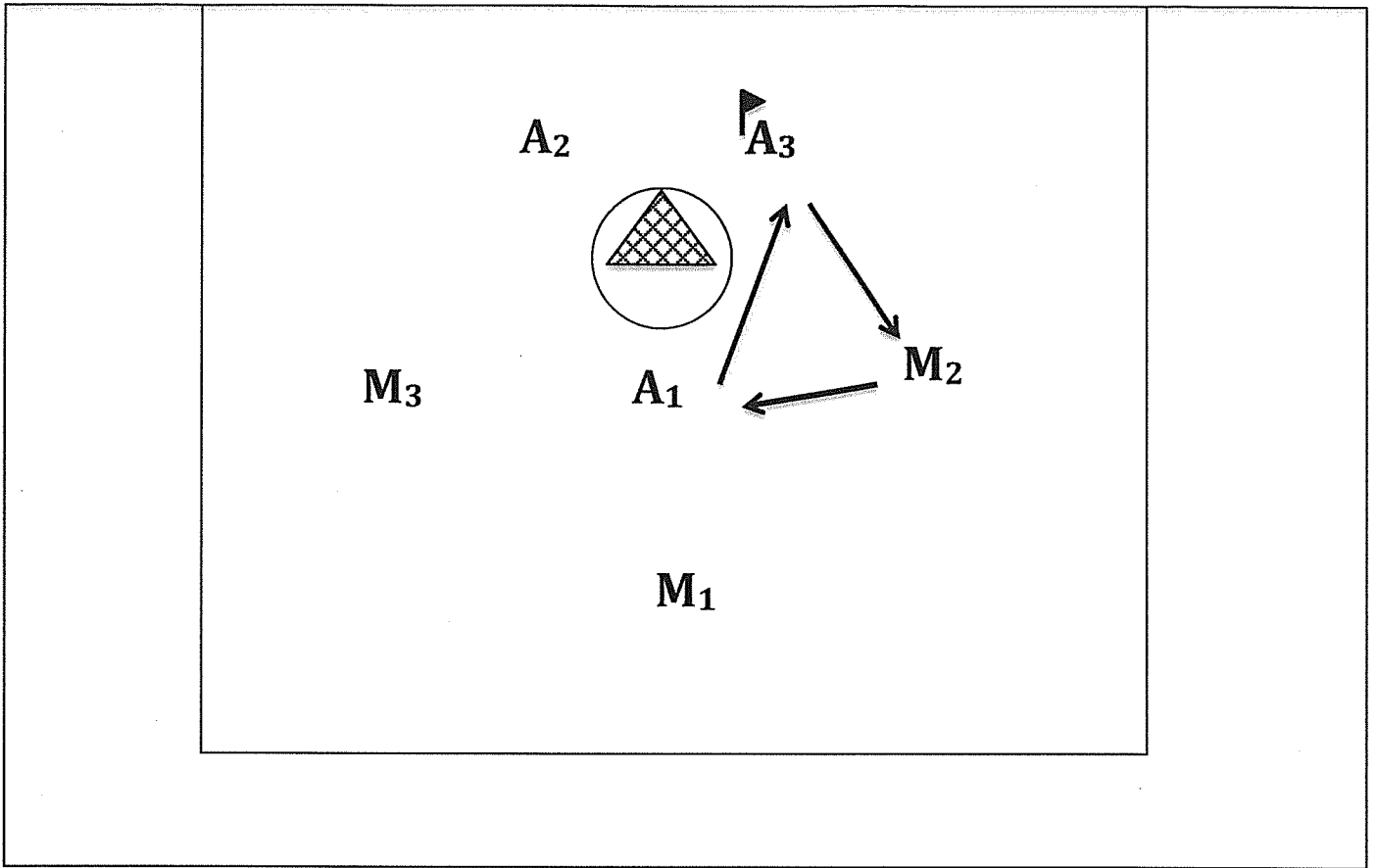
33 Base

- All about very quick ball movement!!
- There is no 1 v 1 on Man up, we pass the ball to open shooters.
- For: A₂ and A₃ are primary feeders. Throw fakes and do not stare down passes!!
 - Pass the ball to each other, safe ball control, will get defense impatient
 - Keep eye out for really quick pass to crease
 - DO NOT FORCE IT!
- For Midfield:
 - Move around in 7-yard radius trying to step into passing lanes at right time and put your stick up in the air if open! Don't yell.
 - There is always one more pass.
 - Keep eye out for really quick pass to crease.
 - DO NOT FORCE IT!
- For crease man, A₁:
 - Follow the ball at all times
 - Most likely will have short stick on you
 - If catch and no/bad position shot quickly dish it back out, do not make ridiculous effort!
- THERE IS ALWAYS ONE MORE PASS TO MAKE!



Base Wheel [Left side]- Motion within 33 Base

- For A₂:
 - Look for M₁ for outlet of step down shot
 - Start Wheel by rolling and reversing the ball A₁, fade.
- Spin the ball till open man



Base Wheel [Right Side] - Motion within 33 Base

- For A₃:
 - Look for M₁ for outlet of step down shot
 - Start Wheel by rolling and reversing the ball to A₁, fade.
- Spin the ball till open man

