

Coaching Girls Lacrosse: UNSETTLED SITUATIONS

TRANSITION PROGRESSION

- Fast break
 - Generally occurs by a player either running with the ball passed her defender or moving the ball quickly up the field
 - Most often fast breaks are unsettled situations (man-up advantages) that result in a shot on goal out of transition
 - Low attackers should hold their space and stay out of the 8M
- Slow break
 - If the ball carrier decides not to drive to goal, the trail attackers filling into the critical scoring area create the slow break
 - It is helpful for the ball carrier to move the ball to a low attacker or player behind the cage so that the players facing up field can feed the trailing cutters
- Settled offense
 - All attackers and defenders are in the attacking zone

UNSETTLED SITUATIONS

- Identify the situation
 - Players need to know if their team is man-up or man-down
 - Work together and communicate
 - Be patient – take advantage of the situation and play it out strategically
- Situations
 - Man-up offense / man-down defense (7v6)
 - Man-down offense / man-up defense (6v7)

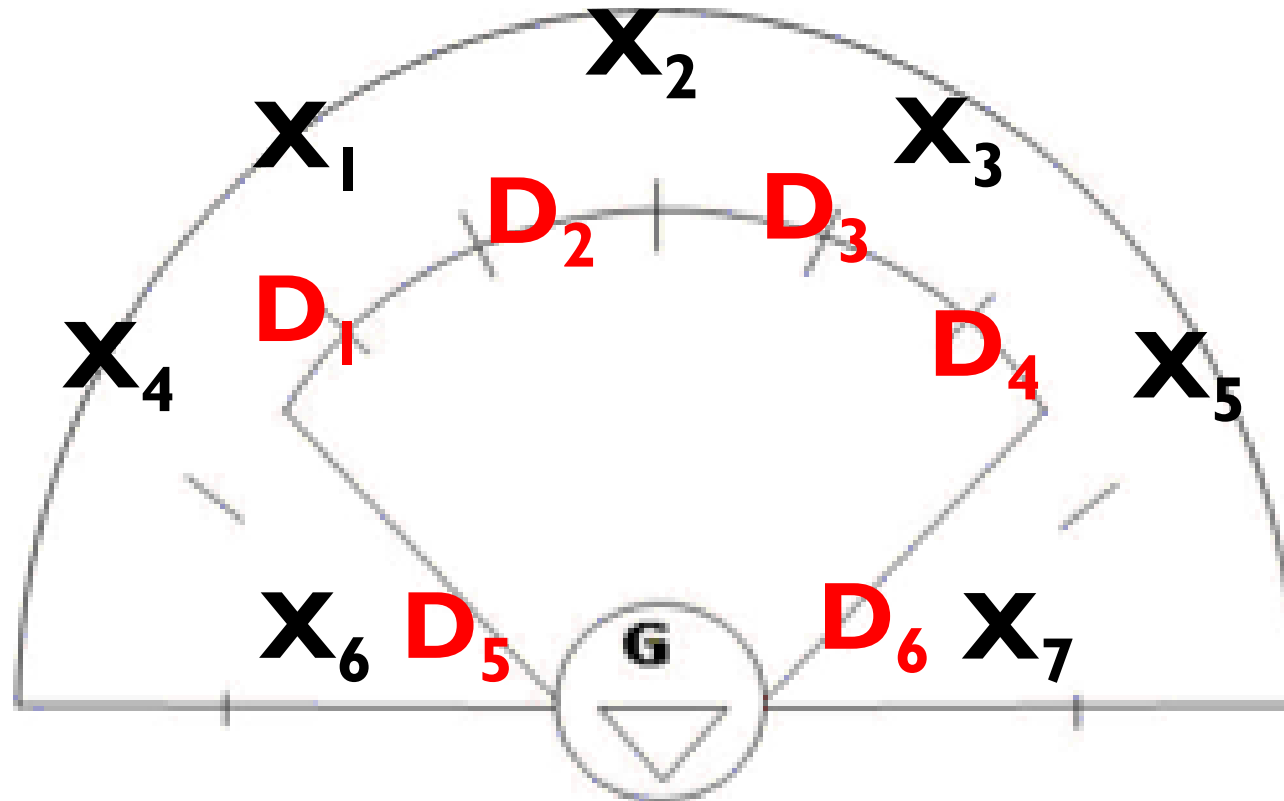
MAN-UP OFFENSE

- Patience
 - Wait for the 1v0 or best possible opportunity
 - In some circumstances, it might be better to burn the man-up than risk turning the ball over
- Quick ball movement – let the ball do the work
- Spacing
 - Limited movement; hold space
 - Balanced so that it is difficult for one defender to cover multiple attackers
 - Remain above goal line extended if possible
 - Have a player in the middle of the field to pull an extra defender off of the perimeter
 - Penetrate into the middle and kick to the perimeter

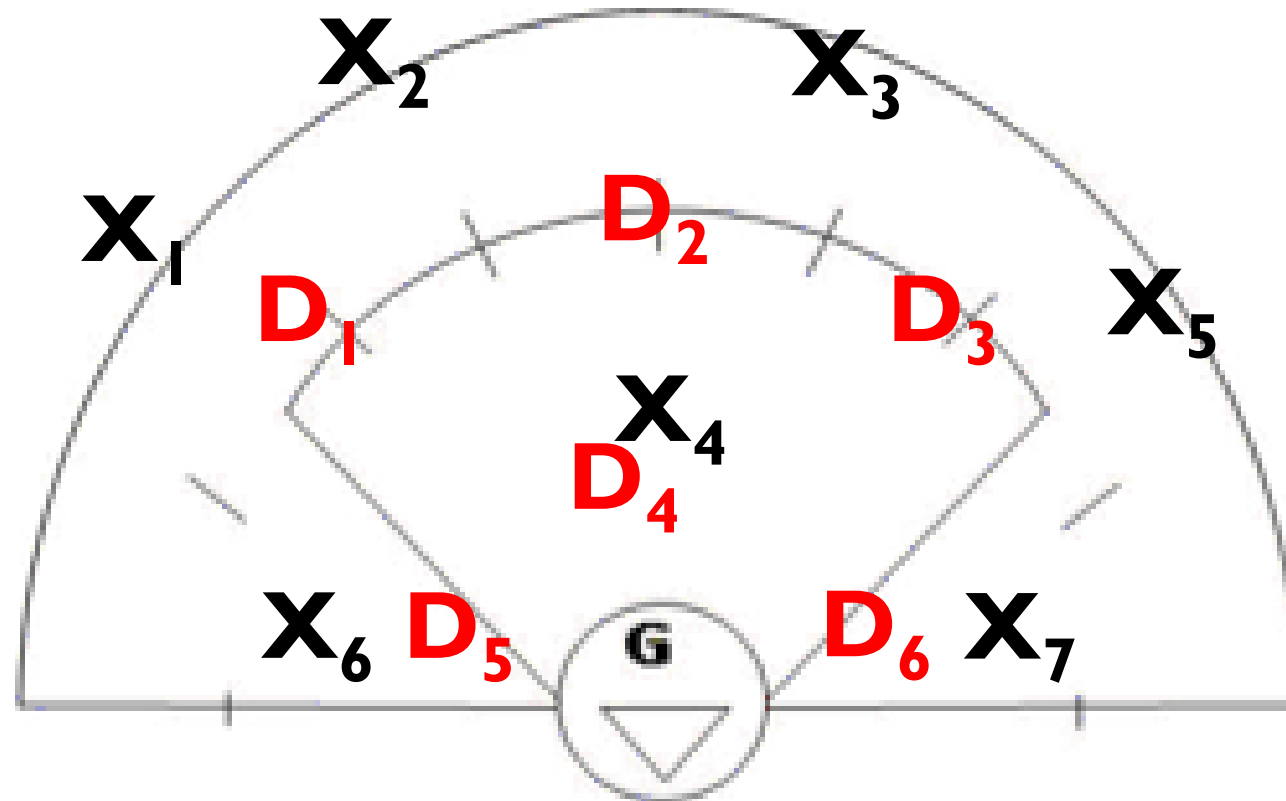
MAN-DOWN DEFENSE

- Awareness
 - Understand that the team is man down
 - High level of activity and communication
 - Don't focus on getting the ball back but making the attack work for a shot
 - All players should have their sticks up to make themselves as big as possible
- Formation
 - Man-down defense most closely resembles a zone
 - Defenders should be sagged to the 8M (don't extend too far out)
 - Ball is always the priority and always needs to be marked
 - Low/middle players should always be marked
 - Try to leave the least threatening attacker (or attacker furthest away from the ball) open

MAN-UP OFFENSE/MAN-DOWN DEFENSE FORMATIONS



MAN-UP OFFENSE/MAN-DOWN DEFENSE FORMATIONS



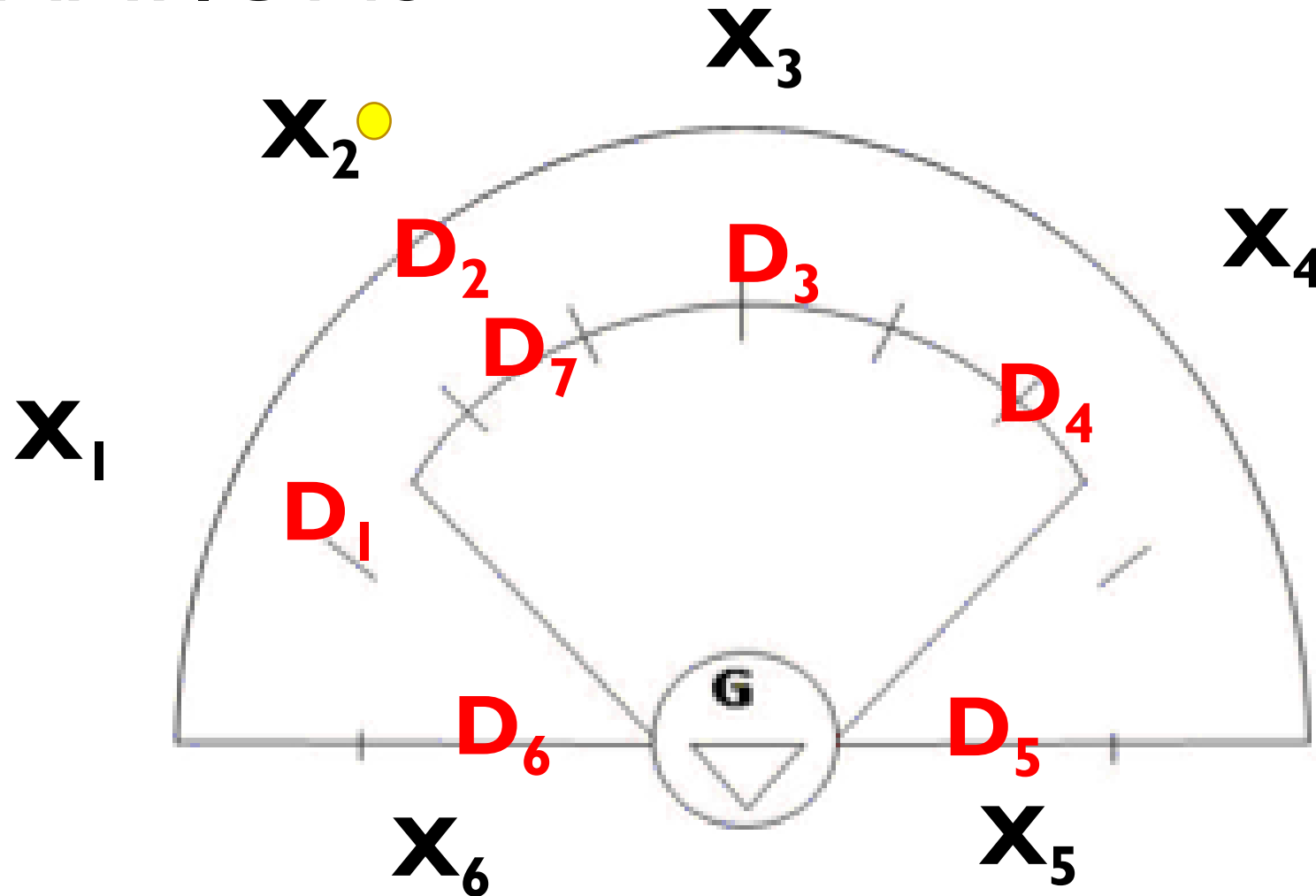
MAN-DOWN OFFENSE

- Read the defense / understand the game scenario to understand how aggressive the attack needs to be
 - If the attack doesn't need to score:
 - Remain patient and stay big
 - Limit the ball movement
 - If the attack is looking to put pressure on the defense
 - Quick ball movement to keep the double from setting up
 - Keep the ball moving in the same direction
 - Stay as big as possible to make slides longer and tire the defense out
 - Find the 1v1

MAN-UP DEFENSE

- Read the attack / understand the game scenario to understand how aggressive the defense needs to be
 - If the defense doesn't need to get the ball back immediately:
 - Remain patient, make sure everyone has a mark
 - Have the extra defender shadow or back the on-ball defender (outside of the 8M)
 - If the defense is looking to put pressure on the attack
 - Make sure all defenders are in, organized, and marked
 - Allow time for the extra defender to get into position to 'back' the ball
 - Step-up and be aggressive on-ball
 - Try to get form a solid double team
 - Lock off the adjacent attackers
 - Limit checks and make the defenders make their own mistakes

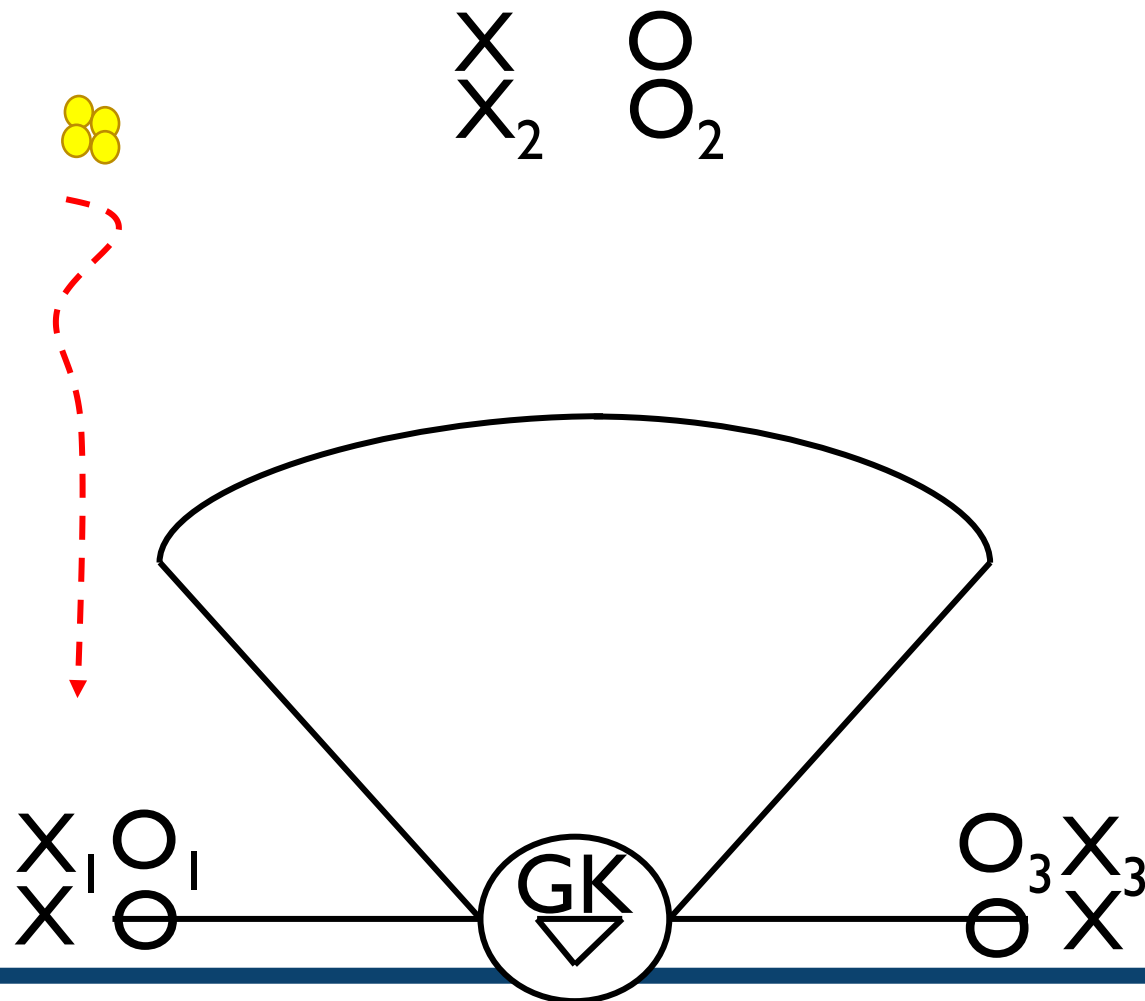
MAN-DOWN OFFENSE/MAN-UP DEFENSE FORMATIONS



UNSETTLED SITUATION DRILLS

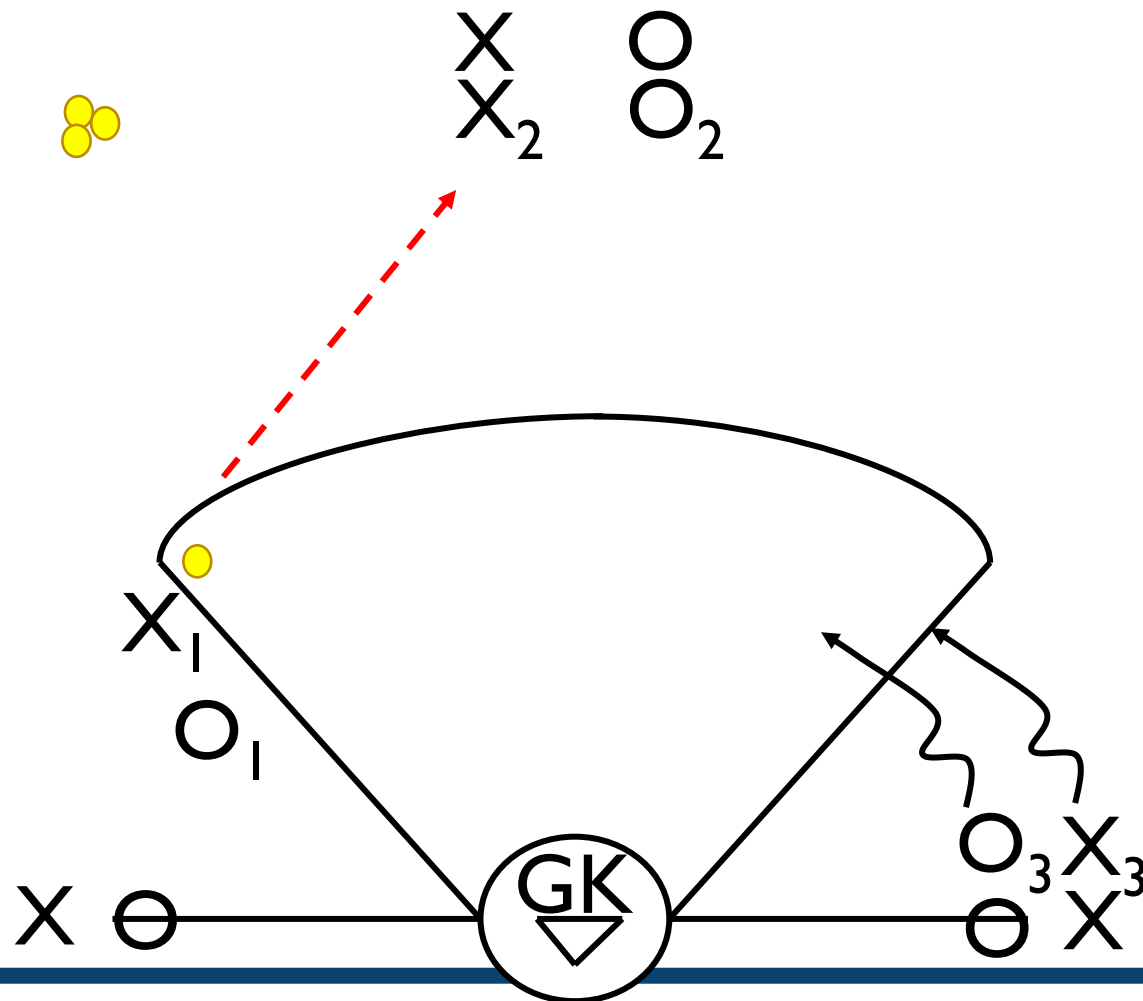
UNSETTLED SITUATION DRILLS: CGB to 3v2

CGB to 3v2



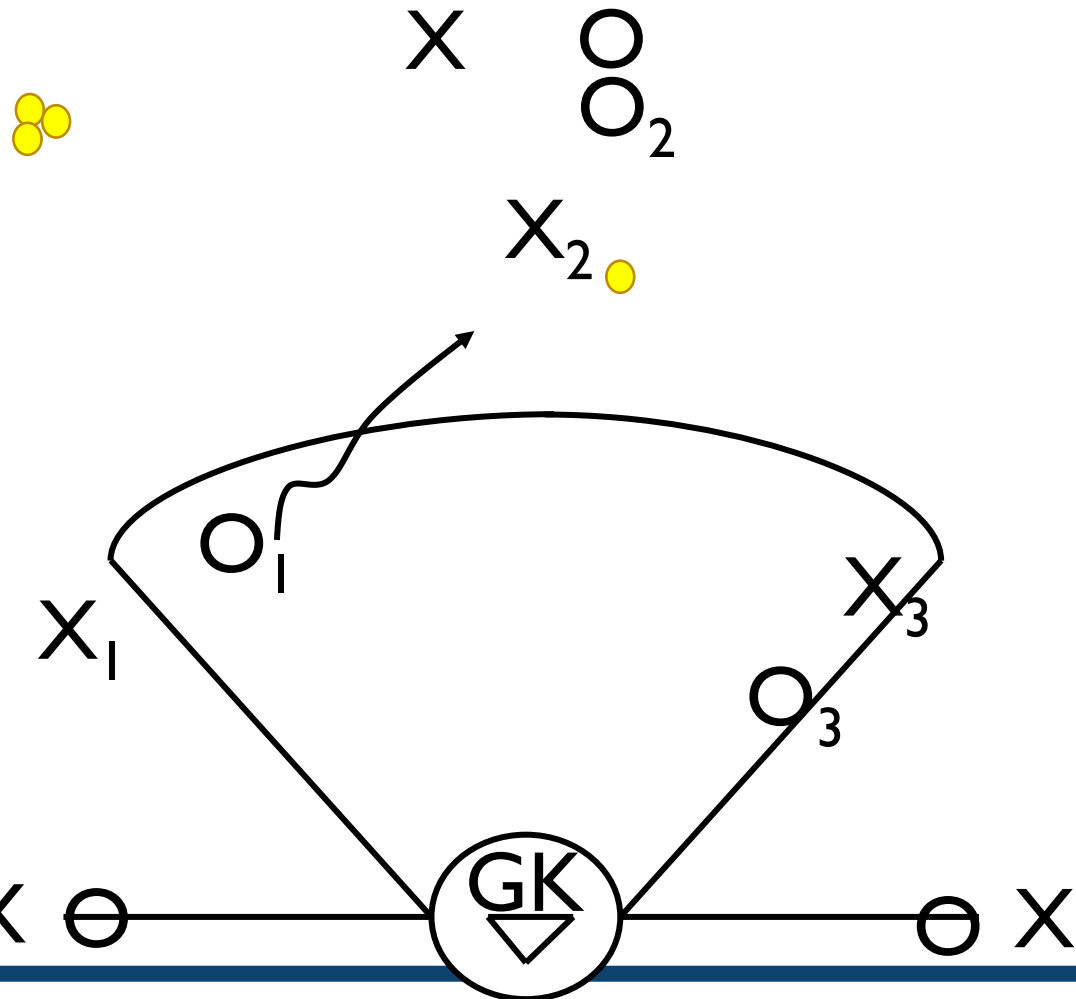
- Divide players into two teams. Players from each team form 3 lines: 2 on opposite sides of the crease at goal line extended and 1 up top just outside the 12M.
- The coach rolls a competitive ground ball to one of the two low lines.

CGB to 3v2



- If X_1 picks up the ball, she will pass it to X_2 . If O_1 picks up the ball, she passes it to O_2 .
- As the pass is being made, X_3 and O_3 enter into the drill.
- When X_2 receives the ball, she enters into the drill to create a 3v2.

CGB to 3v2

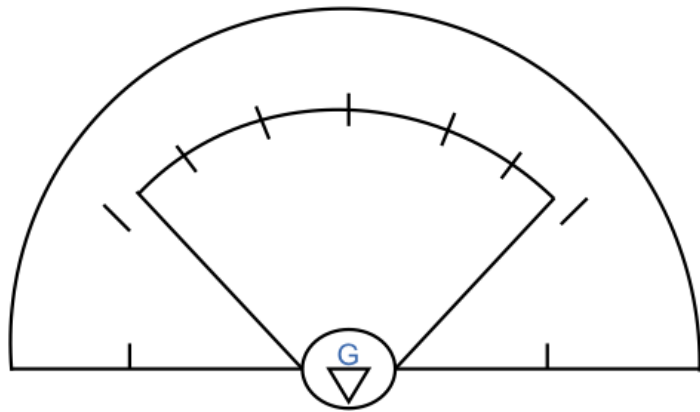
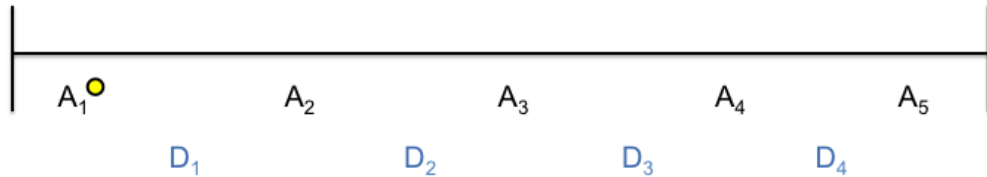


- Xs attack Os in a 3v2.
- O₁ or O₃ have to decide who is going to slide to ball in order to stop the ballcarrier from going to goal.

UNSETTLED SITUATION DRILLS:

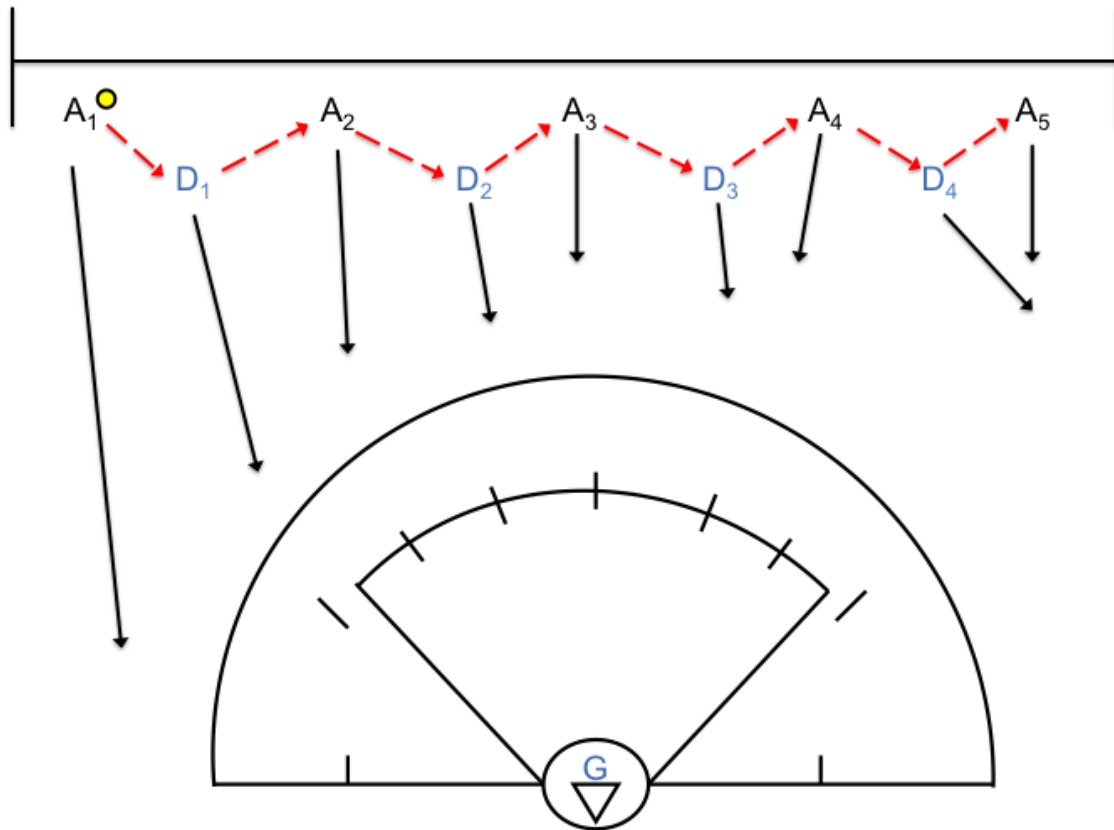
5v4 W Drill

5v4 W DRILL



- The 5 v 4 “W” Drill begins with five attackers evenly spaced between sidelines.
- Four defenders line up approximately 5 yards ahead of the attackers, evenly spaced between the attackers with their backs to the goal that they are defending.

5v4 W DRILL

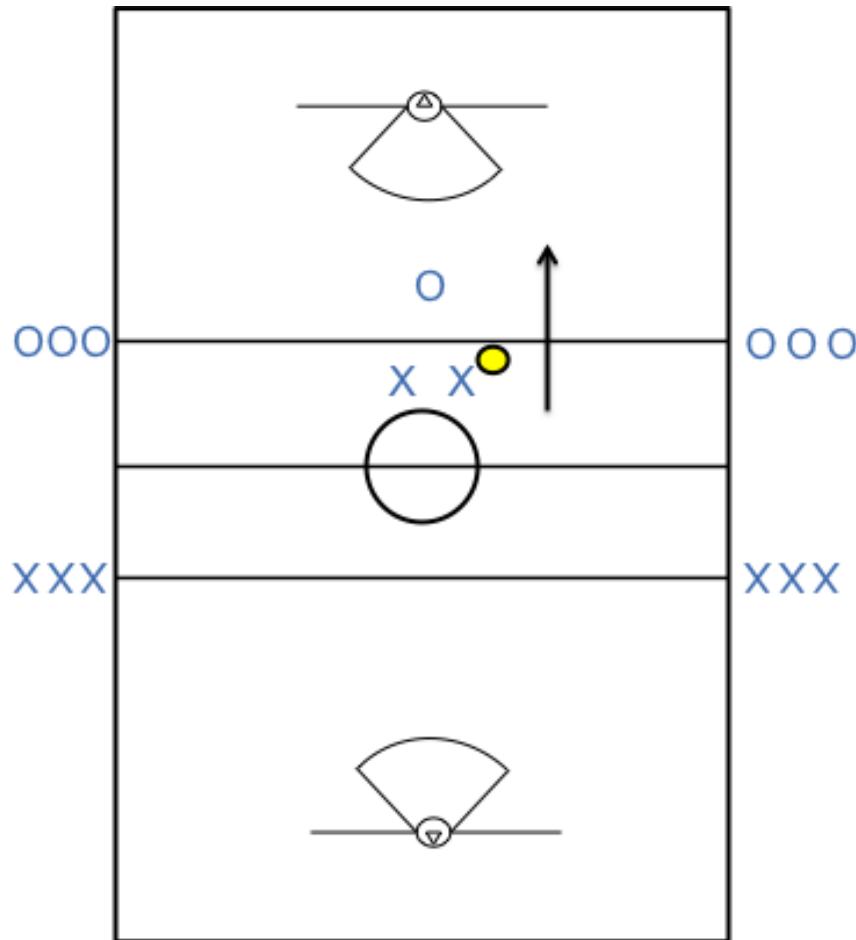


- The attacker closest to the sideline (on either side) starts with the ball, passes to the closest defender, and releases up the field.
- The ball continues to pass between the attackers and the defenders in a waterfall pattern, with each player releasing up the field towards the goal until the last attacker gains possession.
- Once the last attacker gains possession, the play is a live 5 v 4 to goal.

UNSETTLED SITUATION DRILLS:

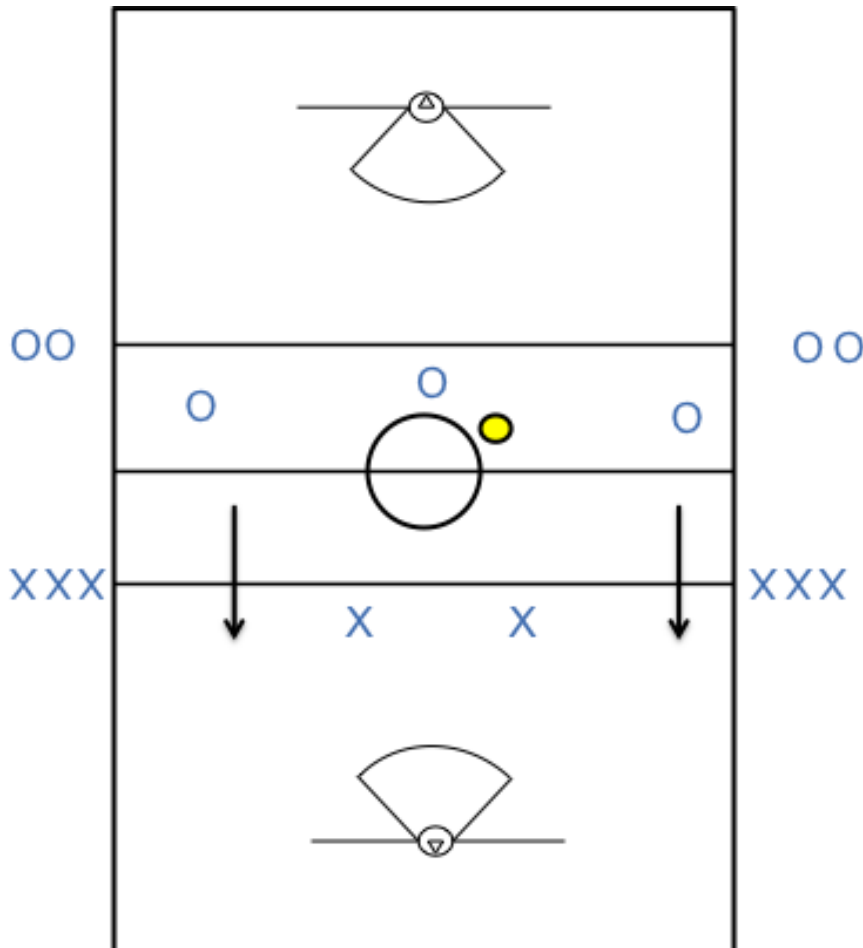
2v1, 3v2, 4v3

2v1, 3v2, 4v3...



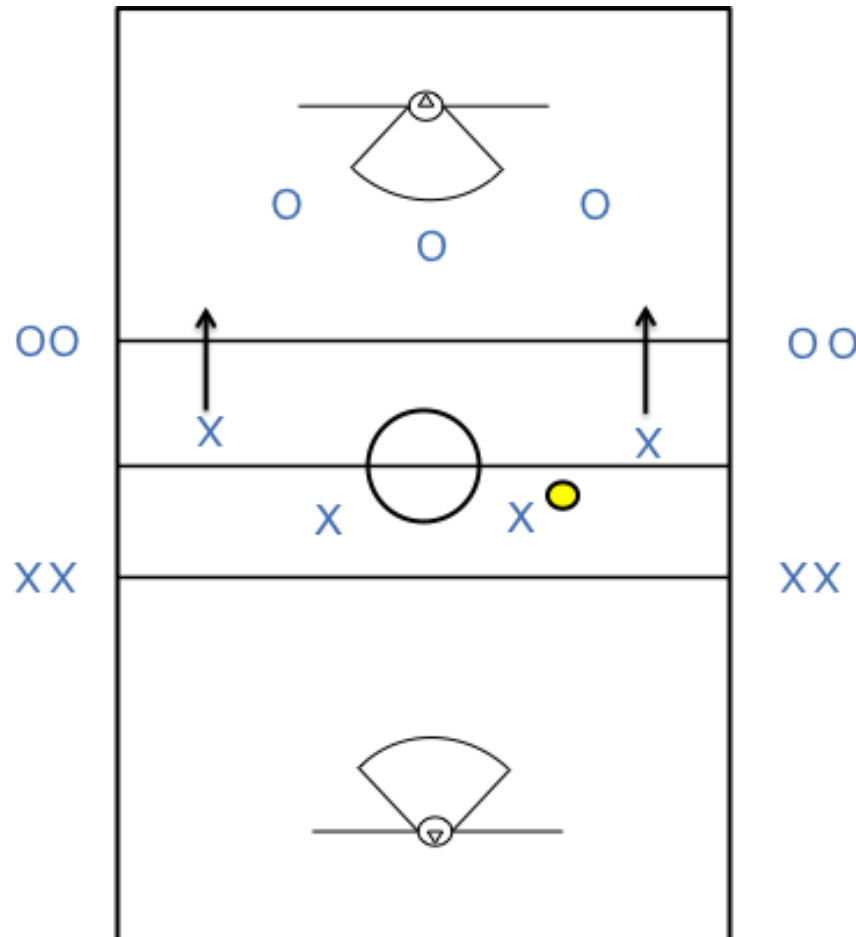
- 2 v 1 into 4 v 3 starts with two attacking “X” players just inside the 50 yard line and one defending “O” player near the restraining line.
- The two attacking “Xs” will go to goal against one “O” defender.
- On a goal or goal keeper save, the two attacking “Xs” will retreat to the opposite end of the field to play defense and the goal keeper will clear the ball to either of the “O” outlet lines.

2v1, 3v2, 4v3...



- The first player in each “O” outlet line will join the “O” already in the drill to create a 3 v 2, attacking at the opposite end of the field.
- On a goal or goal keeper save, the three attacking “Os” will retreat to the opposite end of the field to play defense and the goal keeper will clear the ball to either of the “X” outlet lines.

2v1, 3v2, 4v3...

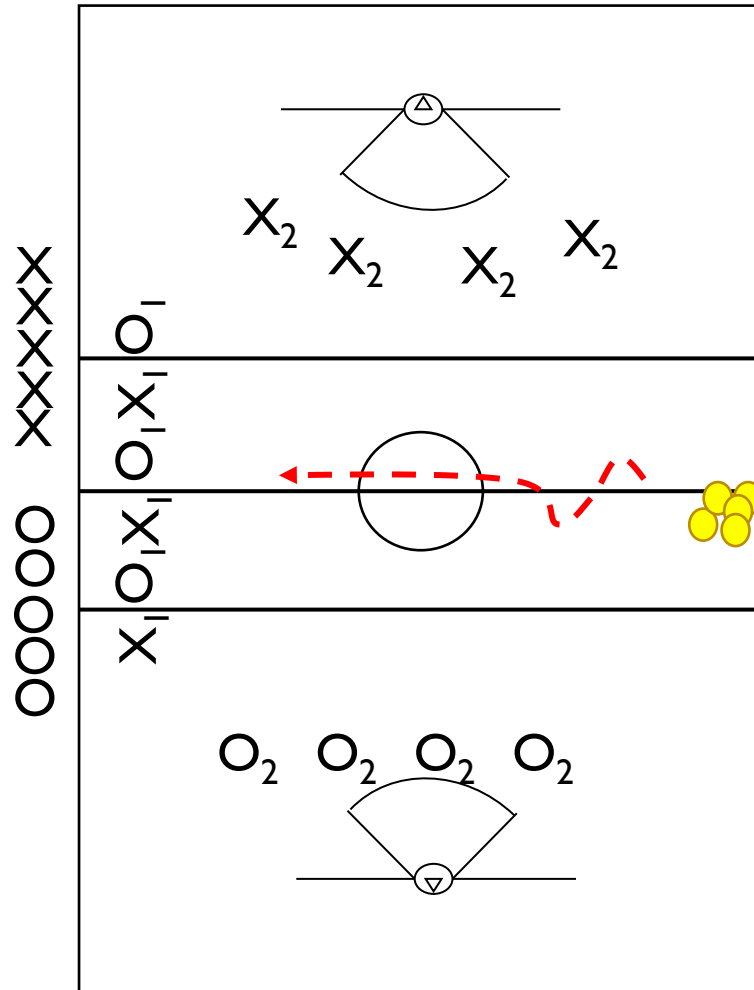


- The first player in each “X” outlet line will join the two “Xs” already in the drill to create a 4 v 3, attacking at the opposite end of the field.
- Once the drill begins, all players stay in the drill until the 4 v 3 (or more) has been played out.
- The attackers always play defense after a goal or shot and the defending team always adds two additional players from outlet lines when transitioning to attack.

UNSETTLED SITUATION DRILLS:

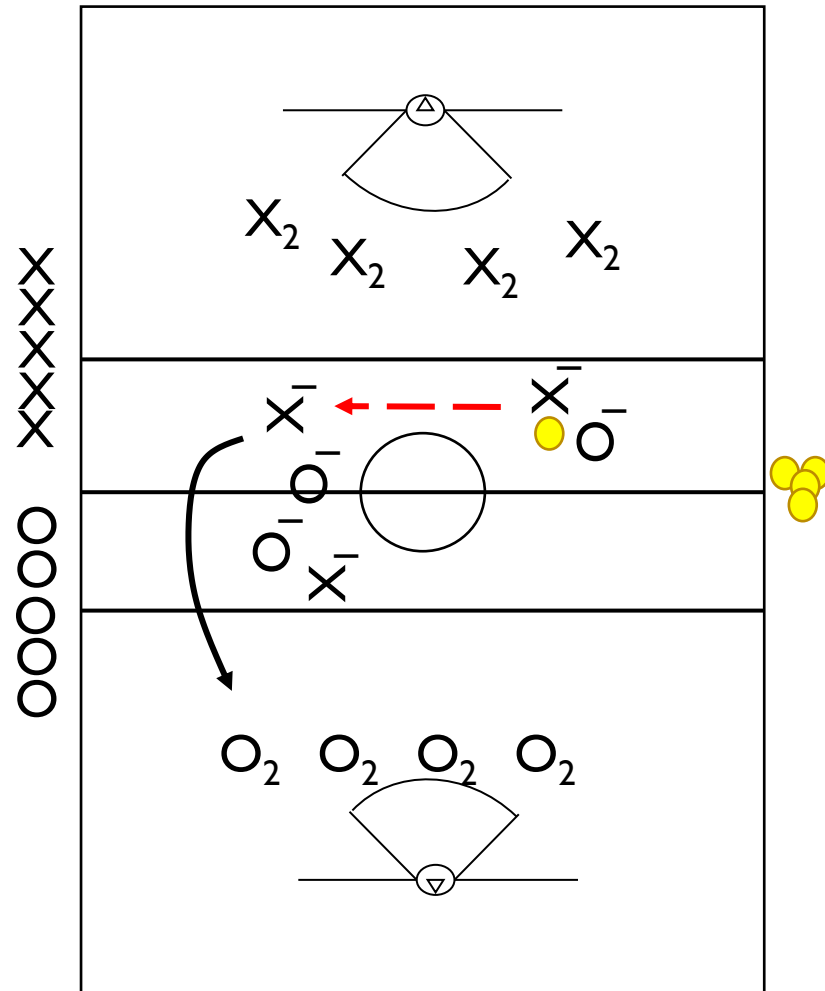
2v2 CGB to 3v4 or 4v3

2v2 CBG TO 3v4/4v3



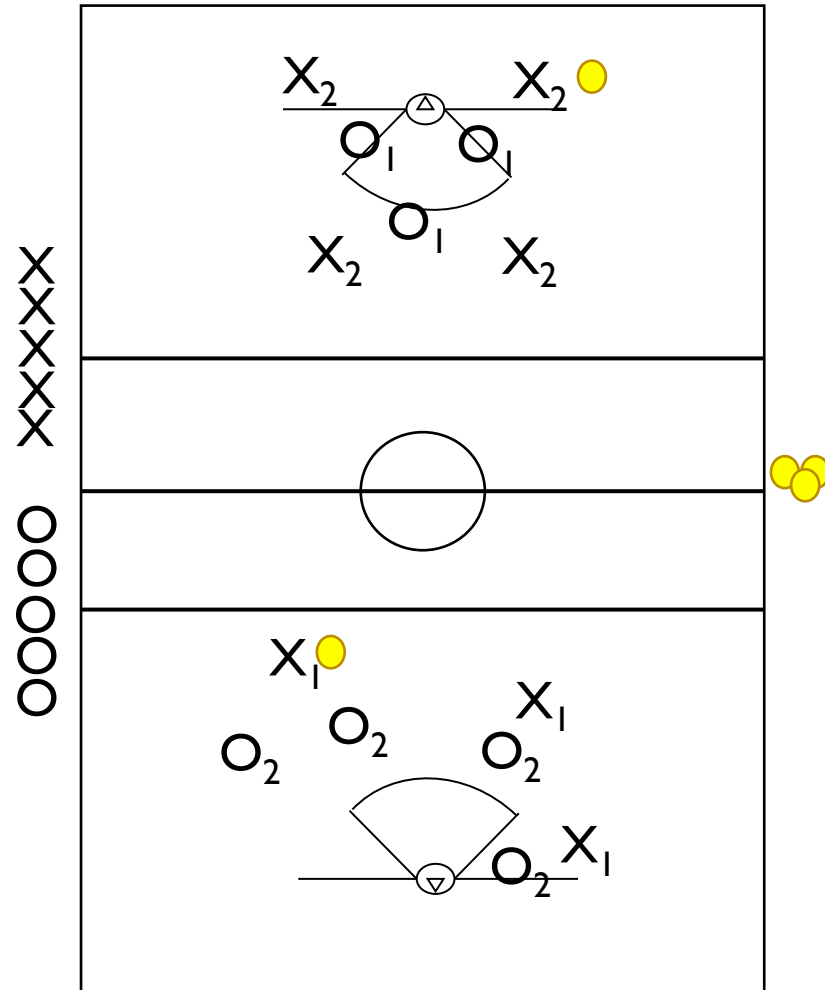
- 2v2 Competitive Ground Ball into 3v4/4v3 starts with 4 - X_{2s} and 4 - O_{2s} in front of each goal on opposite ends of the field.
- The coach rolls a ground ball to the first six players 3 - X_{1s} and 3 - O_{1s} who are lined up between the restraining lines.
- Once possession is established, that team must make one completed pass between the restraining lines.
- Once the pass has been completed, the team with the ball will attack the end that has the opposing players.

2v2 CBG TO 3v4/4v3



- Once X₁s pick up the ground ball and make a pass, they will take the ball and attack the O₂s that are waiting in the zone.
- The three O₁s that lose the ground ball drop in to the opposite side of the field to play defense on the O₂s.

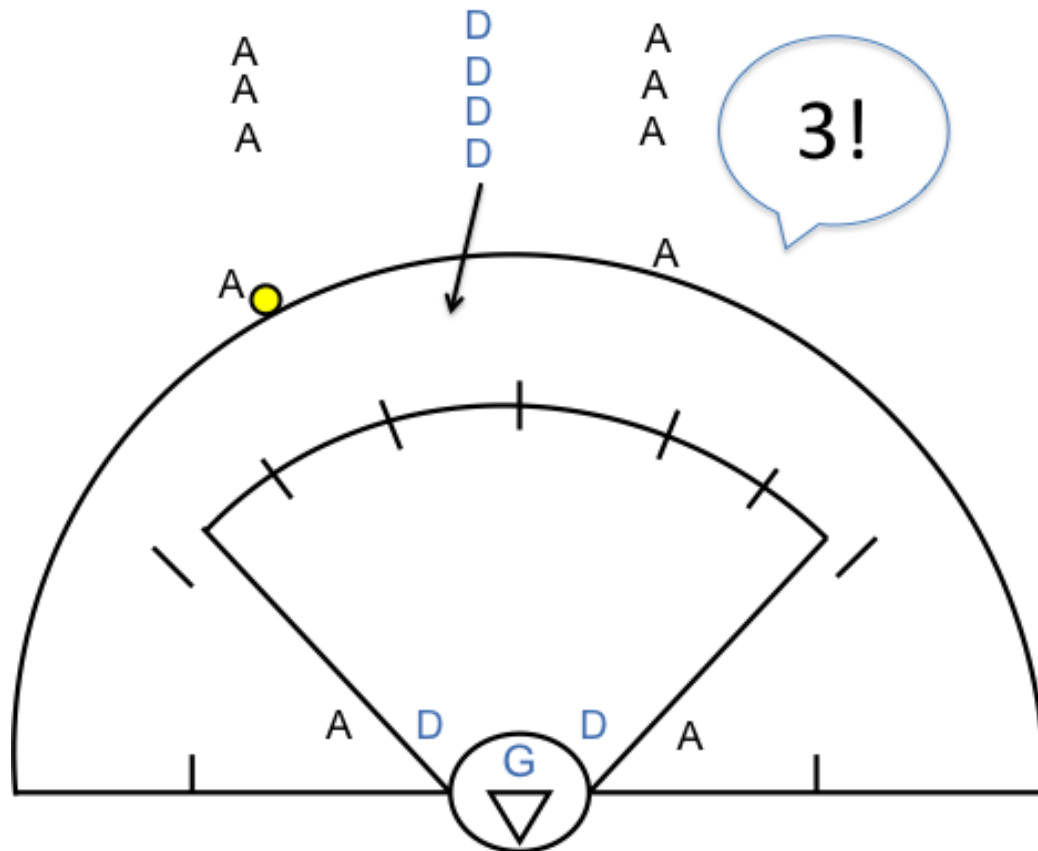
2v2 CBG TO 3v4/4v3



- A coach will pass a ball to the X_{2s} so that they can attack the goal. X_{2s} must bring the ball behind the goal in order to allow the defenders to get in.
- The team that wins the competitive ground ball plays out a 3v4 and the team that loses the competitive ground ball plays out the 4v3.
- Once the play on both ends finishes, then the drill resets.

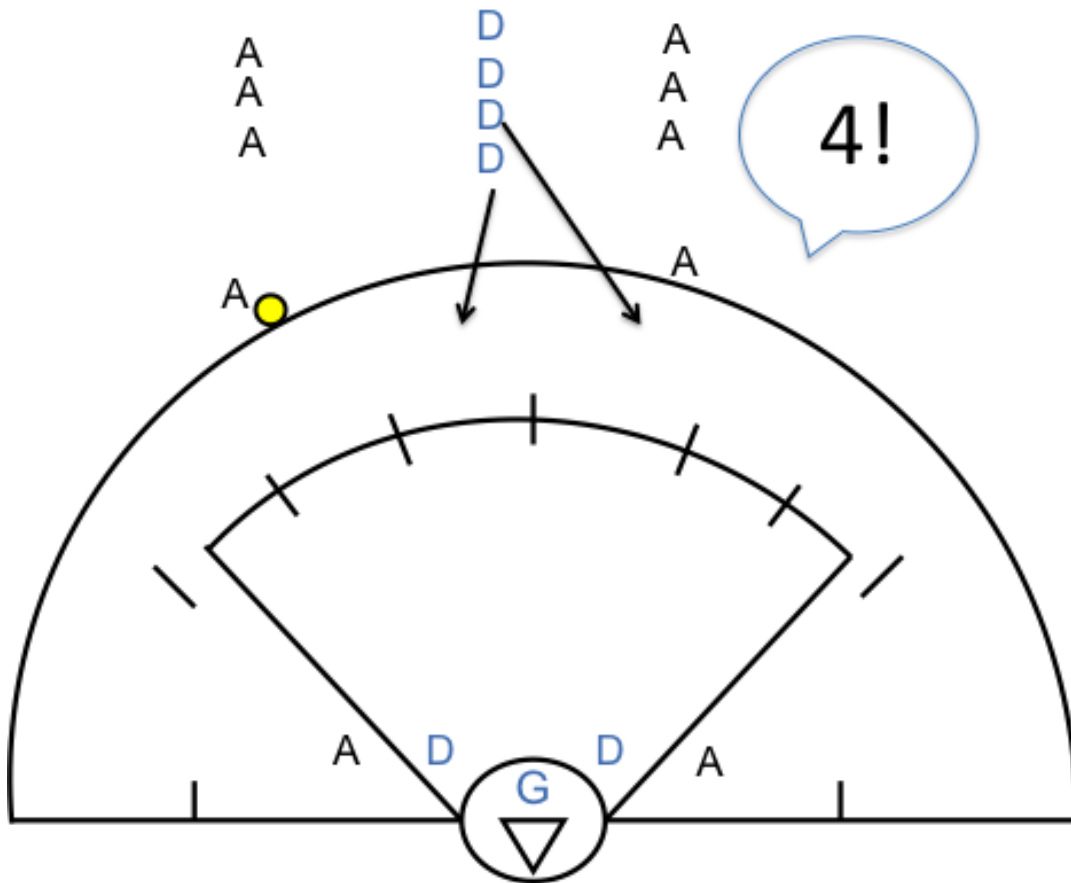
UNSETTLED SITUATION DRILLS: 345

345



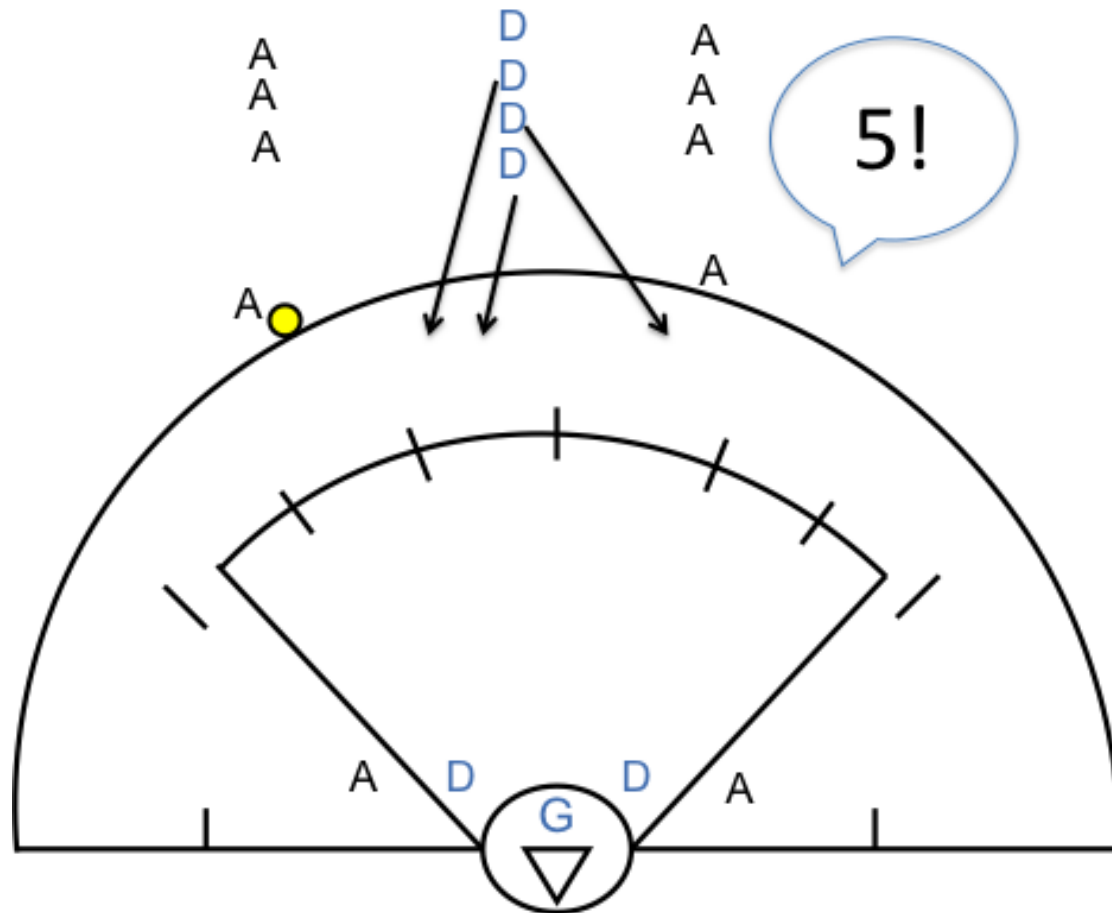
- 345 Drill is set up with two lines of attack and one line of defense around the 15M.
- Before the drill begins, two attackers and two defenders enter into the 8M zone, low on the crease.
- The coach will roll a ball to the designated attacking team and one attacker from each of the top two lines will enter the drill. In each set, the attack always has four players.
- As the coach rolls the ball to the attacker, the coach will yell one of three possible commands, “3,” “4,” or “5.” The number correlates to the total number of defenders that are in the drill.
- At the coach’s command, “3,” the coach will roll the ground ball to the attacking line and only one defender from the top line will enter the drill, making the situation a 4 v 3, man-up offense.

345



- Once that play is dead, two new attackers and defenders from the top lines will enter into the 8M zone, low on the crease and the drill will repeat. At the coach's command, "4," the coach will roll the ground ball to the attacking line and two defenders from the top line will enter the drill, making the situation a 4 v 4.

345

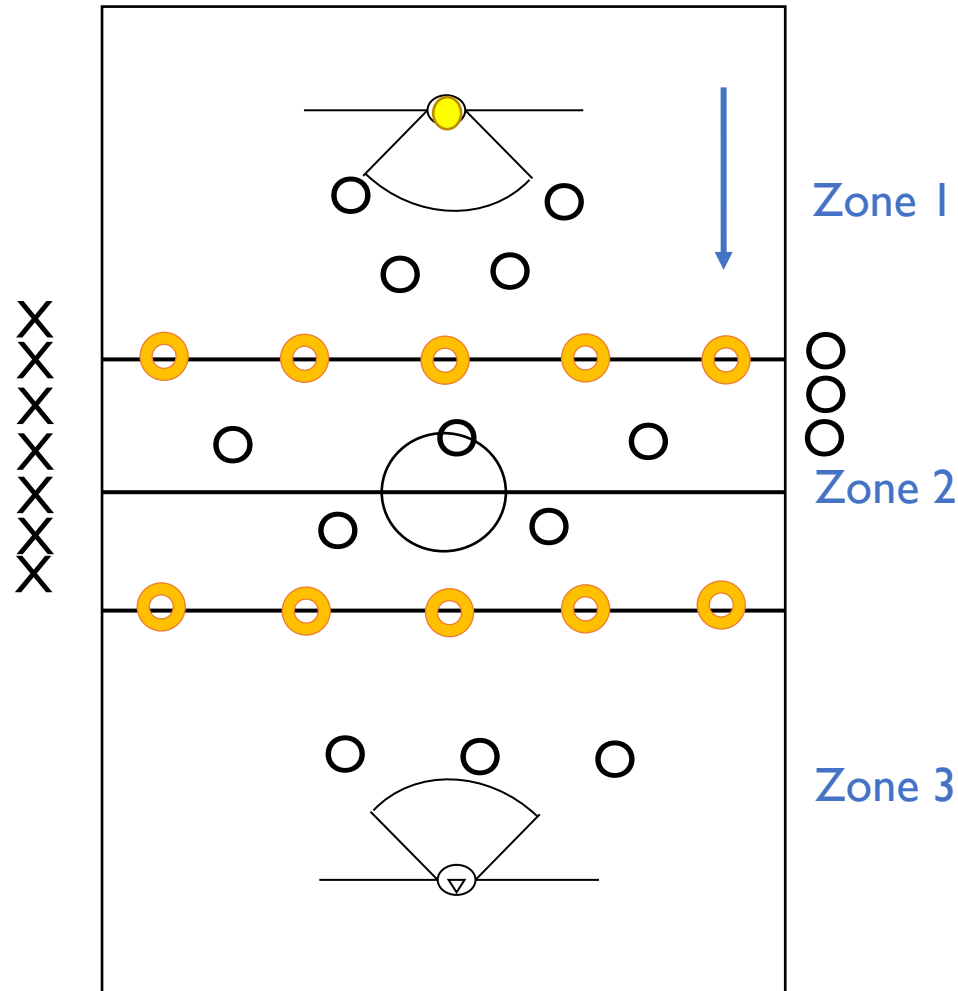


- If the coach yells, “5,” three defenders will enter the drill making it a 4 v 5, man-down offense.

UNSETTLED SITUATION DRILLS:

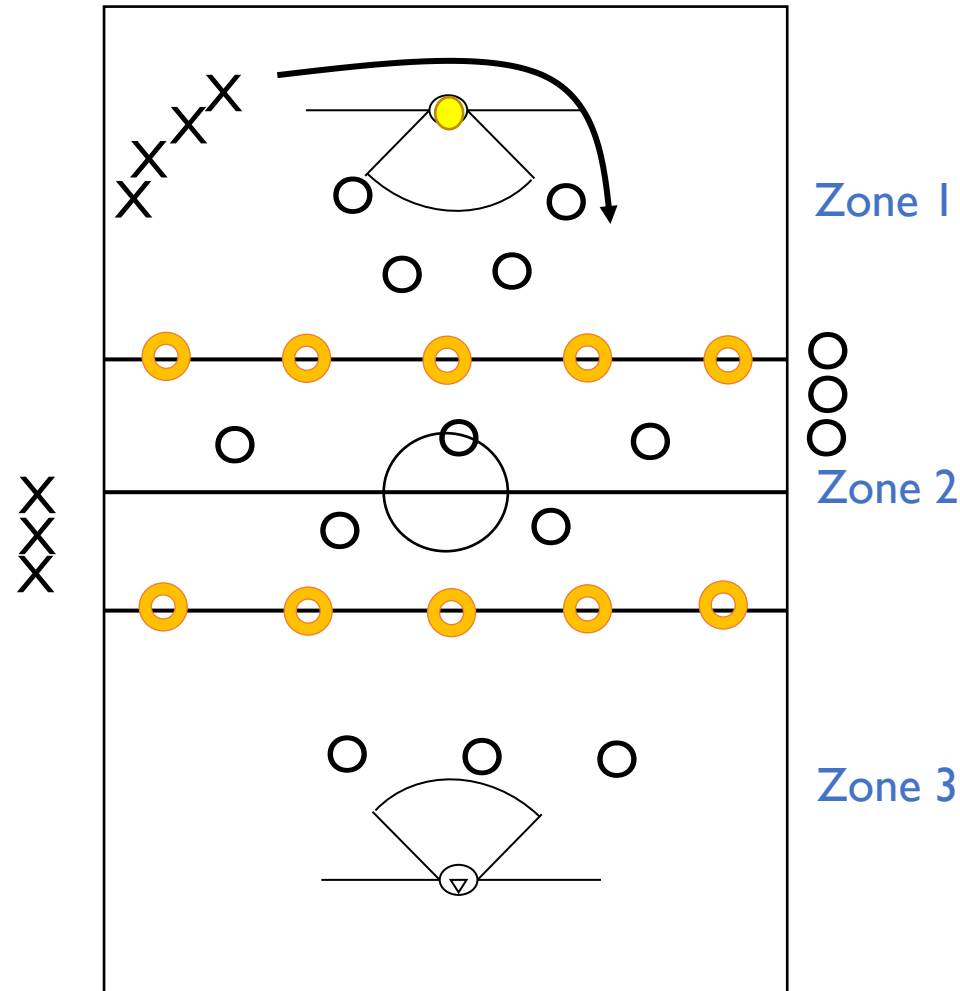
Gauntlet

GAUNTLET



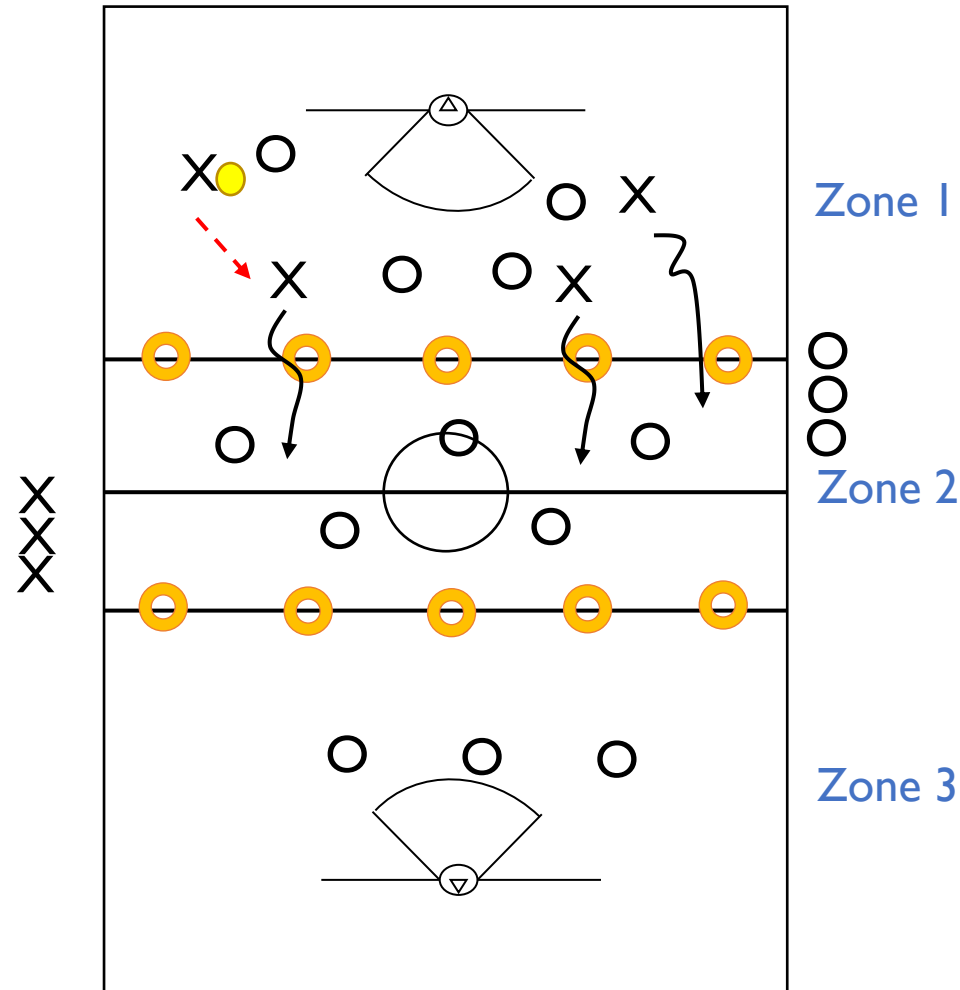
- Divide players into two teams.
- Separate the field into 3 zones. Defenders in the zones stay in the zone until they are substituted out.
 - Zone 1: Restraining line to goal line
 - Zone 2: Restraining line to restraining line
 - Zone 3: Restraining line to goal line
- The attacking team 'X' is trying to move the ball through the zones without losing possession.
 - Zone 1: Even
 - Zone 2: Man-up defense
 - Zone 3: Man-up offense

GAUNTLET



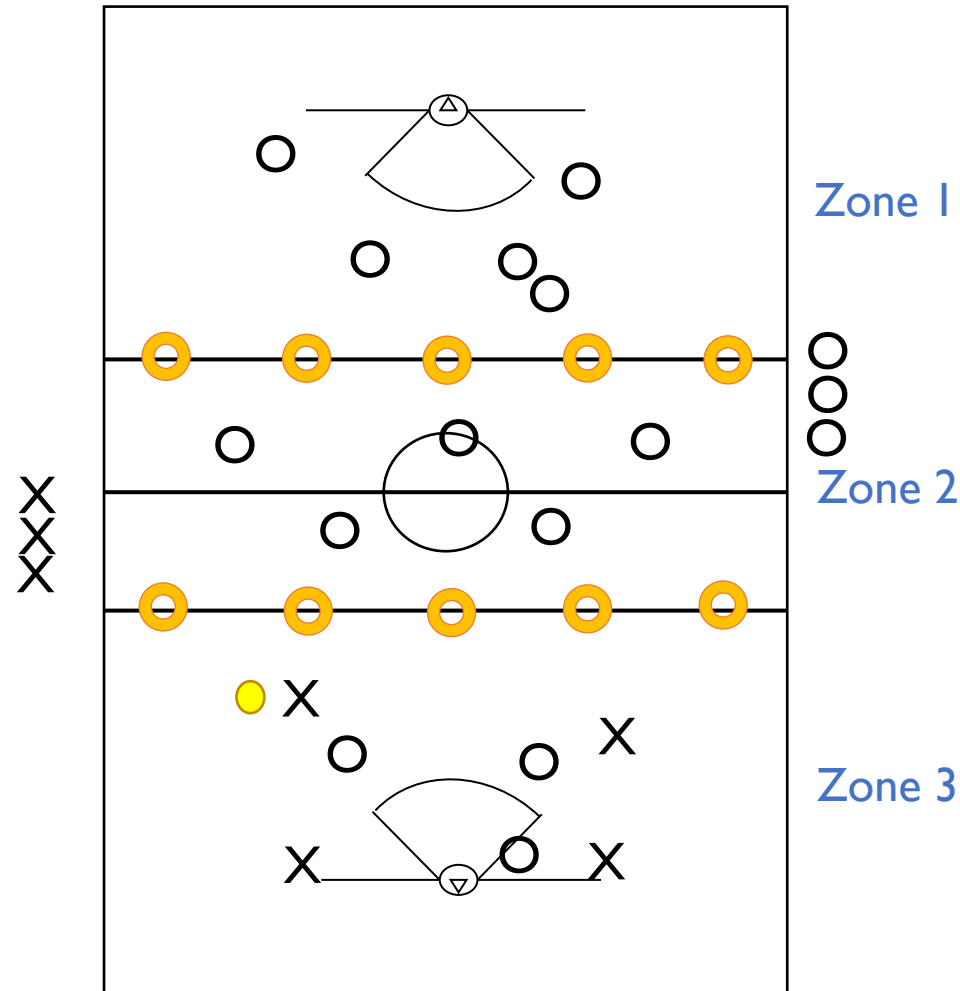
- Start by sending 4 Xs around the goal; the X attackers then look to break out and receive the ball from the goalkeeper.
- The four Os in the zone look to mark up. If the defense causes a turnover, the attackers run off and a new group starts.

GAUNTLET



- The Xs need to make 1 pass in the zone before they can advance to Zone 2.
- Once the pass has been made, the four attackers advance to the next zone.
- If they complete a pass in Zone 2, they advance to Zone 3. If the defense turns the ball over, that group of attackers runs off of the field and new group starts on.

GAUNTLET



- If Xs are able to break into the last zone, they will play man-up in a 4v3.
- Once the play is dead, the four attackers run off and then next group starts around the goal.