

# **Coaching Girls Lacrosse: GAME SCENARIOS**

# SCENARIO I

- There are 5 minutes left to play in the game. Your team has possession of the ball and is leading 12-9.

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- There are 5 minutes left to play in the game. Your team has possession of the ball and is leading 12-9.
  - **‘Hold Ball’**
    - Patient offense / maintain possession
    - Support on all sides of the ball
    - Stay big but continue to be aggressive toward goal
    - Look to coach as to whether or not you should shoot
  - Expect pressure and be ready to handle it

## SCENARIO 2

- The score is tied, 8-8. Your team is on defense and there are less than 6 minutes to play in the second half.

## SCENARIO 2

- The score is tied, 8-8. Your team is on defense and there are less than 6 minutes to play in the second half.
  - Patient and smart defense
    - Identify the players that will go to goal
    - Stick to your scheme
    - No fouling
    - Slide early or crash aggressively
    - Be ready for the ground balls

## SCENARIO 3

- Your opponent was issued a yellow card for a dangerous play. Your team turns the ball over and is now on defense. There are 6 minutes left in the game and your team is leading 12-10.

# SCENARIO 3

- Your opponent was issued a yellow card for a dangerous play. Your team turns the ball over and is now on defense. There are 6 minutes left in the game and your team is leading 12-10.
  - **Patient and deliberate defense**
    - Have the extra defender shadow the ball carrier and be ready to double (don't chase to create offense)
    - Recognize that the attack is going to go aggressively to goal
    - Controlled defense; no fouling
    - Be aggressive to the loose balls

# SCENARIO 4

- At half time, your team is leading 7-3.



# SCENARIO 4

- At half time, your team is leading 7-3.
  - **Offense**
    - Stay aggressive
    - Focus on finding the best opportunity and finishing shots as fatigue sets in
  - **Defense**
    - Expect the attack to make adjustments and go to goal hard
    - Continue to play within the scheme and pick up the loose balls

## SCENARIO 5

- There are 5 minutes left to play in the second half. The score is 8-10. Your team is down by two goals and has possession of the ball.

# SCENARIO 5

- There are 5 minutes left to play in the second half. The score is 8-10. Your team is down by two goals and has possession of the ball.
  - Be aggressive to goal!
    - Ensure that players are well-spaced so there are dodging lanes
    - Get the ball to a player that can handle pressure, will go to goal hard but look to pass if stopped
    - Work for a second chance opportunity and/or hard ride
  - Focus on winning the draw control if there is a goal scored

## SCENARIO 6

- Your defender has been issued a yellow card for a check to the head. There are 12 minutes left to play in the game and your team is down, 7-9.

# SCENARIO 6

- Your defender has been issued a yellow card for a check to the head. There are 12 minutes left to play in the game and your team is down, 7-9.
  - Reiterate man-down defense
    - Pack the 8M (make sure that the ball, middle and low positions are covered)
    - Don't chase the loose balls, allow the penalty to expire
    - If there is a loose ball, work hard to transition it into the offensive end successfully
  - If the penalty expires and the time is winding down, it could become a need ball depending on how long the attack holds possession

# SCENARIO 7

- The score is 12-11. Your team is leading by 1 goal and there are 6 minutes left to play in the game. Your opponent has won the draw.

# SCENARIO 7

- The score is 12-11. Your team is leading by 1 goal and there are 6 minutes left to play in the game. Your opponent has won the draw.
  - Patient and smart defense
    - Identify the players that will go to goal
    - Stick to your scheme
    - No fouling
    - Be ready for the ground balls

## SCENARIO 8

- A player on the opposing team was issued a card for a dangerous check. Your team scores a goal and wins the ensuing draw control. There are 8 minutes left in the game and your team is down 10-12.



# SCENARIO 8

- A player on the opposing team was issued a card for a dangerous check. Your team scores a goal and wins the ensuing draw control. There are 8 minutes left in the game and your team is down 10-12.
  - **Identify and reiterate man-up offense**
    - Patient offense: good spacing and quick ball movement
    - Work to find the open player (only take the best opportunities)
  - **Focus on the clock**
    - If you can score quickly and win the draw, you can take advantage of the man-up

## SCENARIO 9

- The game starts and the opponent scores the first 3 goals of the game. There are 15 minutes left in the first half and you finally get your first offensive possession.

# SCENARIO 9

- The game starts and the opponent scores the first 3 goals of the game. There are 15 minutes left in the first half and you finally get your first offensive possession.
  - Patient offense
    - Get everyone a touch of the ball
    - Focus on good spacing and proactive off-ball movement
    - Work together for the best opportunity
    - Make sure the net is backed up for second chances

# SCENARIO 10

- Your team has been issued their fourth yellow card. Your team is down 5-6. There are 10 minutes left to play in the game.

# SCENARIO 10

- Your team has been issued their fourth yellow card. Your team is down 5-6. There are 10 minutes left to play in the game.
  - Recognize that your team will play man-down for the rest of the game.
    - Focus on one defensive stop at a time
    - Sticks up, high level of activity and readiness
    - Protect the ball in the clear
  - Offensively, expect pressure and work to find the 1v1
    - If the defense does not look to double, keep the ball moving and try to find the 1v1
    - Clear space and keep defenders busy