



One for all.

Building a Motion Offense with beginning youth players

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NH Lacrosse Foundation
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One for all.

Today's Game Plan

- Review Individual Offensive Skills
- Five simple rules for players
- Five "Lifetime" offensive concepts you MUST teach
- Skill, Drills & Progressions
- Offensive sets – common ground, different looks





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Individual Offensive Skills

- **Dodging**
 - How & *When*
- **Passing/Catching**
 - ball moves faster than feet, maintain possession
- **Playing without the ball**
 - Clearing out/Mirroring ball
 - Cutting: V, Front, Back
 - Picking & using picks







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Individual Offensive Skills

- **Feeding:** force D rotations, or penetrate zone
- **Crease Play:** working the rectangle, pick/re-pick, hi-lo cut, catch & shoot
- **And...**





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5 Simple Rules for Players

1. Offense starts with a **dodge**
2. **Beat my man and make another defender slide** (create the 2v1)
3. **If I am next to the player with the ball I should...**
 1. **Cut** – to the goal for a **feed**
 2. **Cut** – to **create space**, or **become an outlet** (mirror)
 3. **Cut** – **V-cut for help**
4. **When I pass I must cut to goal** (give & go)
5. **When I receive a pass I should look back** to the teammate who passed it to me for the **give & go**





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“Lifetime” Offensive Concepts

- **Force D Slides** to gain numbers advantage & high % shot
- **Move without the ball** to Create Space, give help & move a defender
- Stay **balanced** – don't let 1 cover 2
- **Move the ball** – don't hold the ball, or stay in one place, force defensive rotation (with pass or dodge)
- **Attack the 'backside'** of the D



Teaching Offense

- Break field down into...
 - Players behind goal
 - Players up top
 - Players on crease
- Give players options (rules)...
 - Based on ball position &..
 - if they have the ball
 - if they don't have the ball

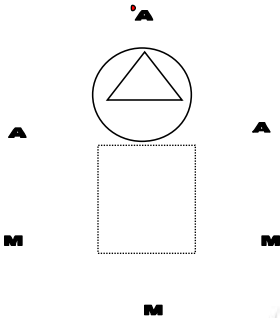


Offensive Sets (a progression)

- **Circle:** spread the D (balance), clear the crease, dodge & dump, pass & cut, "possession" set
- **1-3-2:** 3 man plays, triangle rotation, adds crease play
- **2-2-2:** Spread D, cause confusion on the crease/screen goalie, dodge from 4 corners, crease play
- **1-4-1:** dodge from top & X, picks, feed crease, big wing shot



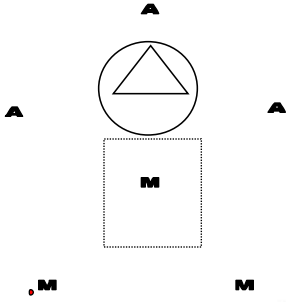
Circle Offensive set





1-3-2 Offensive set

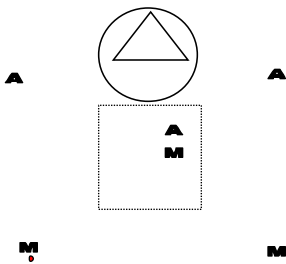
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2-2-2 Offensive set

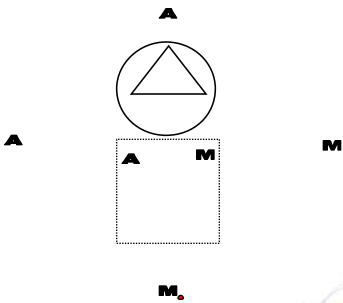
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1-4-1 Offensive set

One for all.





Offensive Progression

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- Dodging – forcing & recognizing slides
- Moving with & without the ball
 - 2-man plays (progress to 2v2 & 4v4)
 - 3-man plays – triangles (progress to 3v3 & 6v6)
- 4v4 – moving the ball
 - Work 2 man plays based on ball position
 - Work attacking backside of Def (maybe?)
- Field Balance - Introduce offensive sets
 - Circle
 - 2-2-2
 - 1-3-2 triangles
- Add Crease play
 - Work the rectangle with 1 & 2 on Crease
- 6v6



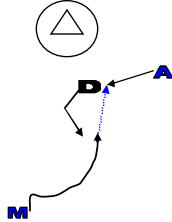


Skills - Dodging

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- ## Shoot or Pass – recognizing the 2v1
- If defender slides to ball carrier - pass to teammate
 - If defender doesn't slide to ball carrier – shoot on goal

Coaching points:
 -Work variety of N/S dodges
 -Dodge from all points
 -Keep head up
 -Finish with shot
 -Communicate
 -If you're man slides – move to the space he left





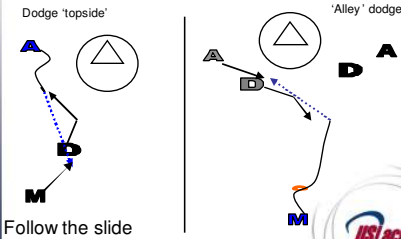
Skills - Dodging

One for all.

Recognize the slide

- Ball carrier makes dodge to goal – read D - recognize slide - shoot or dump

Coaching points:
 -Work variety of dodges
 -Keep head up
 -Finish with shot
 -Communicate
 -If you're man slides – move to the space he left



Follow the slide







Skills - Cutting

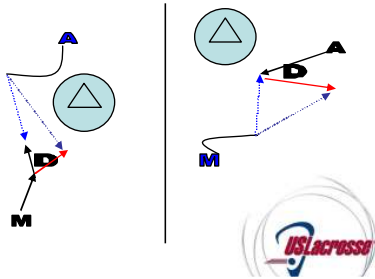
Scripted Cutting Drills

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Script cuts vs different defensive positions to familiarize players with making reads

Coaching Points

- V Cut for help
- Front cut to take away defender
- Back cut to goal



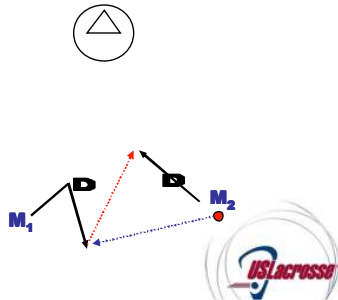


Skills – Pass & Cut

Give & Go

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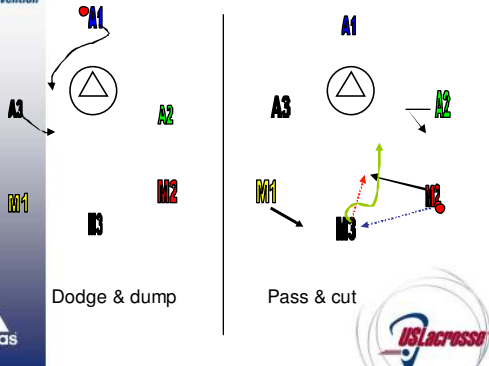
- Coaching points:
- Off ball player makes V-cut to provide 'help'
 - Passer makes back cut immediately after pass
 - If not open, M1 sweeps and M2 mirrors
 - End with a shot





You now have an offense! Set up circle O with...

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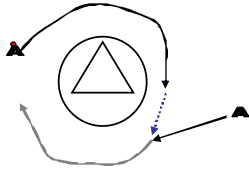


2 Man Plays

One for all.

Options for players behind

Mirror Ball/Back cut



2v2 to add pressure

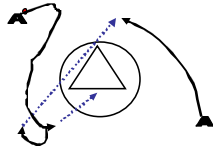


2 Man Plays

One for all.

Options for players behind

Mirror ball/outlet behind



2v2 to add pressure

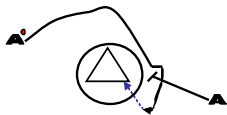


2 Man Plays

One for all.

Options for players behind

Pick on-ball



2v2 to add pressure

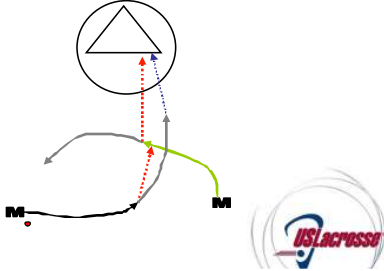


2 Man Plays

One for all.

Options for players up top

Mirror Ball/Back Cut





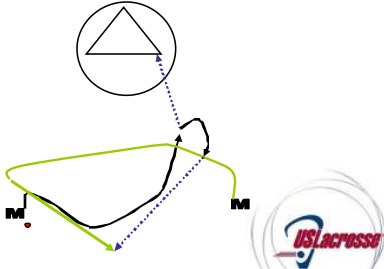
2 Man Plays

One for all.

Options for players up top

Mirror Ball/Outlet up top

2v2 to add pressure

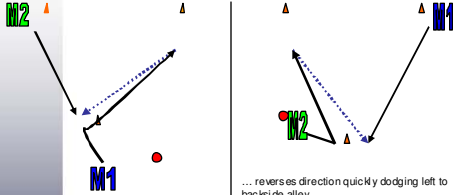




Skills – 2 Man Plays

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Backside Dodge & Slice



M1 split/face dodge cone and drives 'down alley to next cone
 -M2 mirrors ball and gets to outlet position up top
 -M1 **slice** passes across body to M2 who receives pass up top and...

... reverses direction quickly dodging left to backside alley
 -M1 mirrors M2 and fills to top outlet where he receives pass and quickly dodges right down backside alley - continue with this flow for a # of reps
 -Progressions: add a shot on goal after several passes. Add defenders playing on/off ball positions

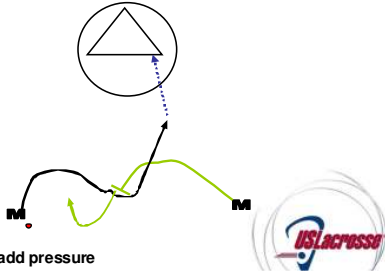


2 Man Plays

One for all.

Options for players up top

Pick on-ball option



2v2 to add pressure



Skills - 2 Man plays 4-Man Cutting

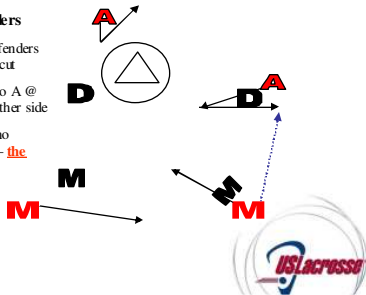
One for all.

Reading off-ball defenders

M passes to A, reads his defenders position and makes correct cut

A can hit M, or swing ball to A @ X who will run same drill other side

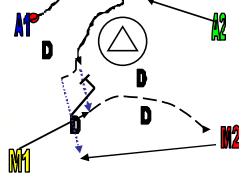
Always looking for man who passed you the ball FIRST - the give & go



Skills - Dodging

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4 Corners (dodge & draw)



Start with passive D, and progress to full 4v4 with D playing off-ball/help position with pre-set slides.

Coaching Points

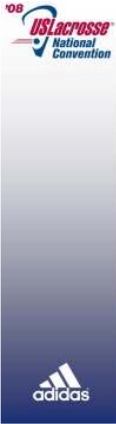
- Move ball with a pass or dodge
- look to quickly attack backside when reversing ball
- Send slides from various positions (crease or adjac)
- Send slides at predetermined points

4v4 with A & M working dodges from behind and up top. (Always start with drive/dodge to Goal.

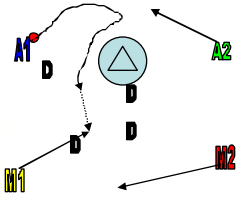
If A1 drives GL going to goal or drawing slide. M1 should make shallow cut and look for ball if his defender slides. If no slide then cut thru to create space. M2 becomes help. Restart drill with dodge.

A2 mirrors ball and becomes outlet behind. If A1 comes to him with outlet pass he immediately attacks backside with a drive to GLE.





Skills – 2 Man Plays, 4v4 One for all.



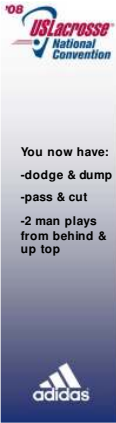
Start with passive D, and progress to full 4v4 with D playing off-ball/help position with pre-set slides.

4v4 with A & M working the options for players behind and up top. (Always start with drive to Goal then use mirror, feed cutter, pass to outlet, pick to ball, etc)

If A1 drives GL M1 should make shallow cut for ball – if doesn't get ball he clears thru. M2 mirrors M1 and becomes outlet for A1 up top

A2 mirrors ball and becomes outlet behind – can set pick or clear out if A1 comes to him as well. **If he gets ball as outlet he immediately attacks backside and continues drill options**

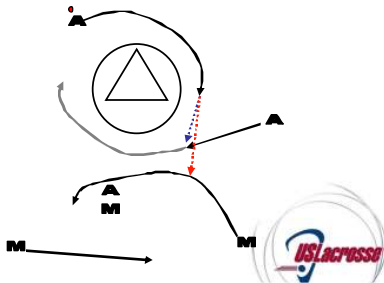


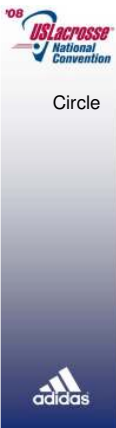


We've added another element to the offense! One for all.

Mirror Ball/Back cut in a 2-2-2 set

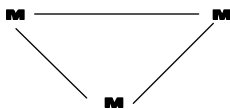
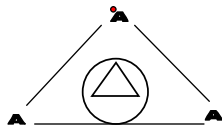
- You now have:
- dodge & dump
 - pass & cut
 - 2 man plays from behind & up top





3 Man Plays - Triangles One for all.

Circle

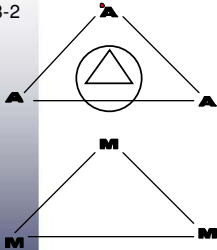




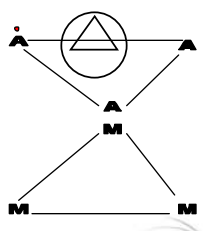
3 Man Plays - Triangles

One for all.

1-3-2



2-2-2

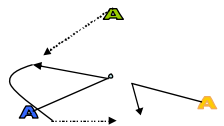




Skills – 3 Man Drills

One for all.

- Triangle passing drill: V-cut, work both hands, proper turn



- Drive "D" hard to center
- Plant and V-cut back out
- Switch hands to receive pass on outside
- Circle away from pressure

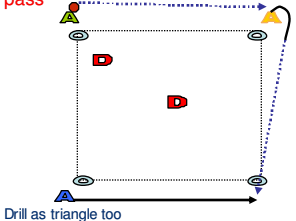




Skills – 3 Man Drills

One for all.

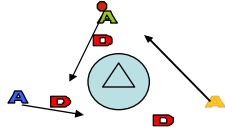
- 3 v 2 – move to space, back-cut, back pass



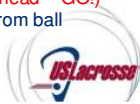
Skills – 3 Man Drills

One for all.

•3 man drills/motion clear-out triangle from Attack



- A drive GLE to go topside (inside roll, ? Mark too), or look to feed
- A clear through, back cut, (D turns head – GO!) if not cut across face to take away from ball
- A fill/balance, outlet behind

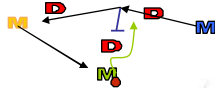
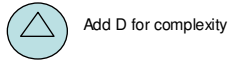


Skills – 3 Man Drills

One for all.

3 man drills/motion clear-out triangle from Midfield in CIRCLE OFF Formation

- M drive to Goal – North/South Dodges!! (alley dodges)
- M front cut, or back cut if D cheats (pick?)
- M fill/balance



Cover fastbreak

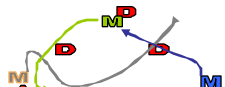
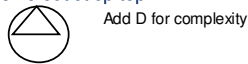


Skills – 3 Man Drills

One for all.

3 man drills/motion clear-out triangle from Midfield in 1-3-2 Formation (with M on Crease)

- M drive to Goal – North/South Dodges!! (alley dodges)
- M shallow cut to goal, back cut if D cheats (pick?)
- M fill/balance & become outlet up top



Cover fastbreak



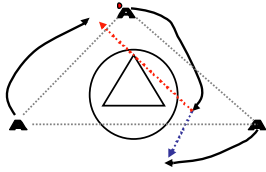


3 Man Plays

One for all.

Options for players behind

Mirror Ball/Back cut/Outlet Behind



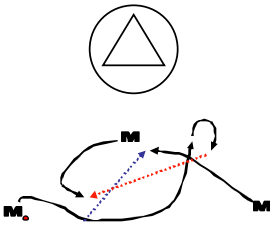


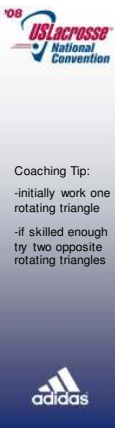
3 Man Plays

One for all.

Options for players up top

Mirror Ball/Back cut/Outlet Up top





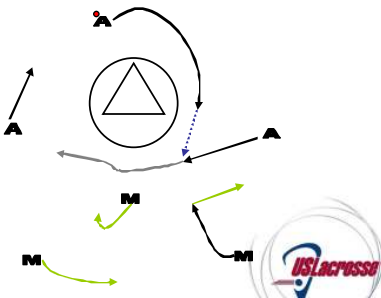
Triangles

One for all.

Commonality & Versatility!

Mirror Ball/Back cut in a 1-3-2 set

Coaching Tip:
-initially work one rotating triangle
-if skilled enough try two opposite rotating triangles



Options for players on the Crease One for all.

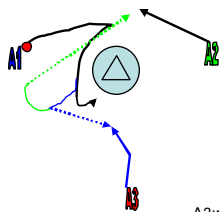
- Ball behind play high (8-10 yds from crease)
 - allow ball carrier behind room to dodge, make Def slide longer & for cut to goal
- Ball up top play low (3-5 yds from crease)
 - allow ball carrier up bp room to dodge, make Def slide longer, screen goalie
- Always move opposite pipe to ball carrier side
- If 2 on crease stack opposite pipe
- Continuously work the 'rectangle'
 - Pick/repick, hi-lo cut, adjust based on ball location



'Multi-Option' Attack Drill One for all.

Ball Carrier (A1) has 4 options & should read D

1. Drive GLE for shot
2. Feed A3 if open on cut, or if D slides
3. Passes to outlet behind (A2)
4. Drive toward X & use pick at GLE from A2 (not shown)



A2 should:

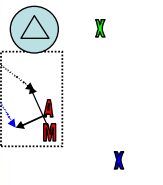
1. Mirror ball carrier/become outlet behind, then quickly attack 'backside'
2. Pick to ball at GLE

A3 will work rectangle & cut ball side looking for feed. A3 can cut backside if D overplaying to ball side

Progression is to start vs 'air', then add passive D, then live 3v3
Also run with 2 on crease



Feed the Crease Drill One for all.



X can be teammates or coaches who will move the ball around perimeter while the crease players:

1. Work the rectangle with picks/re-picks & Hi/Lo cut
2. Adjust their position based on where the ball is
3. Receive ball and shoot or maintain possession by passing to outlet when they don't have a good shot



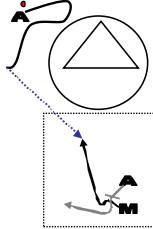


2 Man Plays

One for all.

Options for players on the crease

Hi-Lo cut, Pick & Roll, Pick/Re-Pick



8-10yds high

2v2 to add pressure





Skills - Dodging

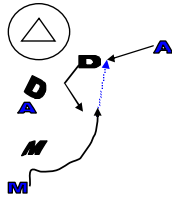
One for all.

Sweep & Dump

- Read sliding defender and dump to where he came from
- Add defensive slide from wing, crease, or cross crease

Coaching points:

- Work variety of dodges
- Dodge from all points
- Keep head up
- Finish with shot
- Communicate
- If you're man slides - move to the space he left



Scripted & 3v3 freestyle

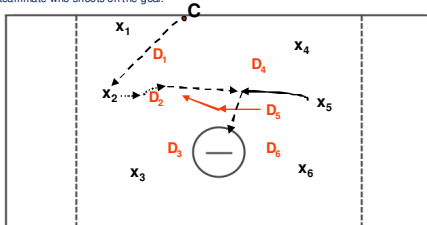




Forced Slide Drill:

Practice offensive spacing, dodging, and feeding from a Circle offense. Set the six offensive players up around the goal in the shape of a Circle offense. Position one defender about 3-5 yards inside of them. A coach throws a ball to an offensive player, who immediately dodges by his defender and goes to the goal (the defender applies only token defense). The defensive player opposite him slides to meet the ball carrier, and the offensive player opposite him cuts to the goal to create a passing lane. The ball carrier moves the ball to his open teammate who shoots on the goal.

One for all.



Scripted & 3v3 freestyle



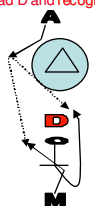


Skills – Picks/Feeds

One for all.

- Cutter/Feeder recognition
- A must use 'QB' shuffle back or veer to **clear hands**
- Cutter brush shoulders with C & catch in correct hand
- Feeder must read D and recognize open man based on D coverage

Pick & roll





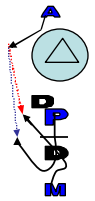
Skills - Picking

One for all.

Off-Ball Post Pick (& Roll Drill)

- A must use 'QB' shuffle back or veer to **clear hands**
- Cutter brush shoulders with C & catch in correct hand
- Feeder must recognize open man

Hi-lo cut with M up top



Can do this as On-Ball pick too for M up top





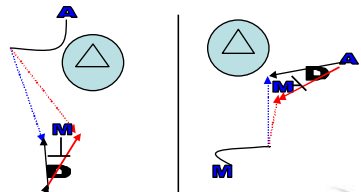
Skill Building Drills

One for all.

Pick Drills – Off Ball Picks

Read D, make correct cut off pick – **STICK POSITION**

Use **FAKES**



Work the pick & roll too!

Follow cutter with Roll for **OFF-BALL** pick