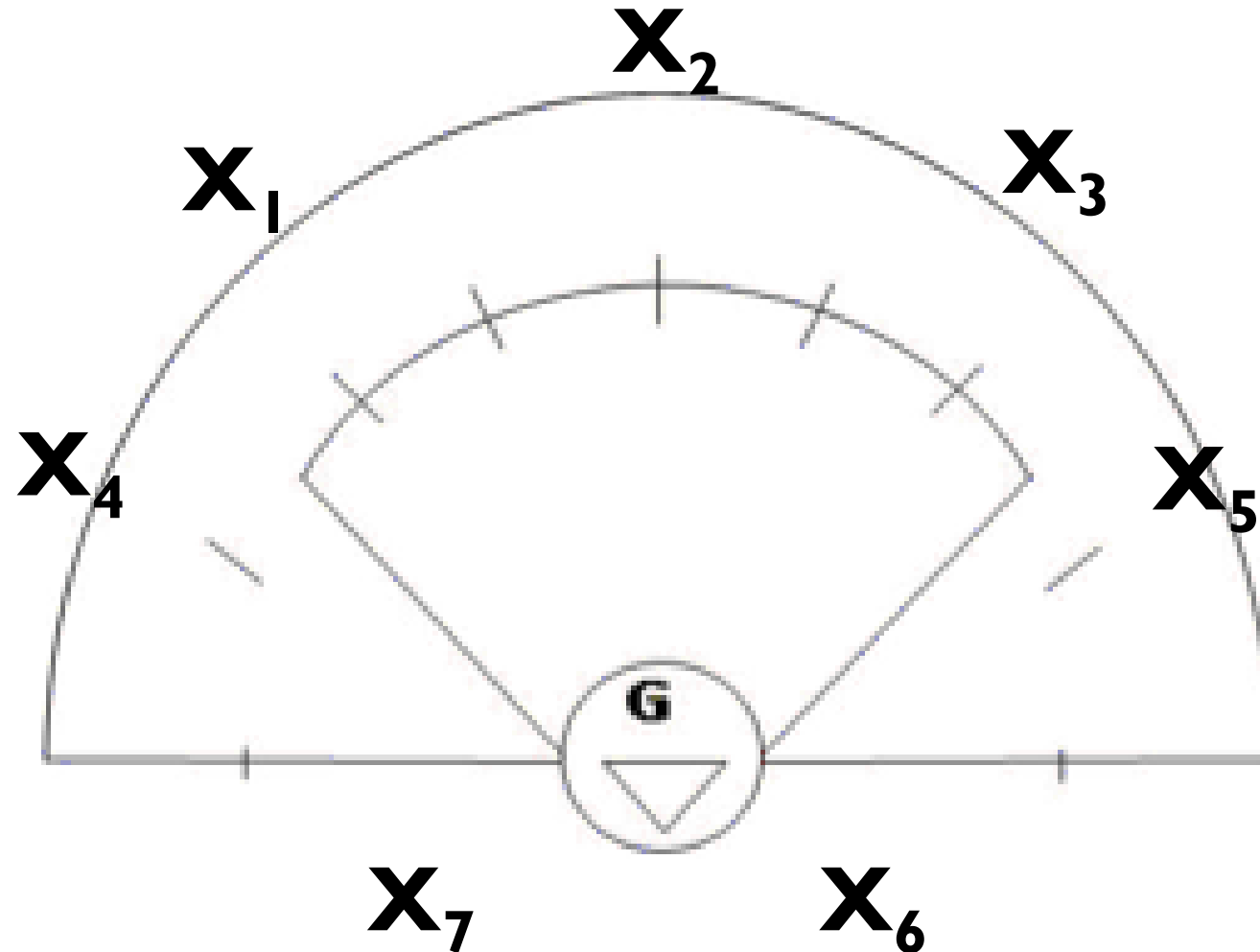


# **Coaching Girls Lacrosse: SETTLED OFFENSE**

# 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 FORMATIONS (3-2-2)



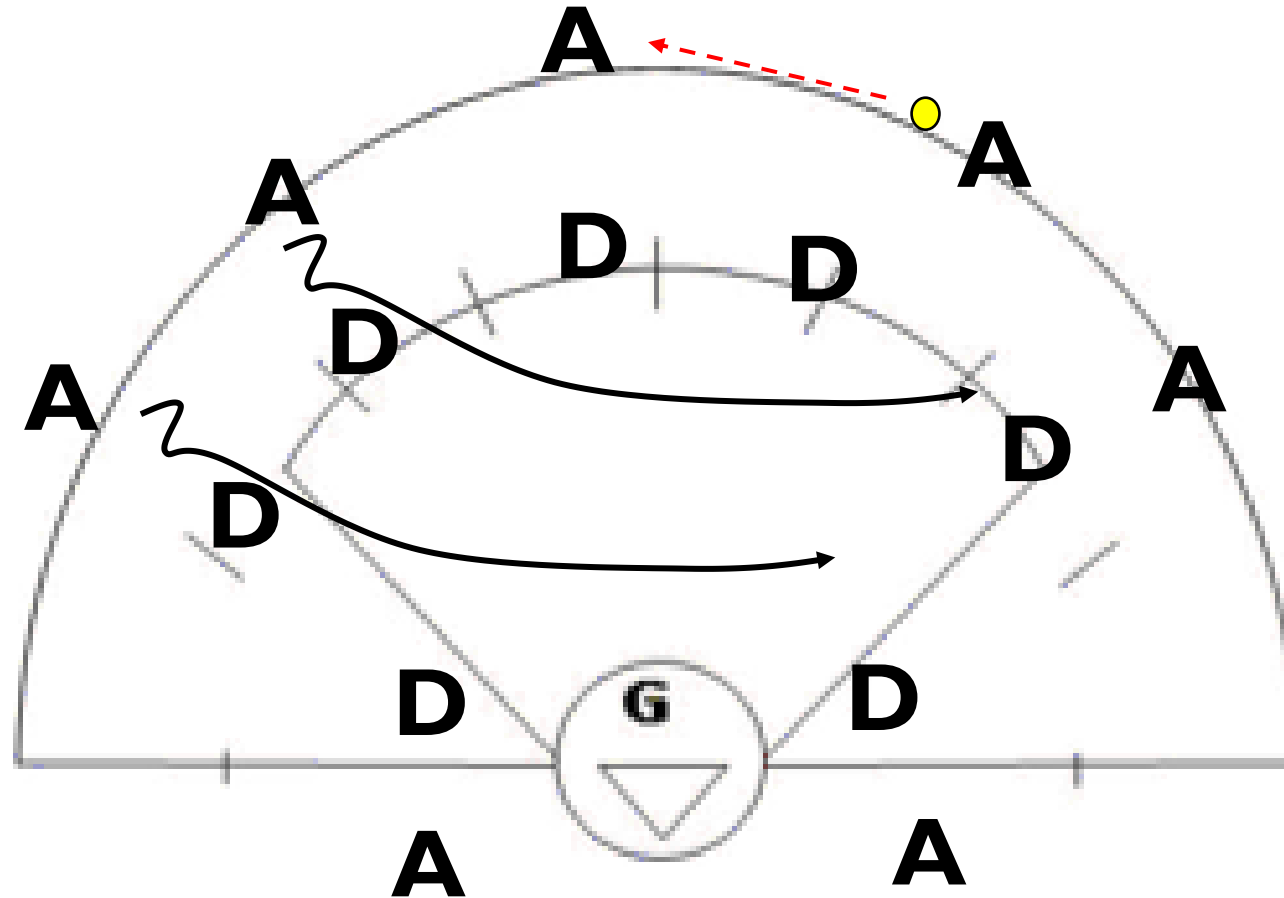
# OFFBALL MOVEMENT

- Engage the defenders
  - The defenders' jobs become more difficult when they are constantly having to reestablish their body position to see ball and girl
- Opens lanes and makes slides longer for the defenders
- Strategic and purposeful: players should work together to create opportunities for the ballcarrier

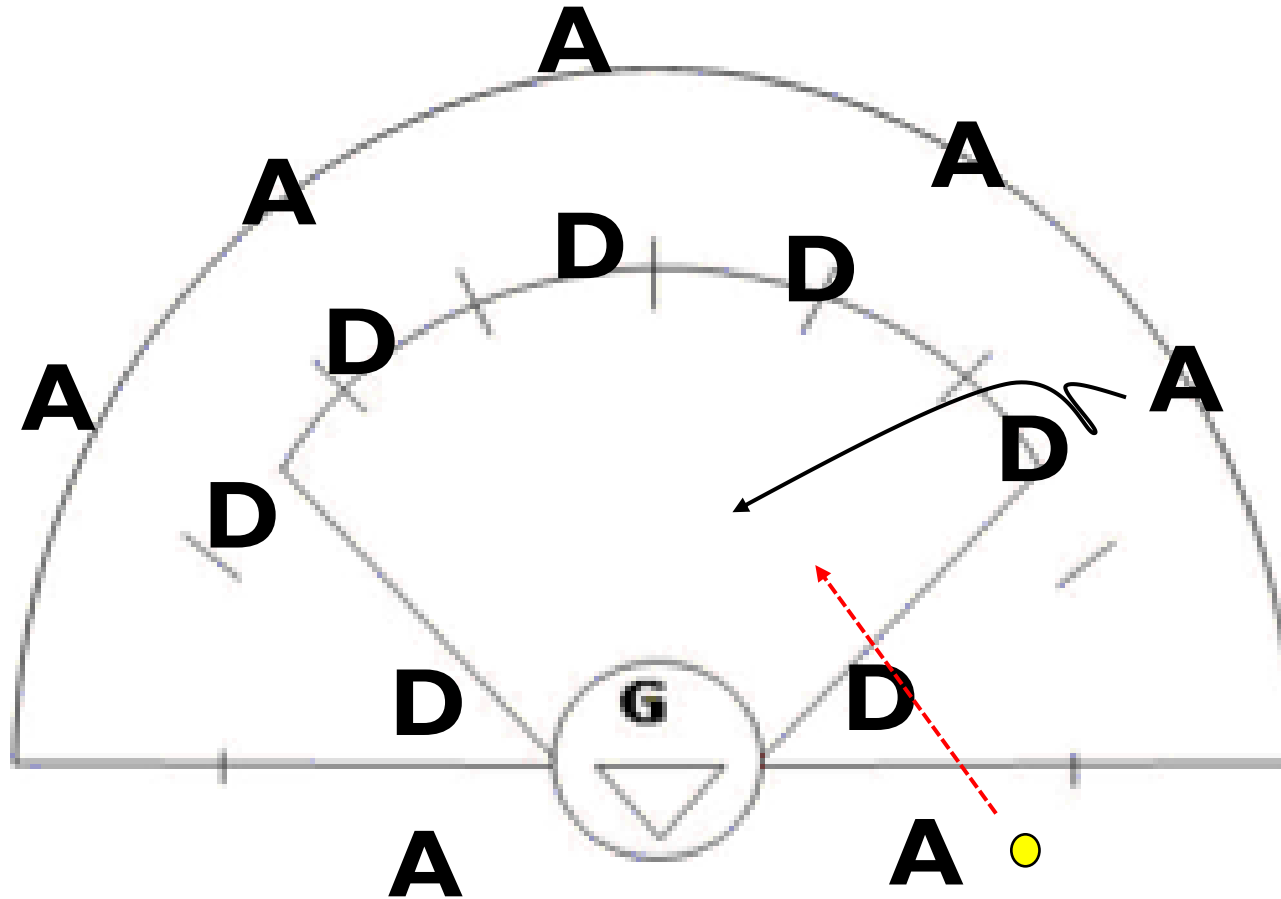
# CUTTING

- Keys to cutting
  - Deception
  - Change of speed and direction
  - Appropriate hand up (asking for the ball with the stick away from the defender)
  - Always being prepared to receive the pass (feeder's job to determine when the cutter is open)
- Types of Cuts
  - Down and through
  - Backdoor (Pony Tail rule – if you see the pony tail, GO!)
  - Replacement: switching with an adjacent attacker
  - Cut backs
- Cuts to avoid
  - Crisscrossing through the 8M
  - Cutting behind the ballcarrier

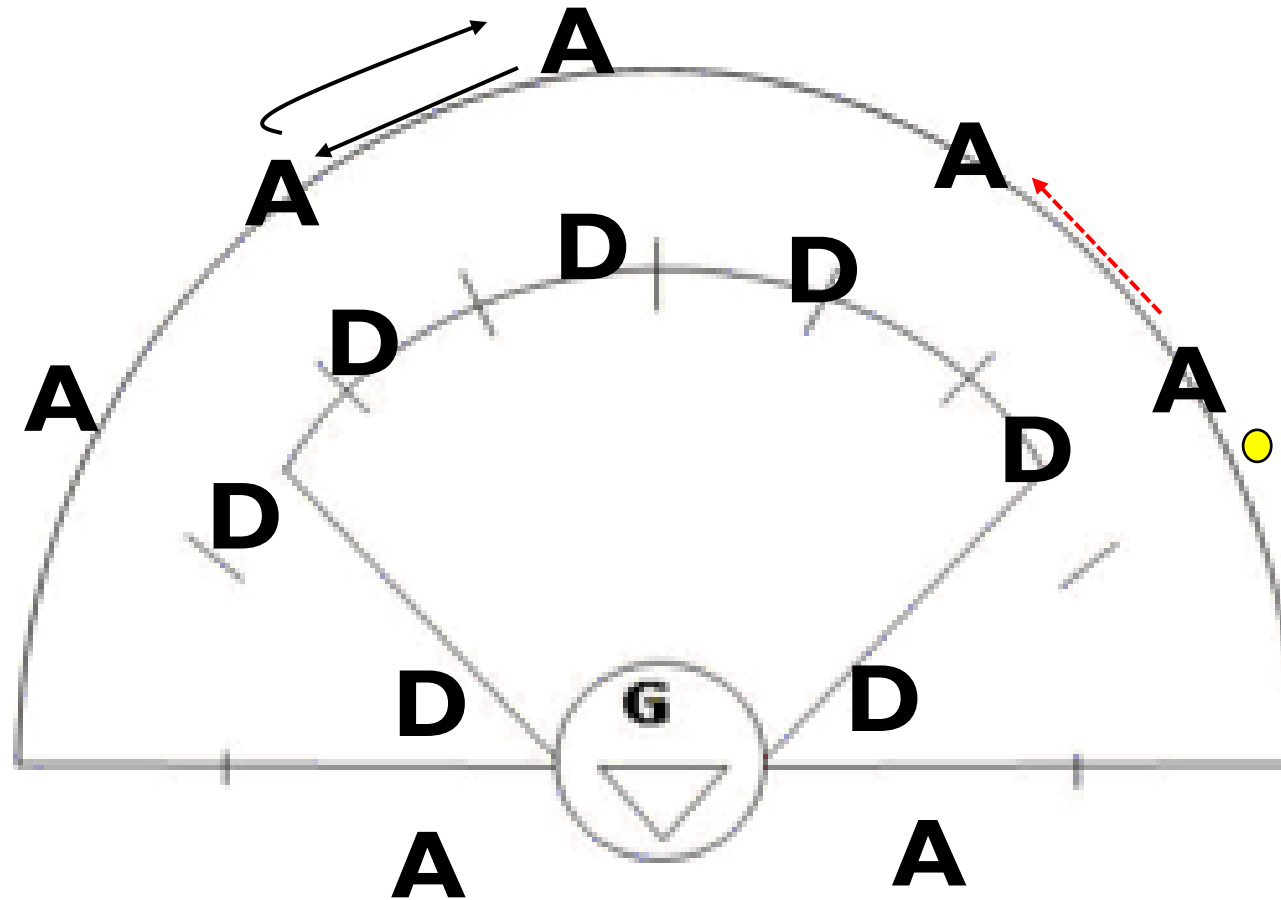
# ADJACENT CUT/CLEAR THROUGH



# BACK DOOR CUT

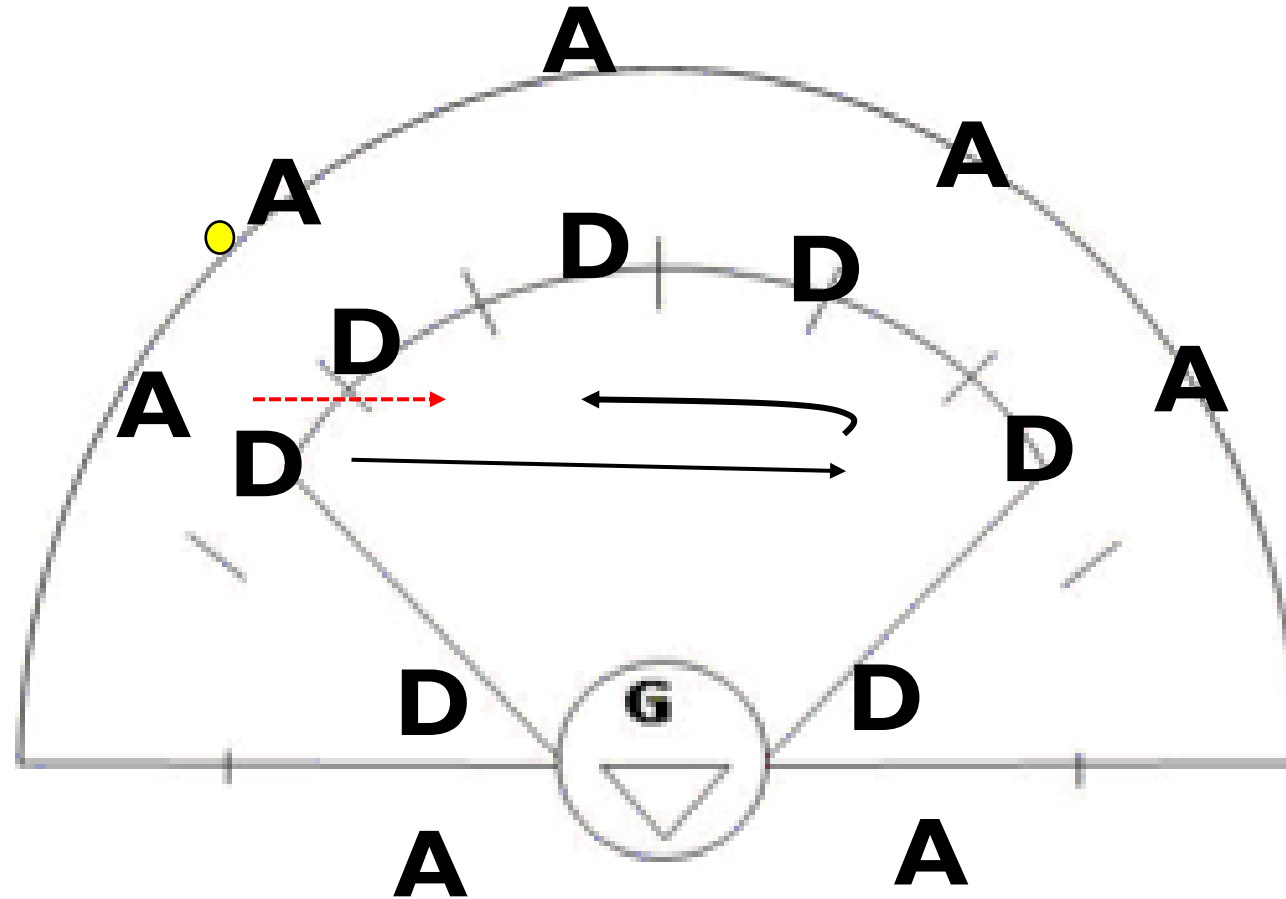


# REPLACEMENT CUT

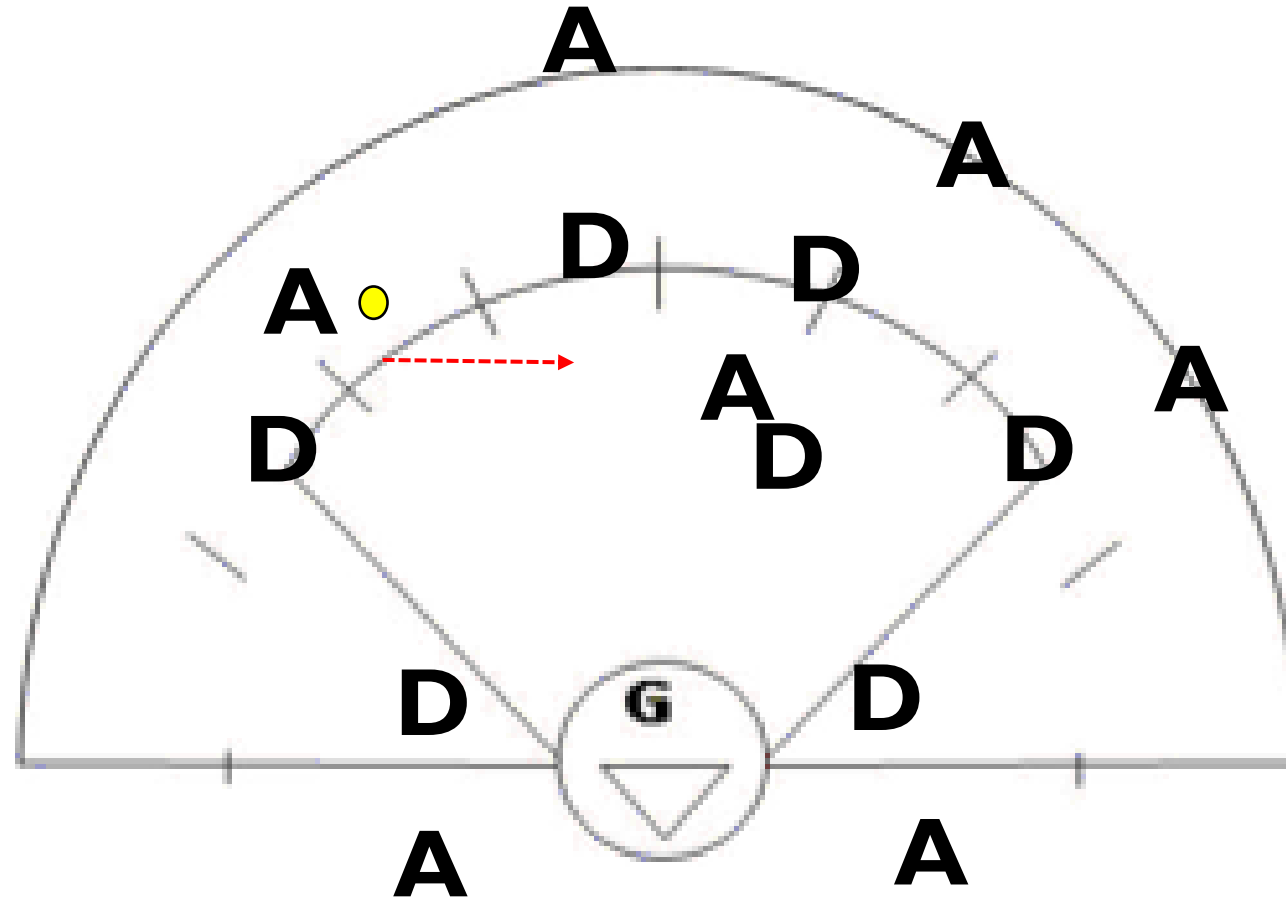




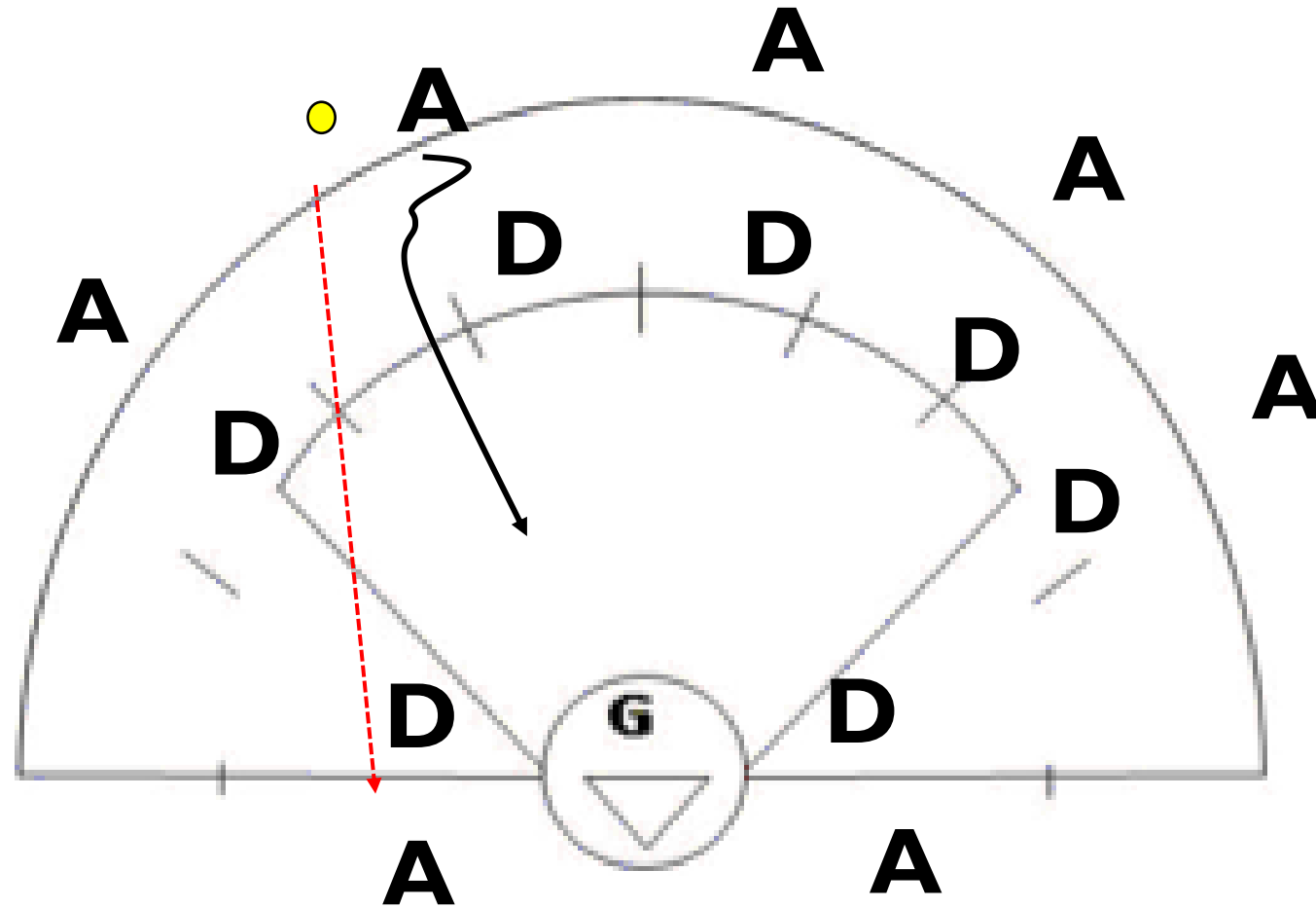
# CUT BACK



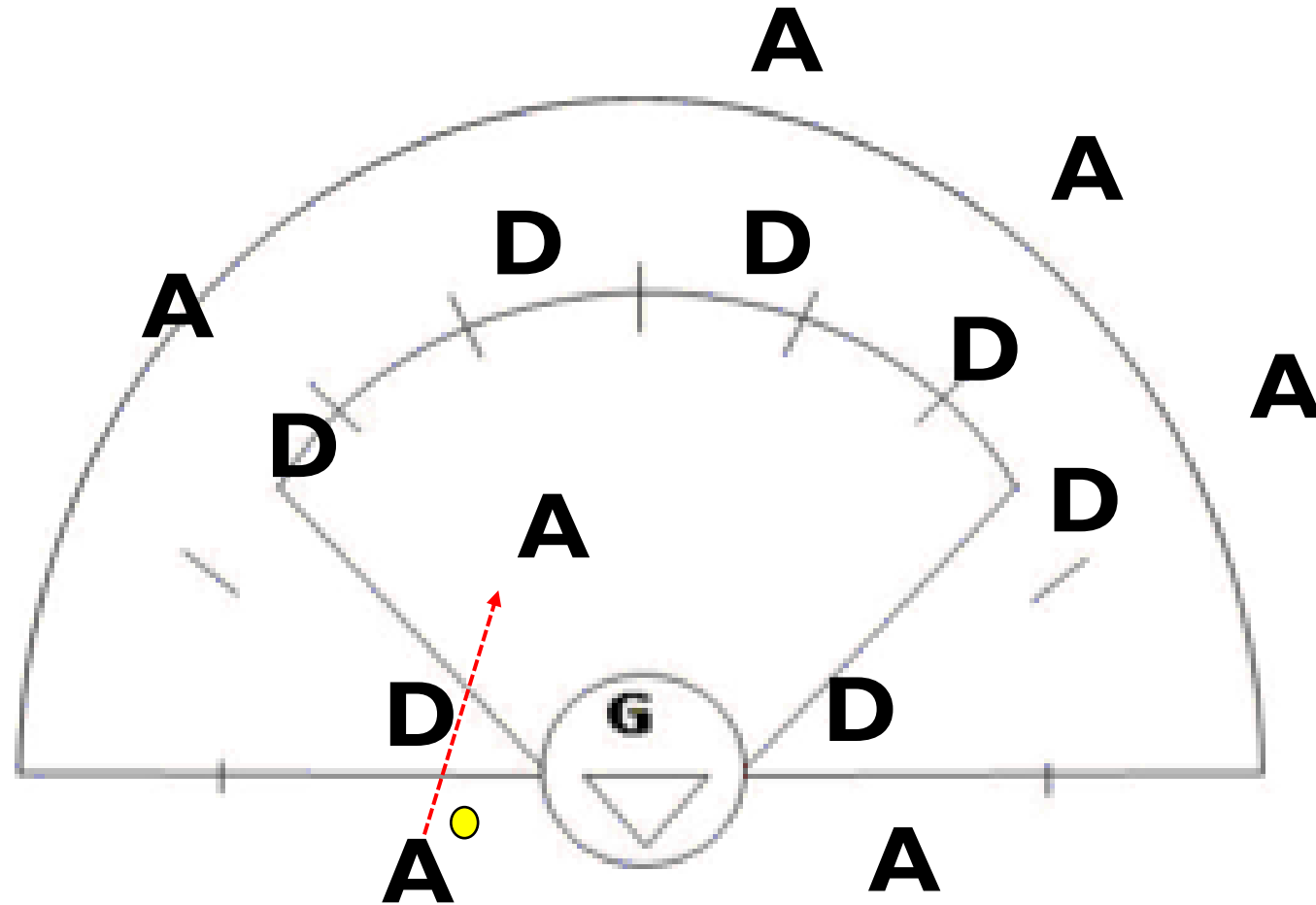
# CUT BACK



# GIVE AND GO



# GIVE AND GO



# CUTTING

- Utilize You Tube/Videos to enhance teaching
  - Send/bring players video clips of skills or teaching points; teach/have players emulate
- Cutting/Feeding Examples
  - Katrina Dowd Cutback:  
<https://www.youtube.com/watch?v=IzL58pFpCK8>
  - Kenzie Kent to Sam Apuzzo Feed:  
<https://www.youtube.com/watch?v=cNB6IyIIbNU>
  - BC Give and Go/Pick and Roll Cut:  
<https://www.youtube.com/watch?v=NnjzJESHiaY>

# SETTING A PICK

- Setting a pick
  - Approach the defender and stand at her side in her line of sight
  - Ensure there is approximately 1 meter between you and the defender
  - Set your feet
  - Turn your stick into your stomach and tuck it between your shoulders
  - Remain stationary (even if the defender doesn't get jammed by the attacker)
  - Roll towards the ball to be an outlet or second pass option
- Utilizing a pick
  - Wait for the pick to be set
  - Get the defender as close to the pick setter as possible
  - Use deception and quick footwork to get open

# FEEDING

- To feed the ball successfully:
  - Feet always have to be moving so that defender is engaged
  - Head up
  - Stick protected in the triple threat position
  - The throw must be to where the attacker will be (not is or was)
- As a feeder, don't ever:
  - Stand still and try to make a pass to a cutter
  - Throw to a voice
  - Feel badly about missing an 'open' cutter
  - Ignore the goalkeeper

# SETTLED OFFENSE

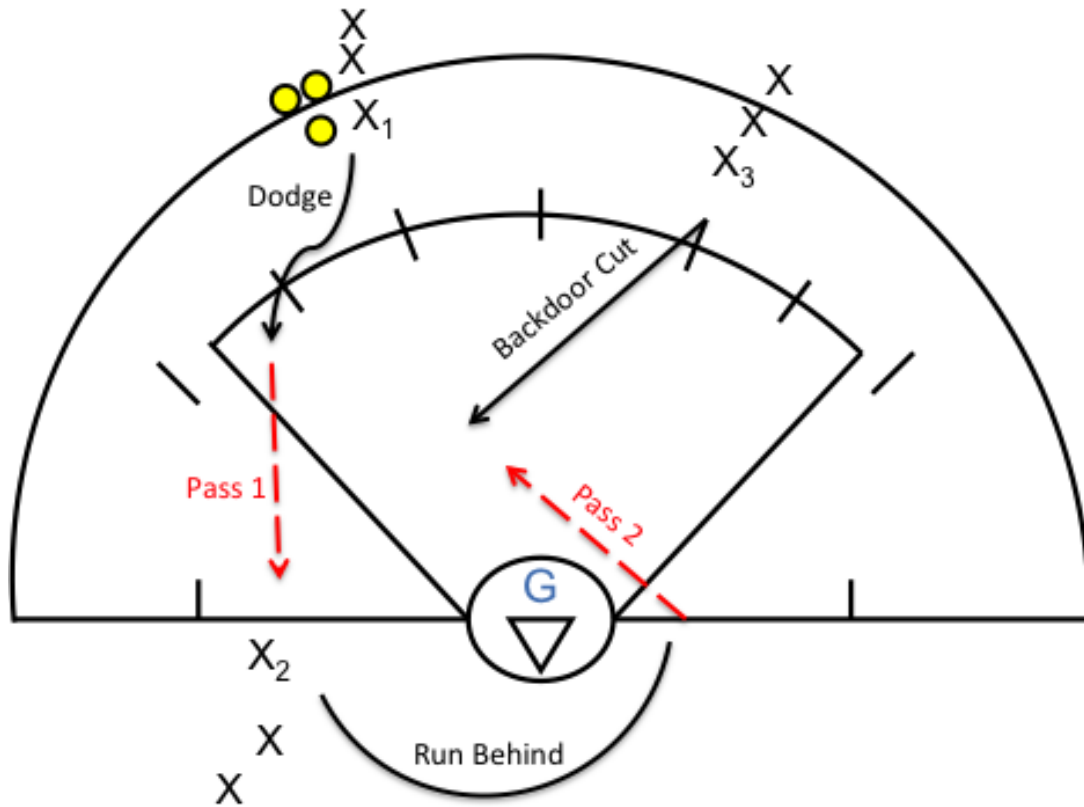
- Work together
  - Stay nice and big
  - Be patient; allow players to cut and move freely without clogging space
  - Work with other players, not independently, cuts should be made in tandem, not crisscrossed
  - Adjacent players initiate dodging opportunities which helps to create offense
- Move the ball in the air – resist bringing the ball back to where it just was
- Quick ball movement (3 second rule!)
- End each possession with a good shot opportunity



# SETTLED OFFENSE DRILLS

# **SETTLED OFFENSE DRILLS: Dodge, Fade, Feed**

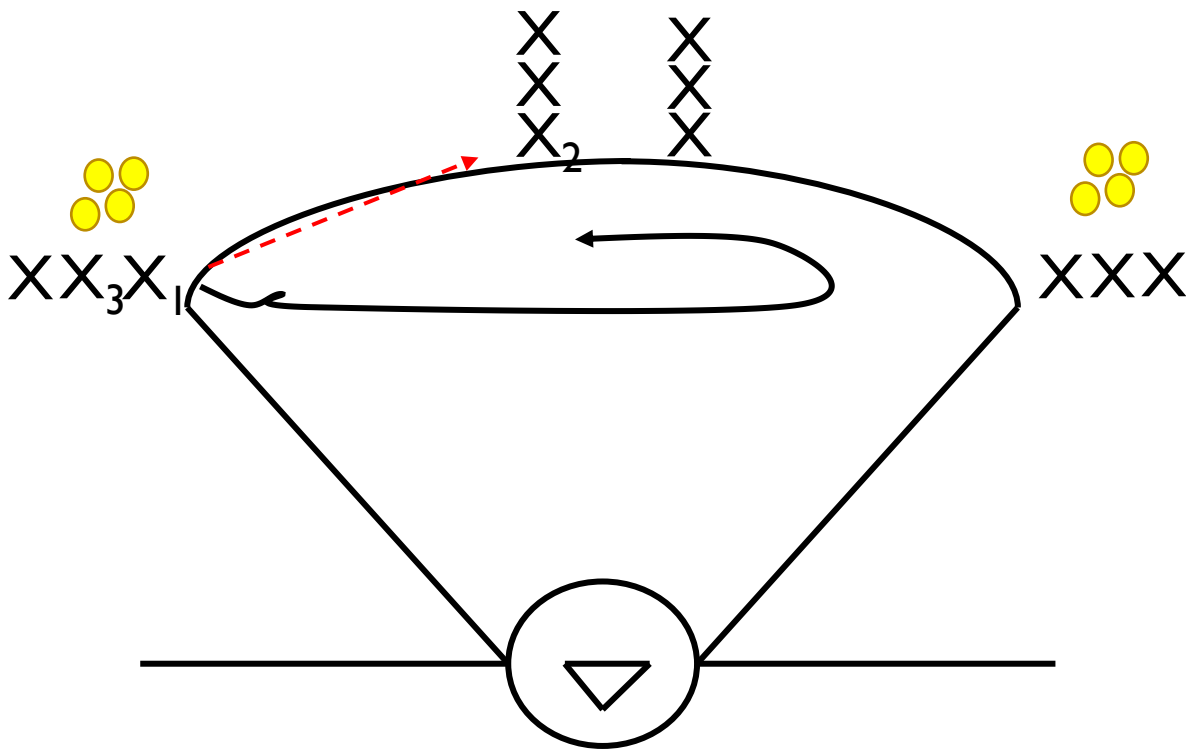
# DODGE, FADE, FEED



- Set up three lines: two high, outside the 8M, at the second inside hashes; the third line is set up low, on the left side of the crease.
- The pile of balls should be placed in the top left line.
- X<sub>1</sub>, picks up a ball and dodges down the right side of the 8M.
- She passes to the attacker in the low line, X<sub>2</sub>, who is cutting up to the ball.
- X<sub>2</sub> fades around the crease, carrying the ball behind the cage and feeds a backdoor-cutting attacker from the top right line, X<sub>3</sub>.
- Each player rotates one line to the right. The pattern continues.

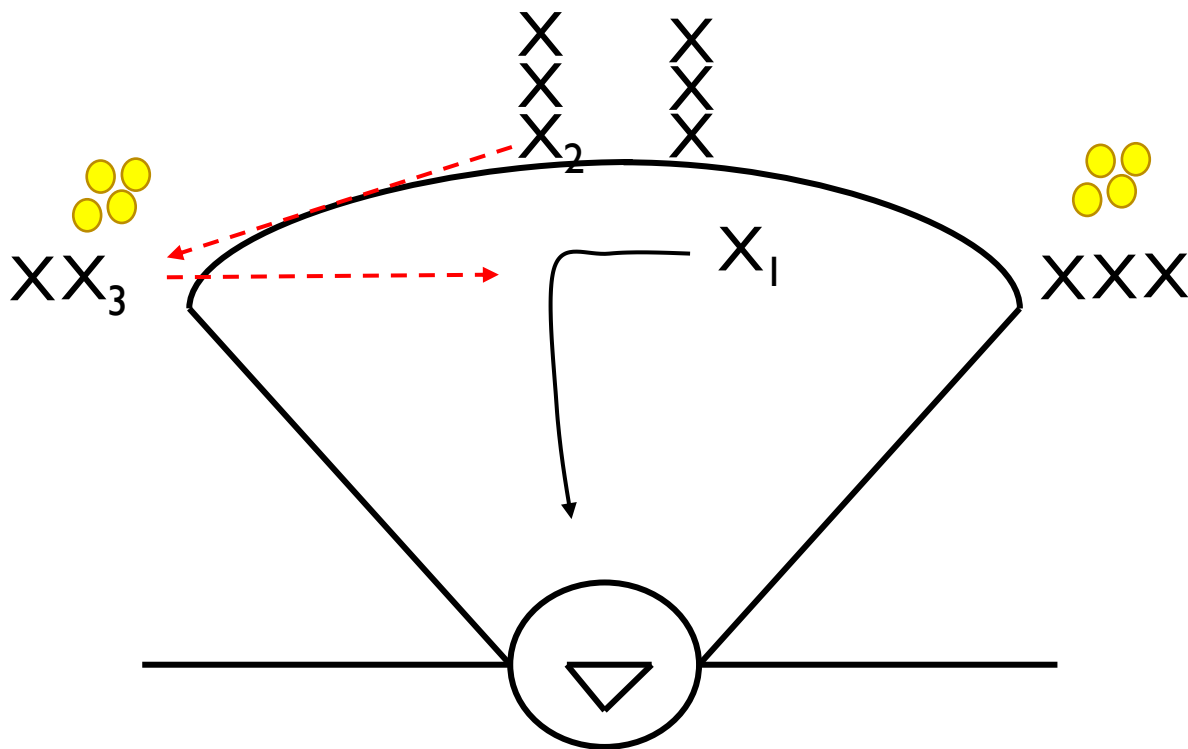
# **SETTLED OFFENSE DRILLS: TRIANGLE SHOOTING**

# TRIANGLE SHOOTING



- Divide players into four lines: 2 lines at the top of the 8M and one line on each elbow of the 8M.
- X<sub>1</sub> passes the ball to X<sub>2</sub>. X<sub>1</sub> cuts through the 8M.

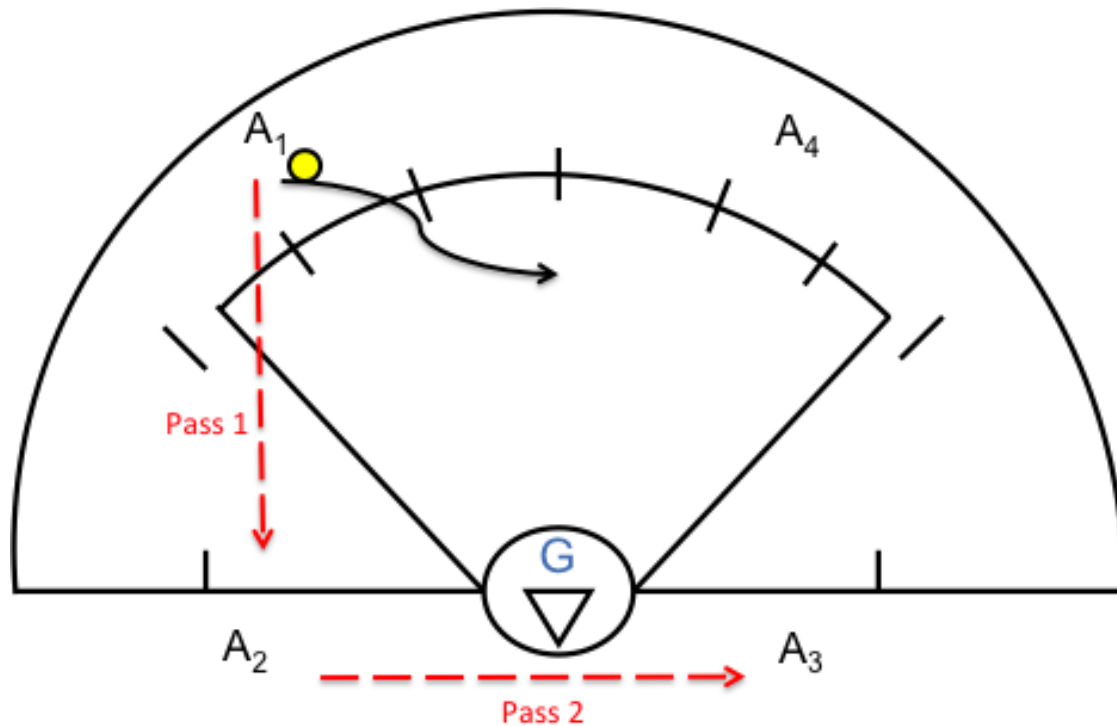
# TRIANGLE SHOOTING



- $X_2$  passes back to  $X_3$  (on the elbow.)
- $X_1$  curls back to the ball and  $X_3$  feeds  $X_1$ .  $X_1$  shoots!
- The drill repeats to the opposite side.

# **SETTLED OFFENSE DRILLS: Harvard 4-Point Pick Drill**

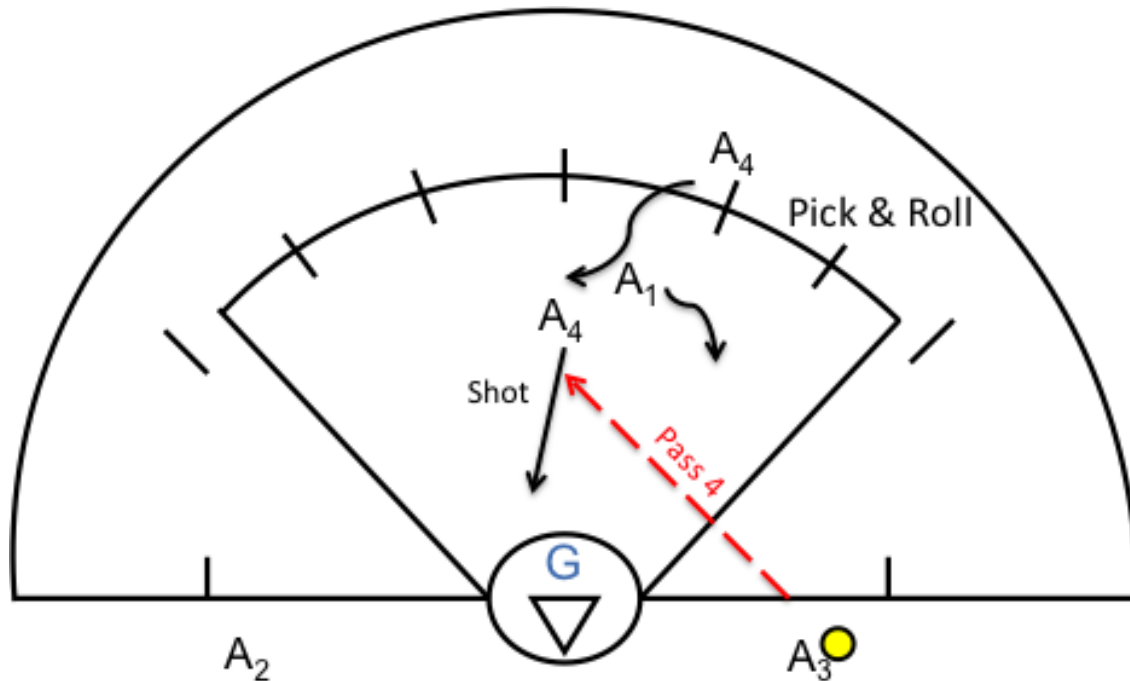
# HARVARD 4 POINT PICK DRILL



- The Harvard 4 Point Pick drill is set up with four lines, two up top just outside of the 8M and two down low on either side of the crease beneath goal line extended. This drill should start as a shooting drill and then defenders can be added to work on the basic elements of a settled offense.
- $A_1$  starts with the ball.  $A_1$  passes the ball down to  $A_2$ .
- After making the pass,  $A_1$  cuts toward the cage (as if to receive the ball back on a “give and go.”)  $A_1$  then turns and sets herself on the center hash of the 8M.
- $A_1$  is setting a pick for  $A_4$ .



# HARVARD 4 POINT PICK DRILL

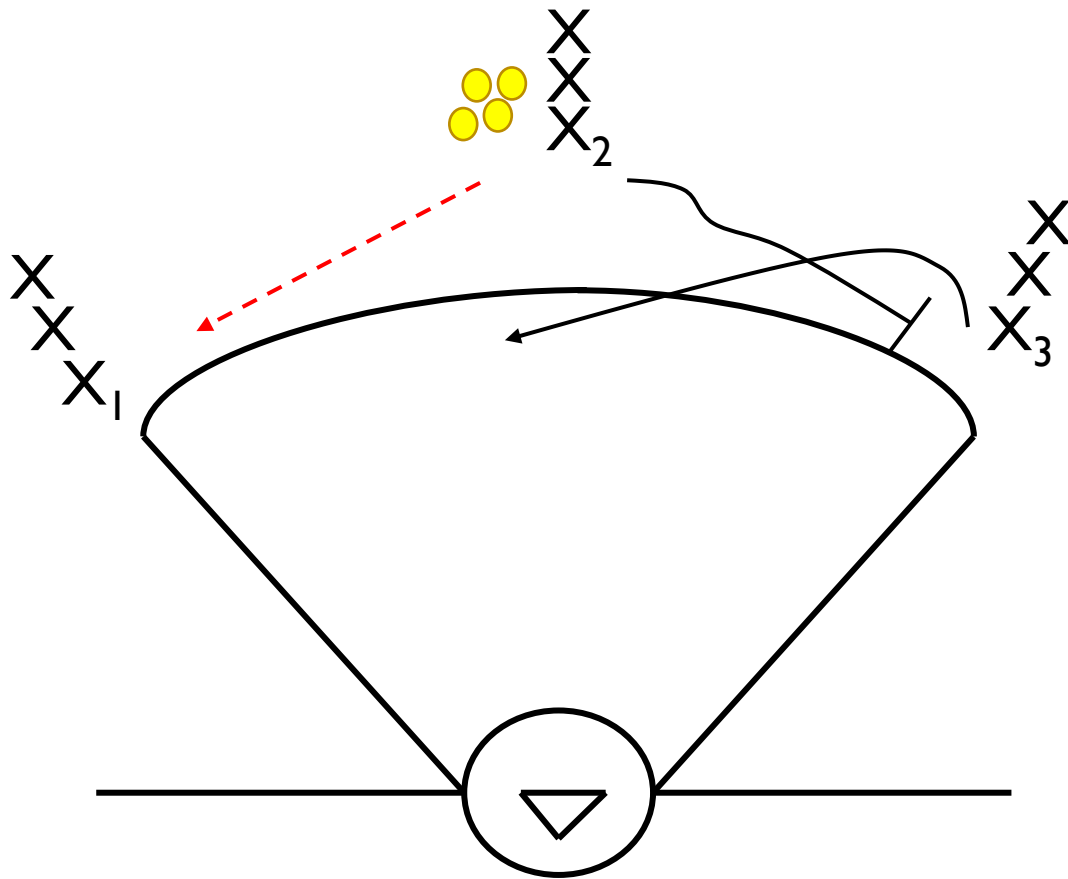


- As  $A_1$  is setting the pick,  $A_2$  passes the ball behind the net to  $A_3$ .
- $A_4$  comes off the pick and  $A_1$  rolls towards the cage.  $A_3$  can feed either  $A_4$  or  $A_1$  for the shot.
- Once the attackers understand the passing pattern/pick and roll, add defenders to the drill.
- When adding defenders, concede the first two passes and make the defenders live when the ball gets to  $A_3$ .

# **SETTLED OFFENSE DRILLS:**

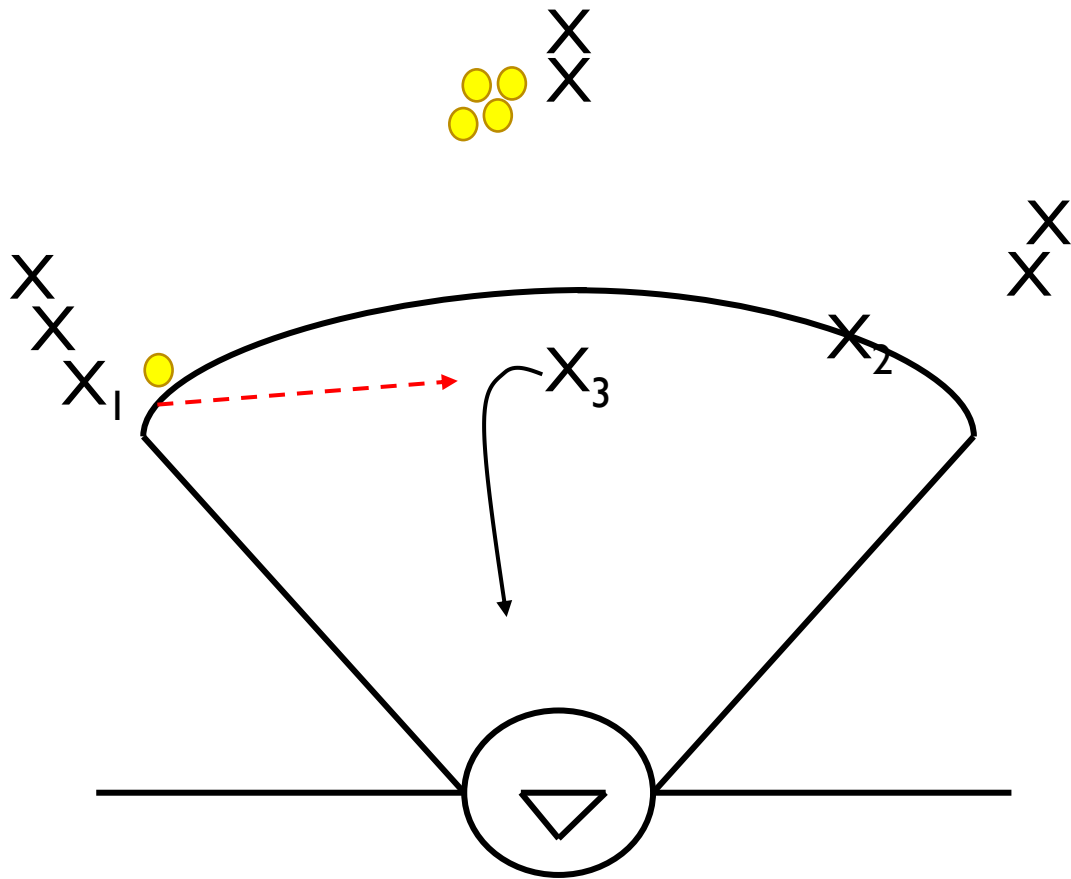
## **Pass, Pick Away**

# PASS, PICK AWAY



- Set up three lines outside the 8M. This drill should start as a shooting drill and then defenders can be added to work on the basic elements of a settled offense.
- $X_2$  passes to  $X_1$ .  $X_2$  cuts away and sets a pick for  $X_3$ .
- $X_3$  uses the pick and cuts to the ball receiving a feed from  $X_1$ . feeds across.

# PASS, PICK AWAY

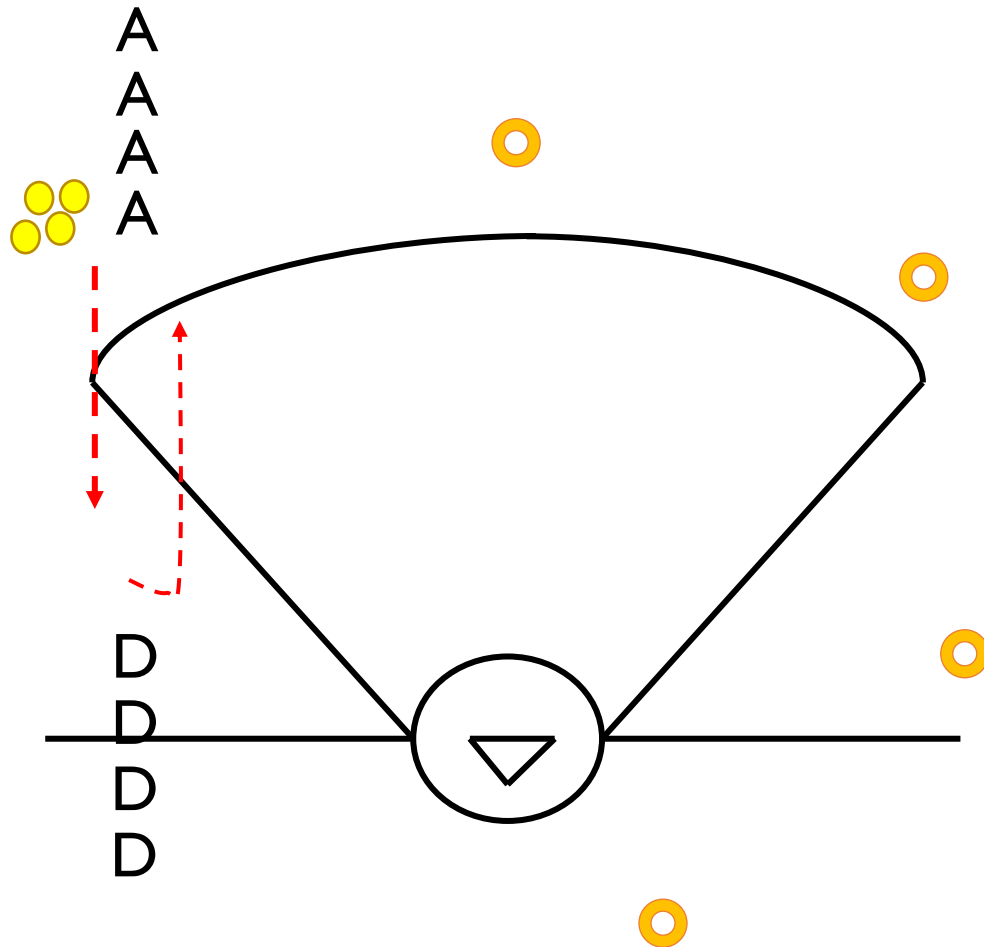


- Once the attackers understand the passing pattern/pick and roll, add defenders to the drill.
- When adding defenders, concede the first pass and make the defenders live when the ball gets to  $X_1$ .

# **SETTLED OFFENSE DRILLS:**

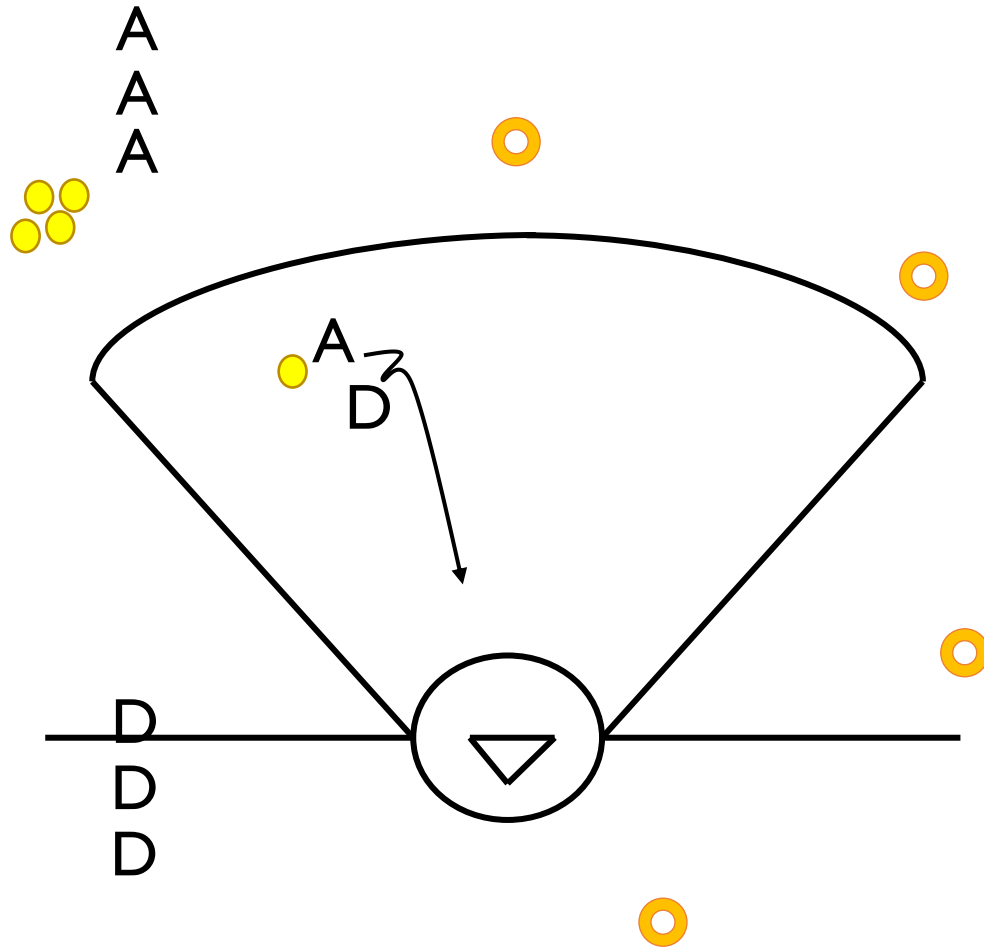
## **Bogeys Drill**

# BOGEYS DRILL



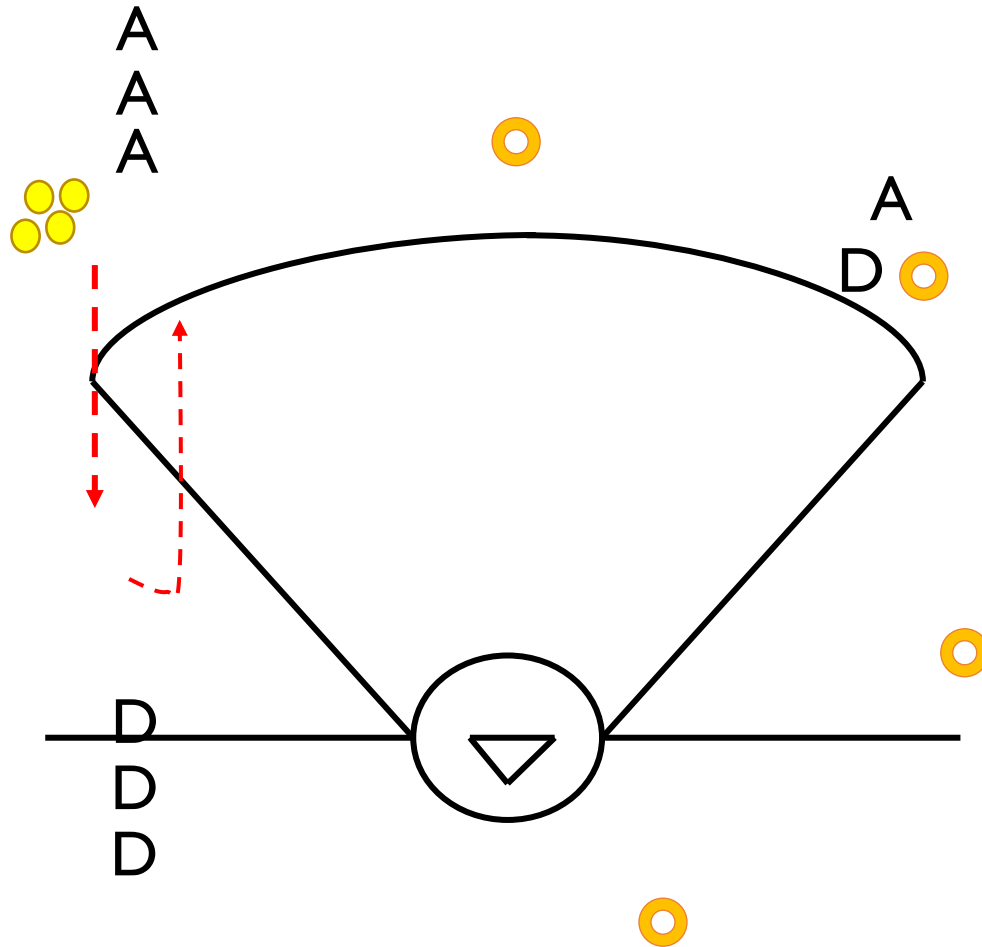
- Bogey's Drill is set up with a line of attackers outside the 8M and a line of defenders on the same side at goal line extended.
- The first attacker pass the ball to the first defender in line. The defender then passes it back to the attacker.
  - As the ball is in the air, the defender approaches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

# BOGEYS DRILL



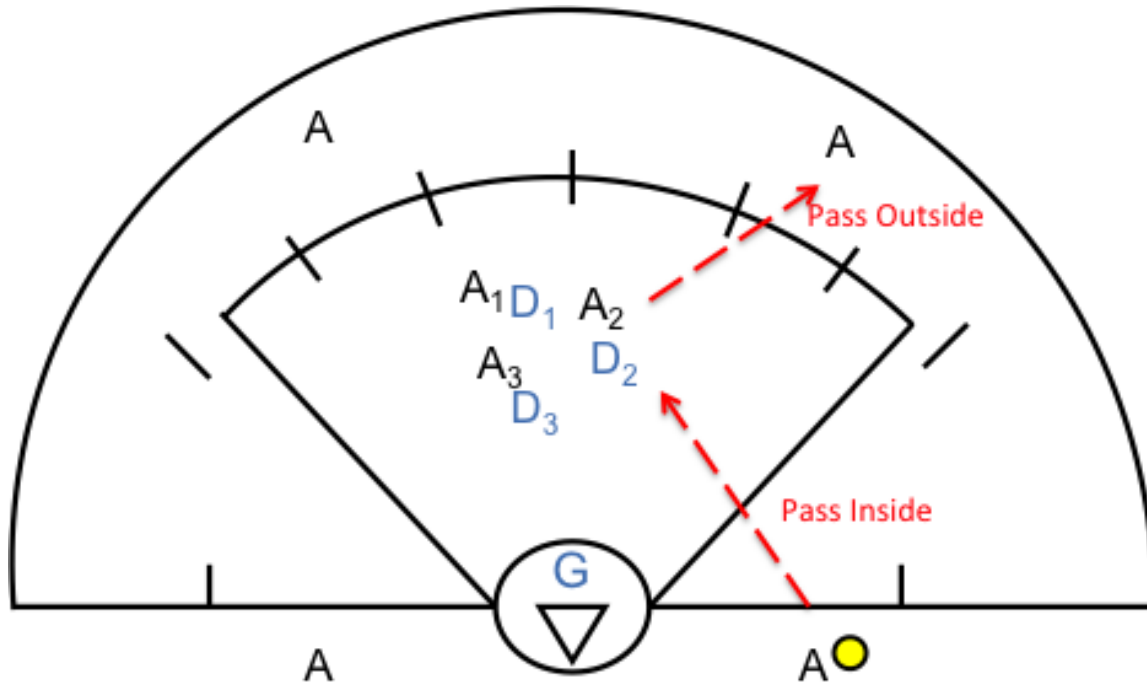
- The play becomes a 2v2. After the play is over, they must head to a cone before the next ball is started.
- The next defender and attacker add building to a 3v3. The play can continue in this pattern until there are as many pairs in the drill as desired by the coach.



# **SETTLED OFFENSE DRILLS:**

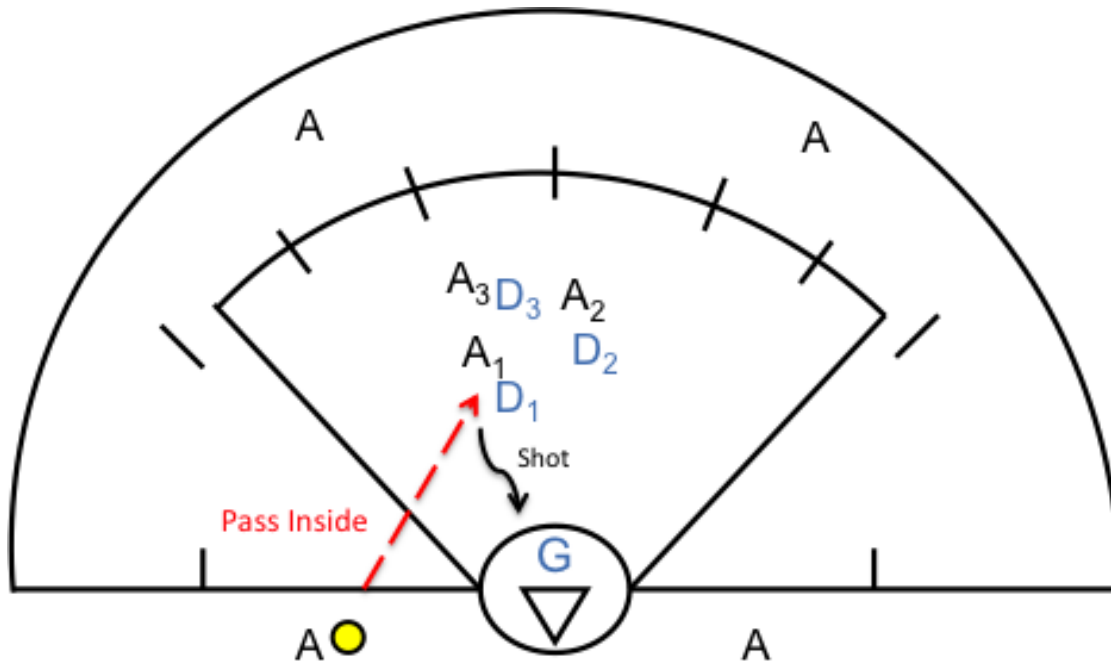
## **Inside/Outside 3v3**

# INSIDE/OUTSIDE 3v3



- The 3 v 3 Inside/Outside Drill is a very basic 3 v 3 with feeders.
- The rule of the drill is that the perimeter players cannot pass to perimeter players and the inside players cannot pass to the inside players. Only players on the inside can score goals.
- The attackers on the inside should work together (set picks) to receive the ball from a perimeter feeder.

# INSIDE/OUTSIDE 3v3

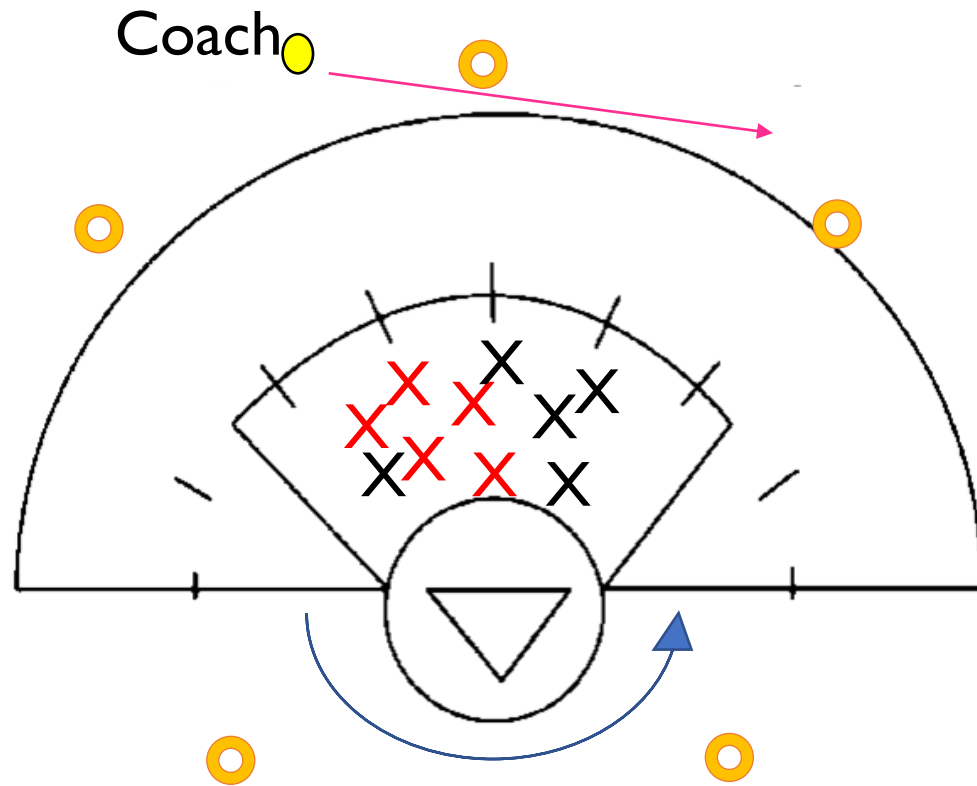


- Attackers can score off of a feed from a perimeter player or can dodge to goal once the ball has been feed into the middle.
- The ball should move quickly between the inside attackers and perimeter feeders to get good shots on goal.
- The defenders should play very aggressive defense – looking to deny passes from the perimeter feeders and aggressively double team once the ball is passed to an inside attacker.

# **SETTLED OFFENSE DRILLS:**

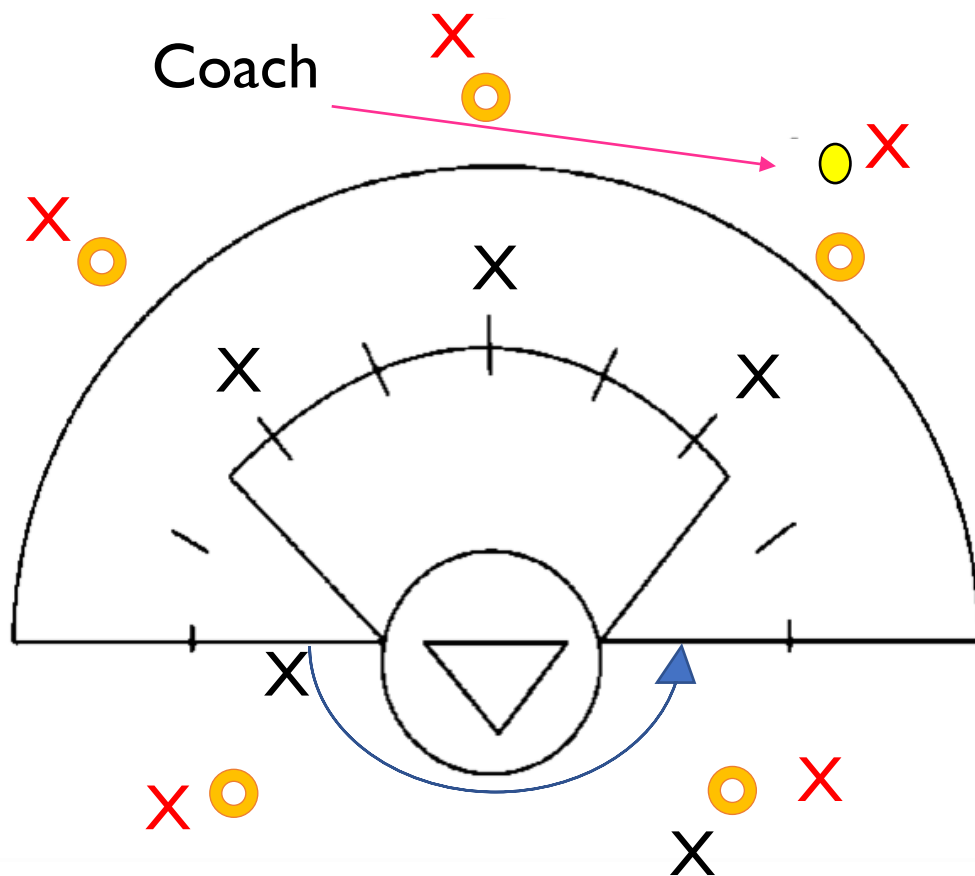
## **Money Ball**

# MONEY BALL



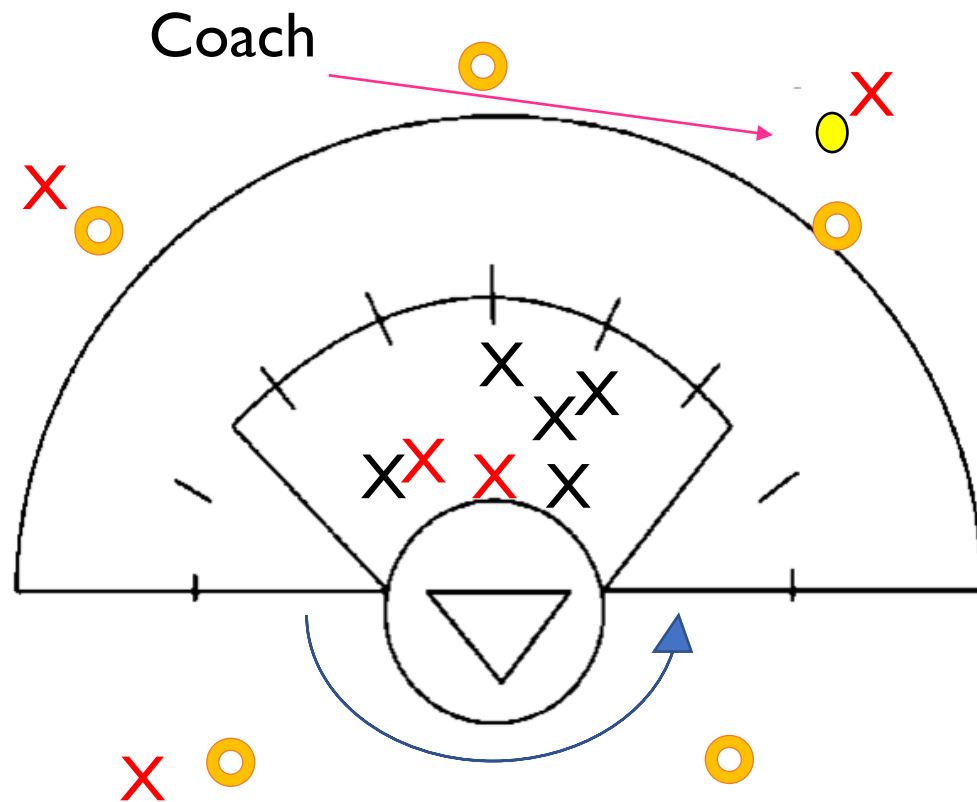
- Players in the middle run all around the 8 meter. Coach throws, rolls a “Money Ball” while calling a number 1-5, that will represent the points.
- Once the ball is thrown, players must run behind the net before going after the “Money Ball”
- Whichever team gets the ball is on attack and will have to spread out, complete one pass then go to goal, if they score they get the amount of points the coach called. Working to get to 15 points or most points in 10 minutes.

# MONEY BALL



- If your working with 5/6<sup>th</sup> you can lay out cones so that once they have established possession they all have to get to a cone to show how you want a “settled” attack situation to look.
- If the group is doing well, you can add an additional pass or get rid of the cones.

# MONEY BALL



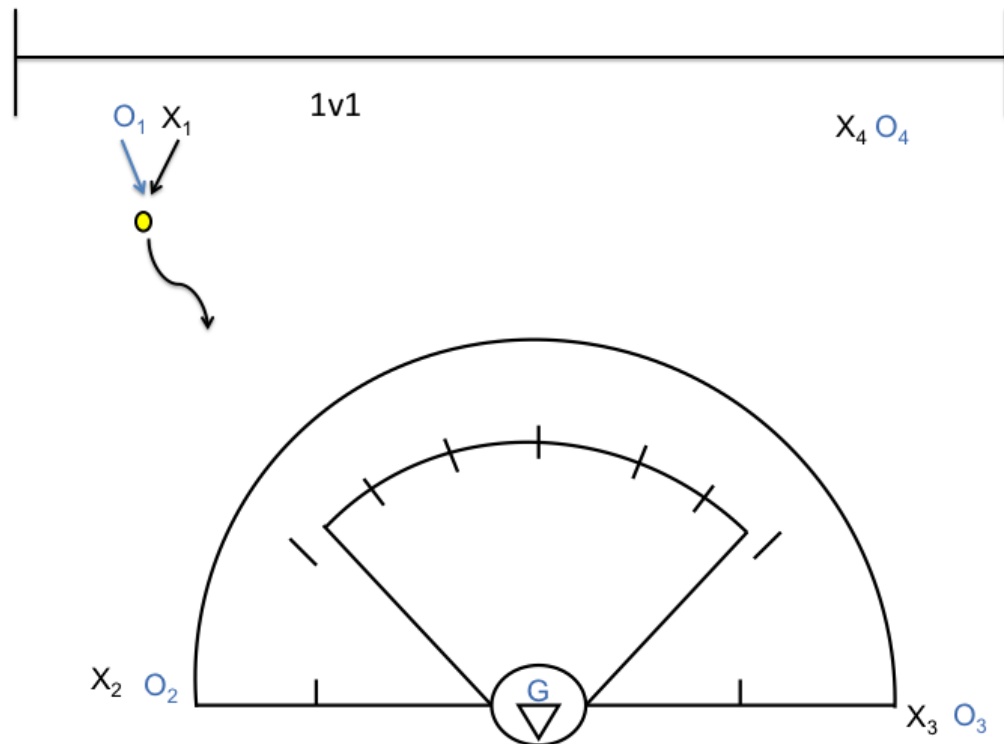
- If your working with 7/8<sup>th</sup> you change the rules so only 4 of the 5 players have to run behind the net, and one player from each team will directly chase after the Money Ball.
- This will encourage players to get to spaces quicker, move the ball faster in the settled situation, and make the players communicate while they are running around the 8 meter who is going to do what.
- Or take away the behind the net and see how players react to spreading out right away depending on where the money ball goes.

# **SETTLED OFFENSE DRILLS:**

## **Balls Out 1v1 to 3v3**

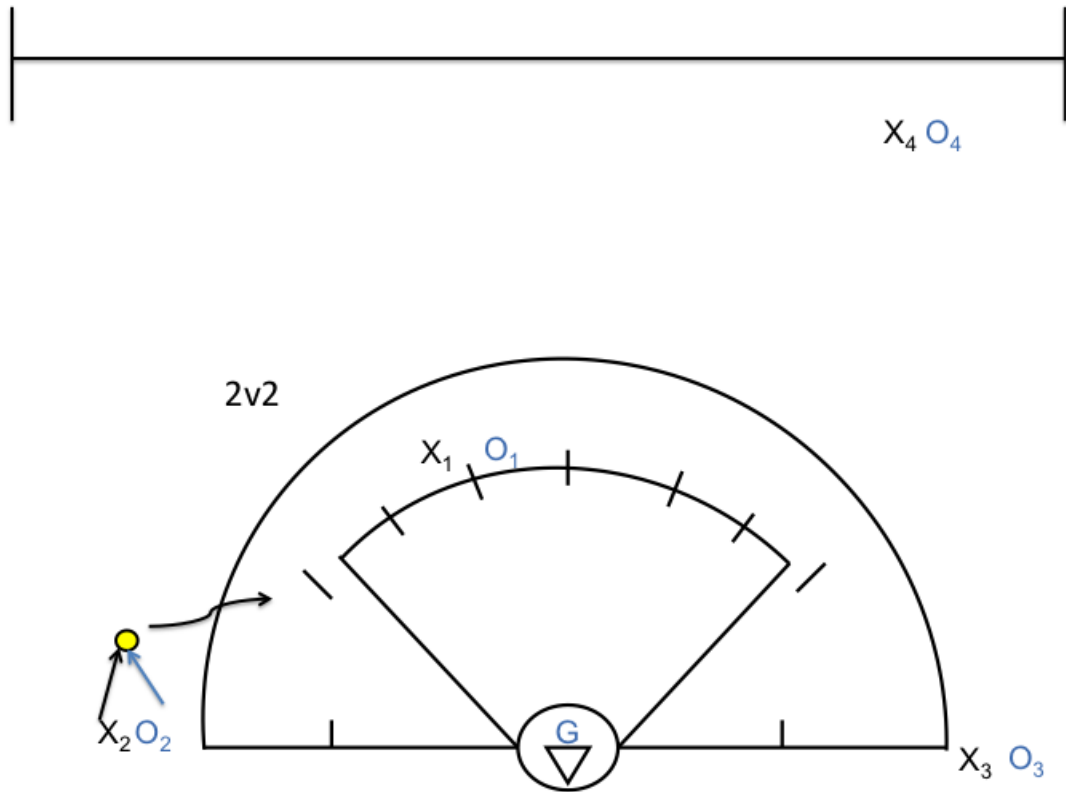


# BALLS OUT 1v1 to 3v3



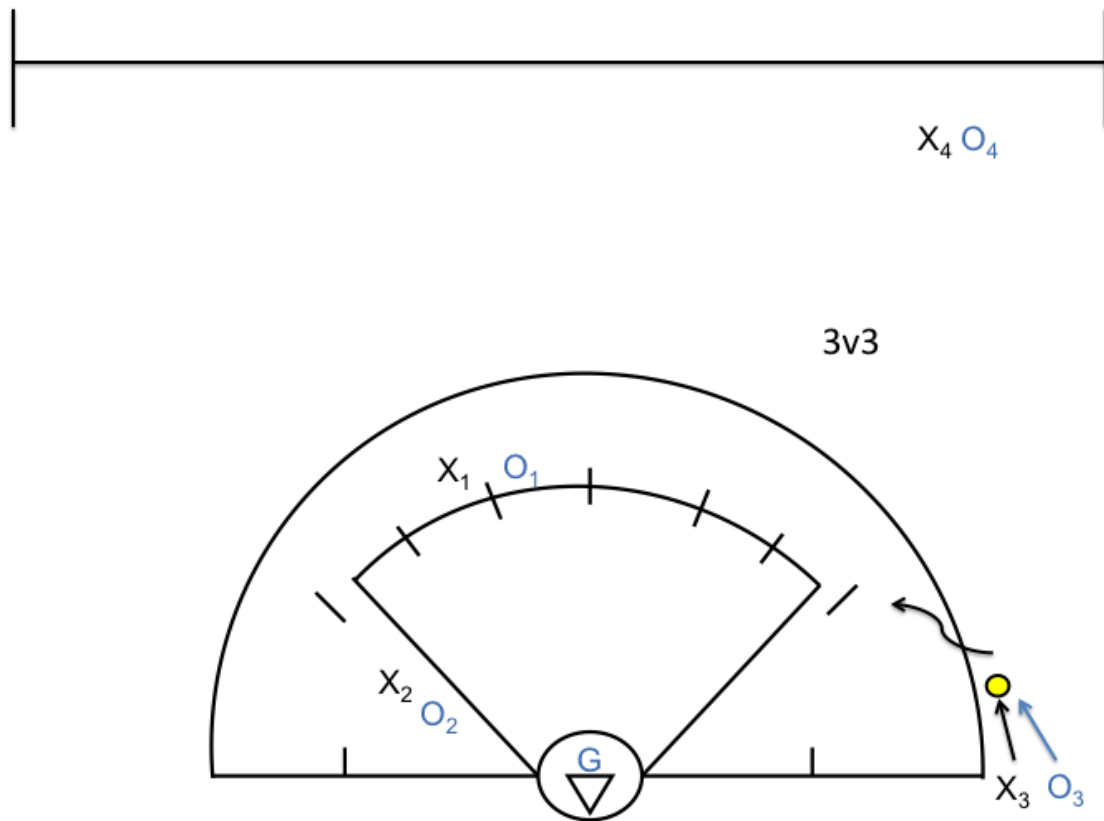
- Divide players into two teams. Players from each team should make four lines: one line in each corner.
- A coach rolls out a ground ball to the high left corner and  $X_1$  and  $O_1$  compete for possession. Whoever picks up the ground ball is the attacker and the other player is the defender. They play out a 1 v 1 to goal.

# BALLS OUT |v| to 3v3



- Once the play in dead (shot, goal, turnover),  $X_1$  and  $O_1$  remain in the drill.
- The coach will roll another ground ball to the low left corner and  $X_2$  and  $O_2$  will compete for possession.
- Once either  $X_2$  or  $O_2$  picks up the ground ball, they will attack the goal.  $X_1$  and  $O_1$  join the play creating a 2 v 2.

# BALLS OUT |v| to 3v3



- Once the play is dead,  $X_2$  and  $O_2$  remain in the drill.
- The coach will roll a ball to the low right line and in the same manner,  $X_3$  and  $O_3$  will be joined by the first two pairs to create a 3 v 3.
- Coaches can add additional pairs to build to a 4v4, 5v5, etc.