

Coaching Girls Lacrosse: OFFENSIVE SPACING

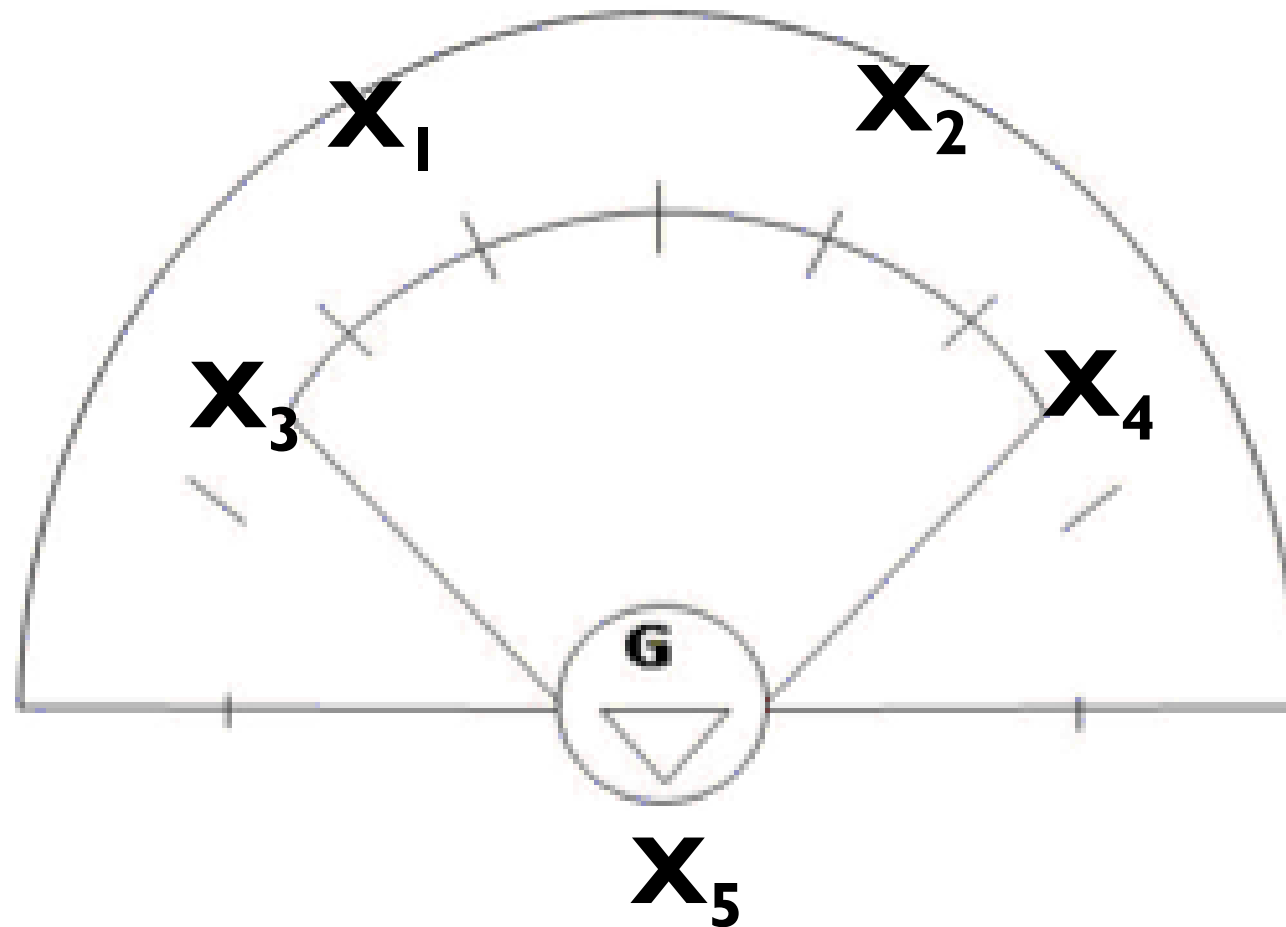
OFFENSIVE SPACING

- High – Players above the 12M
 - Keep defenders out of the 8M (space for players to dodge and cut)
 - Make defenders' slides longer
- Behind the Net – Players behind the goal
 - Defenders have to turn their heads and change their body position
 - Quarterbacking the offense; prepared to back up the net
 - Support on all sides of the ball
- Keeping the middle open
 - Players clog the CSA by bringing defenders into the middle; closer slides and easier crashes
 - Limits attackers path to goal
 - Enter when clearing space, cutting to the ball, or dodging to goal; always cycle all the way through

OFFENSIVE SPACING

- Offensive spacing is critical to learning the game
 - Safety - players (both attackers and defenders) should not cross the path of the ball, particularly in the critical scoring area
 - It is easier to pass the ball to teammates if you are further away; if dropped, players can run on to the ground ball
 - Makes scoring goals easier because teammates are not in the way and space creates lanes to goal

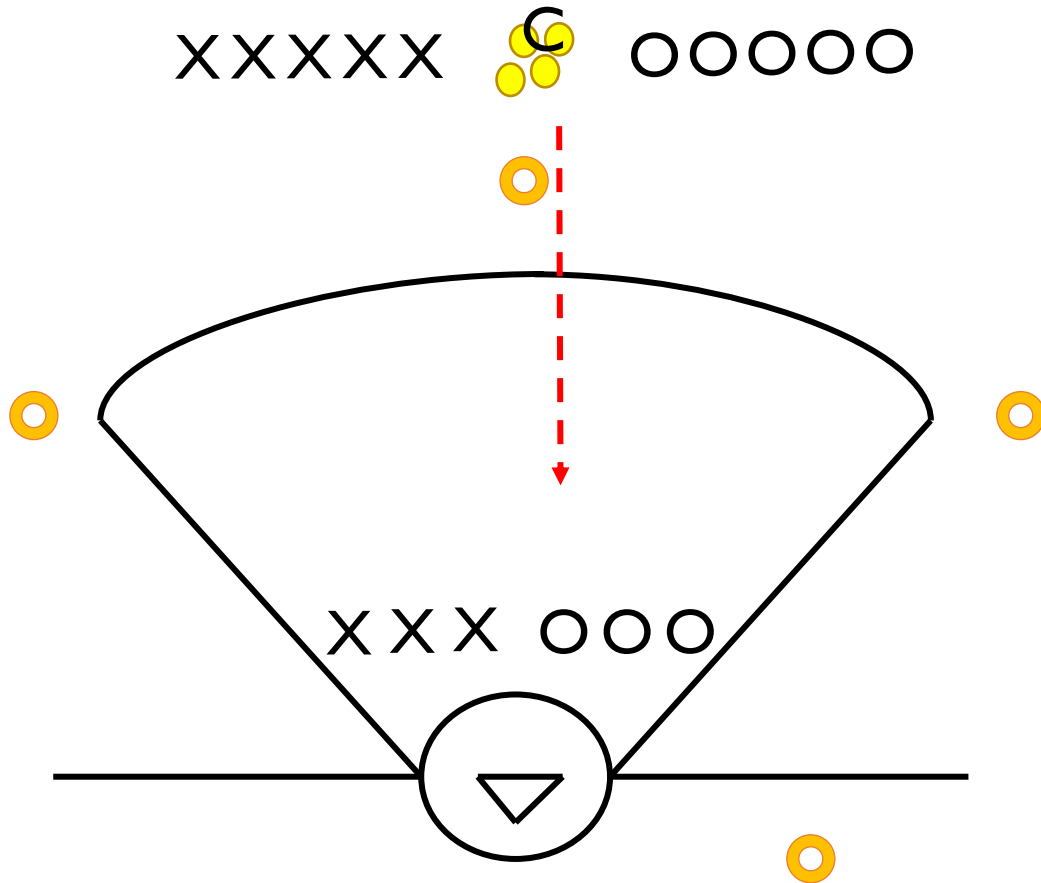
OFFENSIVE SPACING



OFFENSIVE SPACING DRILLS

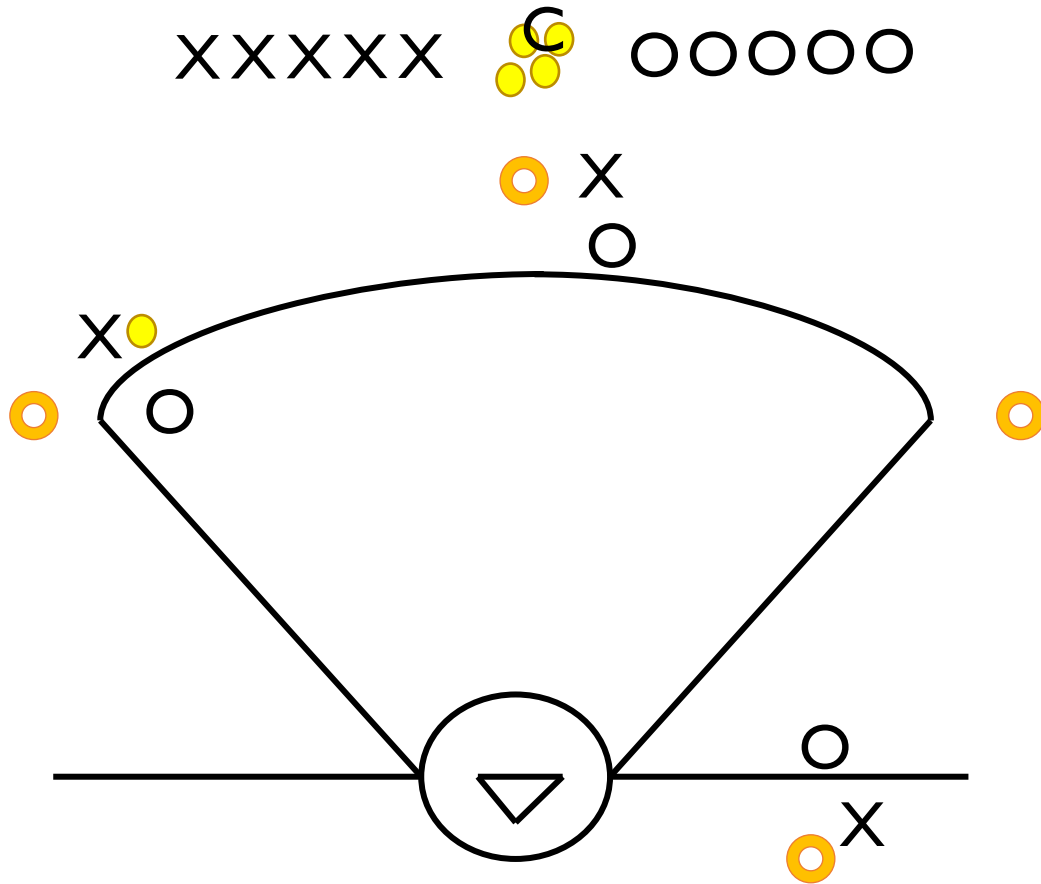
OFFENSIVE SPACING DRILLS: **'Get to the cone!' 3v3**

'GET TO THE CONE' 3v3



- Divide the players into two teams. Three players from each team start in the 8M (or close to the goal circle.)
- The coach rolls a ground ball and both teams fight for it.
 - The team who picks up the ground ball is on offense and the team that doesn't is on defense.

'GET TO THE CONE' 3v3

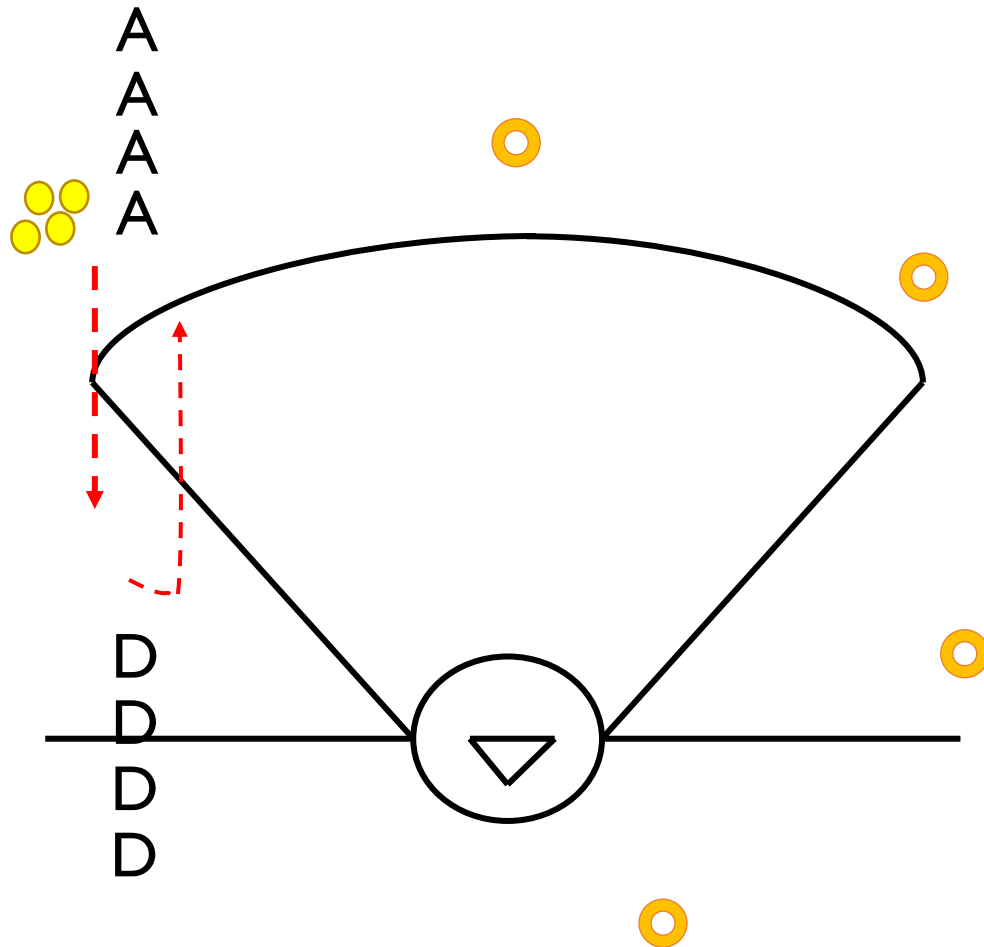


- All three players on the attacking team need to 'get to a cone' before they can attack the goal.
 - All three defenders need to mark-up and follow their attackers to a cone.
- Once all of the attackers get to a cone, the coach can yell 'play' or blow the whistle and the attacking team can go to goal.

OFFENSIVE SPACING DRILLS:

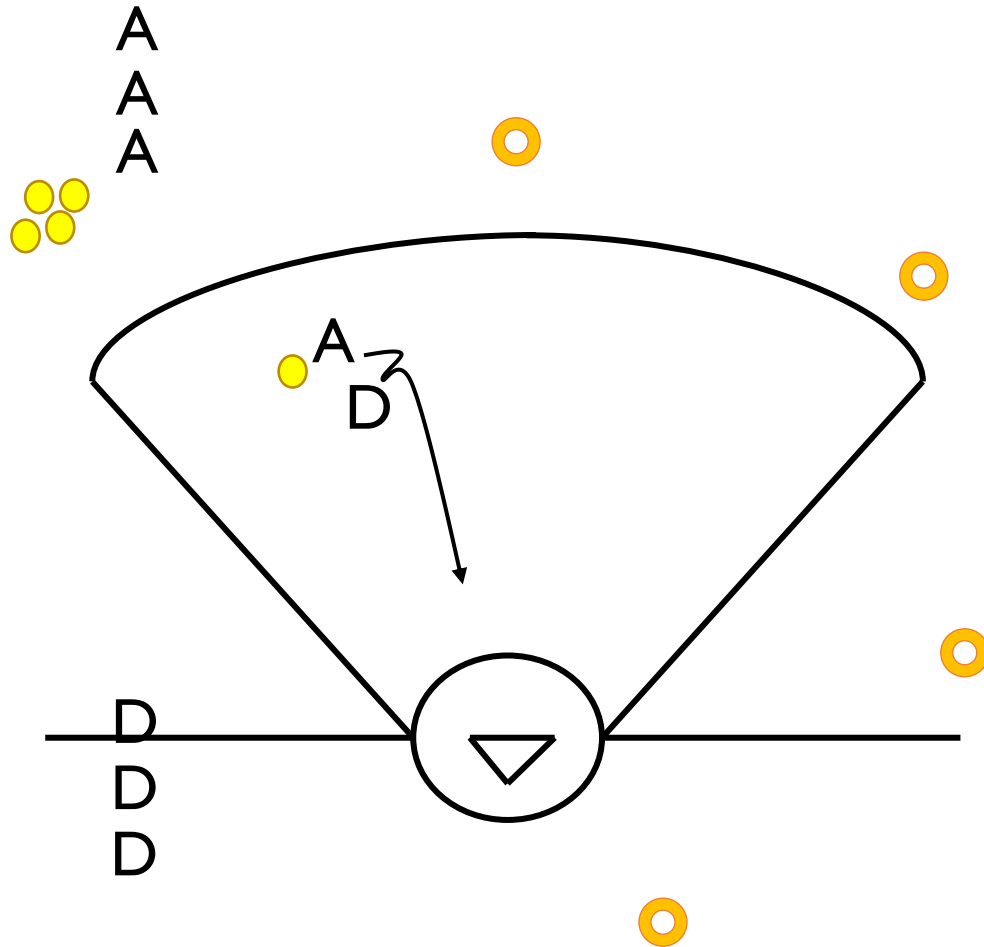
Bogeys Drill

BOGEYS DRILL



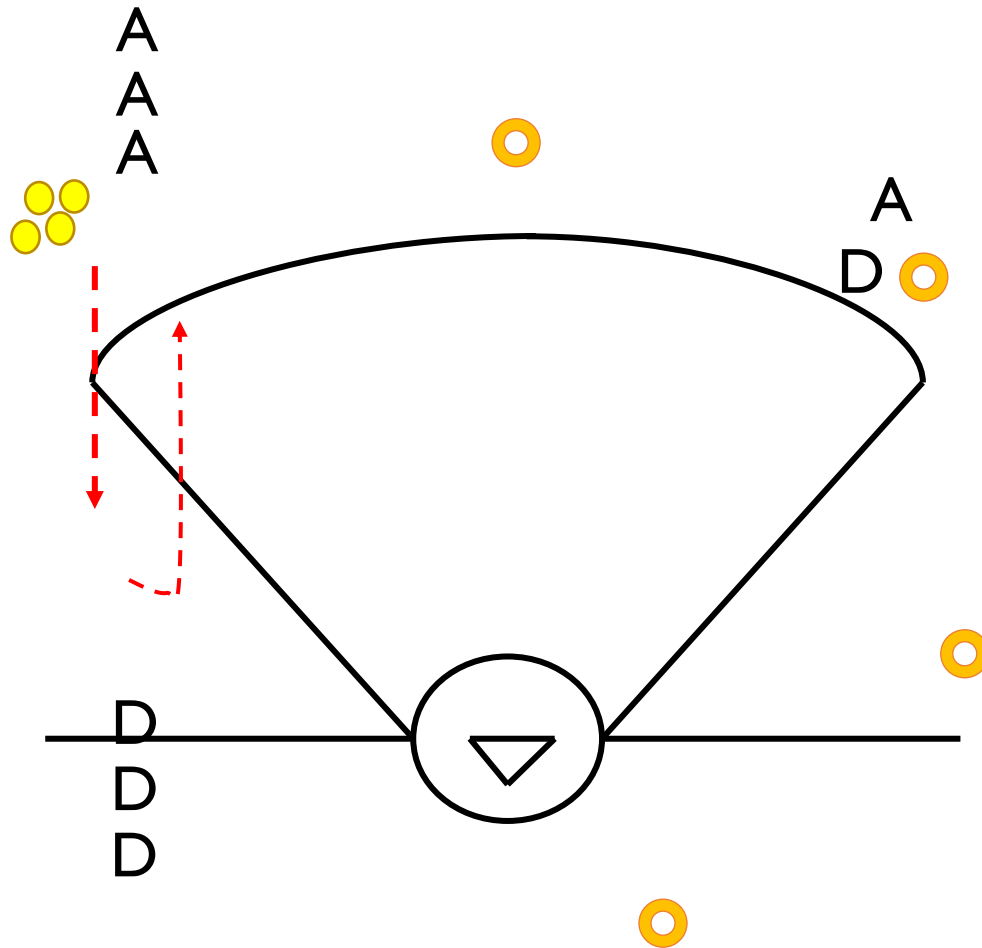
- Bogey's Drill is set up with a line of attackers outside the 8M and a line of defenders on the same side at goal line extended.
- The first attacker rolls a ground ball down to the first defender in line. The defender then picks up the ball and rolls it back to the attacker.
 - As the ball is rolling, the defender approaches the attacker

BOGEYS DRILL



- When the attacker has possession, she attacks the goal 1v1.
- When the possession has ended, the first attacker and defender head to a cone.
 - Simultaneously, the next attacker in line rolls a ground ball down to the next defender. The defender then rolls the ball back and approaches the attacker.

BOGEYS DRILL

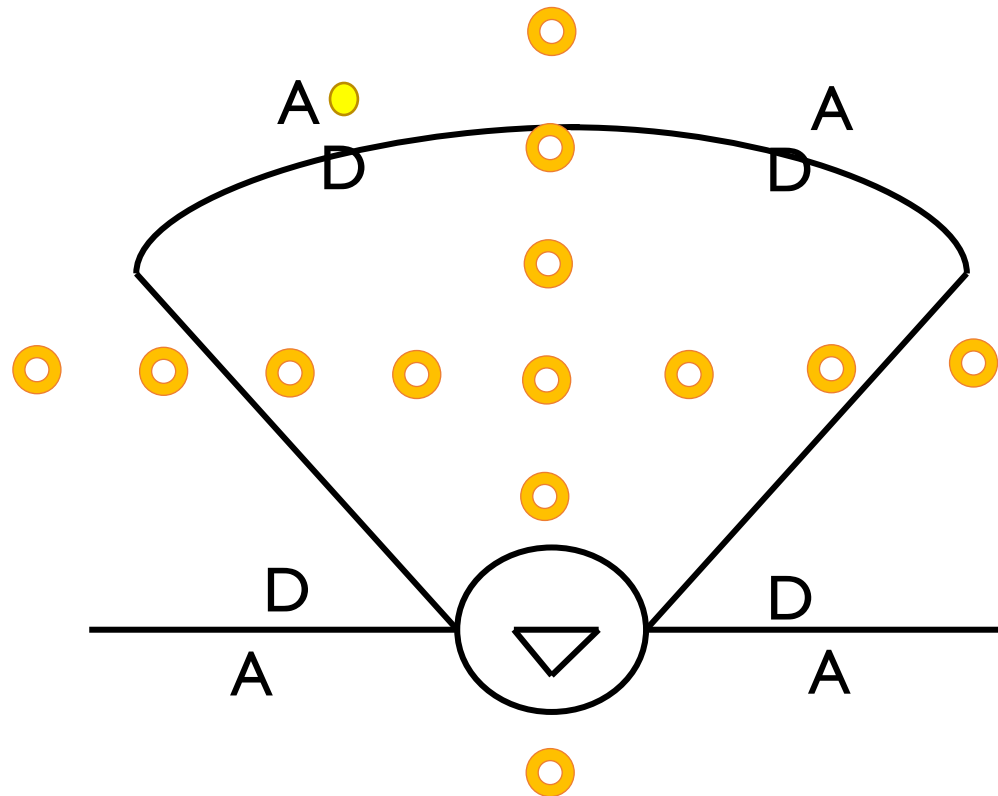


- Simultaneously, the next attacker in line rolls a ground ball down to the next defender. The defender then rolls the ball back and approaches the attacker.
- The play becomes a 2v2. After the play is over, they must head to a cone before the next ball is started.
- The next defender and attacker add building to a 3v3. The play can continue in this pattern until there are as many pairs in the drill as desired by the coach.

OFFENSIVE SPACING DRILLS:

4v4 Quad Drill

4v4 QUAD DRILL



- The critical scoring area is divided into four quadrants.
- An attacker and defender are placed in each quadrant.
- The play is 4v4, however, players cannot move from their quadrants. The attacking team is trying to score while maintaining their space.