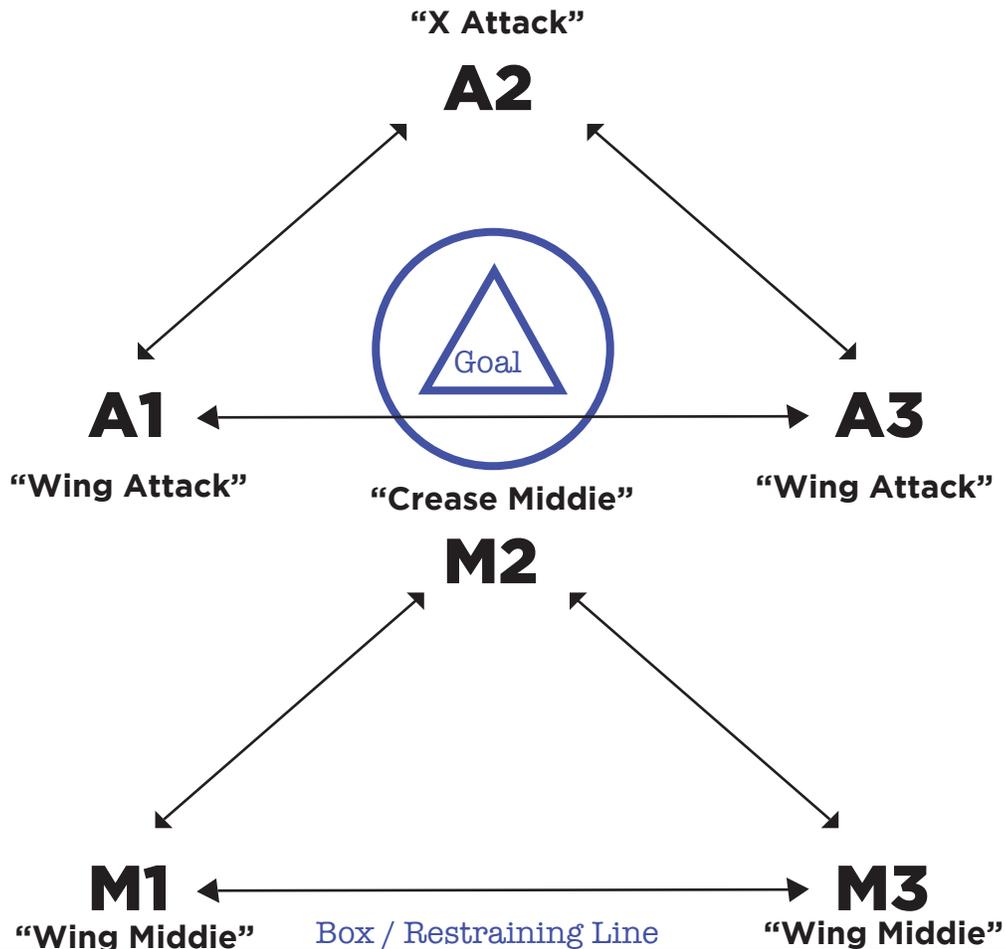


Endline

GLE "Goal Line
Extended



**"TRIANGLES" OFFENSE is known as a 2-3-1 OFFENSE
(2 Players Up Top, 3 Players Across the Goal Line,
1 Player Behind the Goal)**

Attack and Middies each have their own "Triangle" and can cut, rotate, switch positions to create movement within the offense. Middies and Attack should occupy one of positions in their Triangle when we transition the ball and set up the offense. Slowing down and setting up in these positions helps spread out the defenders and creates more room for players to make cuts and drive to shoot or pass.

Midline

ATTACK

A2 is like a Point Guard where they can dodge and beat their defender behind the cage and feed Middie or Attack shooters. They are also behind the goal to help chase missed shots and keep possession. A1/A2 can dodge/drive from the sides to shoot or pass, they should always be above the GLE so they can be ready to shoot.

MIDDIES

M1/M3 can make cuts to catch and shoot. With the ball they can drive to shoot or pass. When the other team gets a save/clears the ball - the M1/M3 are in the best position to get back on defense and stop ball/fast break. M2 is active on the crease, moving around and trying to get open for a quick catch and shoot. M2 needs good 'Stick Skills' to catch and shoot quickly.

TERMINOLOGY:

TRIANGLES: Our Offensive set up.

ROTATE: Rotate positions in the triangle.

PIZZA CUT (aka V Cut): Go towards your defender then cut/pop out to get open for a pass.

YELLOW LIGHT: Touch the box, slow down the pace and let players get into their positions.

GREEN LIGHT: Mismatch! Take it all the way and shoot.

ONE MORE: Make one more pass to open shooter.

BOUNCE SHOT: Aim shot at or in front of Goalie's feet to make it harder to save.

WOLF: Be aware! A defender is coming up quickly behind you to check your stick (Transition).

WHEELS: Take it and run! Sprint!

ALL YOU: No one is around you, take your time and scoop the ground ball.

LOOK UP: If you beat one defender and another defender is coming to you, that means a team mate is open. Look up, scan the field and look to pass (Transition).

MAN UP: Opposing team has penalty and we have a 'Power Play' - usually we have a set Man-Up group and sub out the current midfield line. Move ball and try to score.

MAN DOWN: Our team has a penalty and other team has a 'Power Play' - usually we have a set Man-Down group and sub out the current midfield line. Defense is down a defender so we must sink in and play tighter Defense.

BODY D: Don't go for stick check, just keep your body in front of your opponent and don't let them get by you.

BANANA CUT: On a clear, Defenders cut out to the side of the goal to get open for an outlet pass from the goalie.