

Newtown Youth Lacrosse Extra Man Offense

EMO Objective's

- In man down defense, one defender must work to cover two offensive players at one time; this defender is known as the “splitter.”
- The offense's goal is to exploit that defensive player by forcing the defender to chose one of the offensive players to cover leaving the extra player open

- **EMO formations can be designed to allow offensive players to cut in such a way that it forces the splitter to pick up the cutter or to chose one of the two players, thus freeing an offensive player to receive the ball.**
- **Many EMO plays are just that - designed plays where one particular player (best shooter) is isolated to receive the ball in a particular area for a shot.**

- **Other EMO plays are designed to allow the offense to freelance and move the ball quickly to exploit the defense by moving the ball faster than the defense can shift, therefore giving a player a shot with limited to no defensive pressure.**
- **In these situations players will catch the ball and be in between defenders stepping in to take a shot. Players free lance and are not looking for a particular type of shot or a specific person to shoot.**

- **Freelance plays are best executed with six experienced players who have learned and mastered basic individual and team skills.**
- **Many experienced defensive teams key in on the EMO formation that the offense shows at first “i.e. reading the formation”, often extra man plays with experienced players will also shift from one formation to another making it difficult for the defense to react and read.**

- **Extra man offenses must be used against defenses that rotate into the flow of the ball,**
or
- **hold their specific area and cover or chase the ball in their specific area (which an EMO play/player must draw the defense to create rotation),**
or
- **or aim to shut off or deny an area.**

Key to Successful Extra Man Offenses

1. Understanding your personnel. Strengths
2. Understanding Man Down Defense.... Prepare for all situations
 - 4 Man Rotation = soft and hard rotations
crease is locked with 4 man perimeter rotation-
creates longer slides for 4 perimeter players
(hard rotations may be timed for a specific # of passes)
 - 5 Man Rotation = soft and hard rotations
all 5 players slide creating shorter slides

- Bump through the crease to cover single feeder behind while covering the crease with one of the two top players, the other top player splits two, wings are covered by 2 wing players.
- 3-3 coverage
 1. Stringing two players and where option for skip to create shot
 2. 5 man rotation vs 3-3
 3. 4 man rotation with crease locked
- Shut Offs – (use your shut off to create a shot or step back to create space and free lance)

- Alternating shut off as the play continues

- 2 men down

3. Changing formations – strongest play can be disguised each game by starting in one formation to end in your strongest formation.

4. Force 2 defenders to cover 2 players in the same area to create a 4 vs 3. (carrying ball to the next adjacent area and flip the ball to the man in that area ... 2 are covered with 3 v 4 behind)

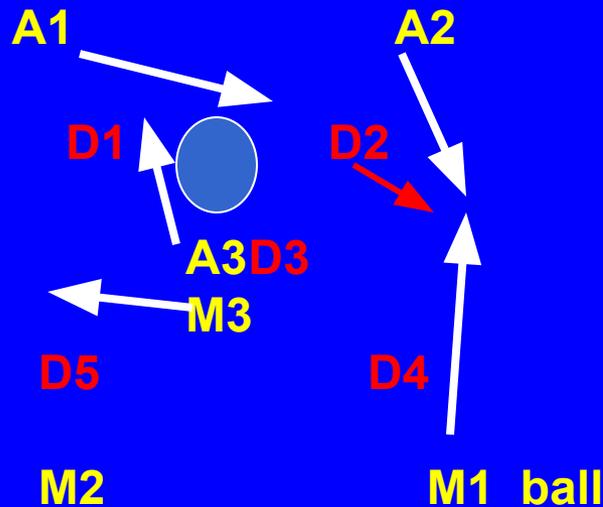
5. Carrying a defender to the next area to create an overload or to force a rotation-rotation is created by throwing back to the area the ball is carried from
6. Offensive players must move the ball quickly and accurately – keep the ball “hot and forcing a defender to play the ball
7. Offensive players must recognize which defender is covering two players and force that defender to commit to one of the two offensive players he is covering

Additional Option:

Why not use your zone offense in extra man situations?

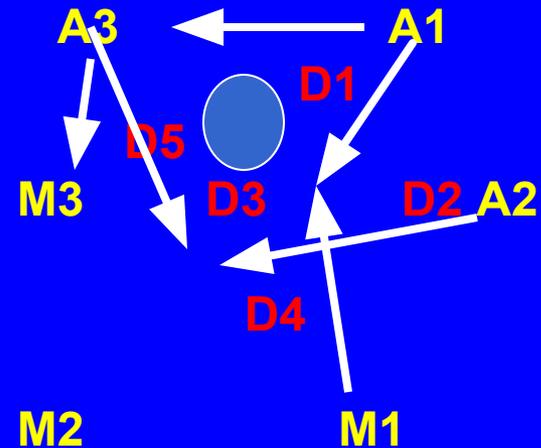
2-2-2 Zone Offense

Step 1



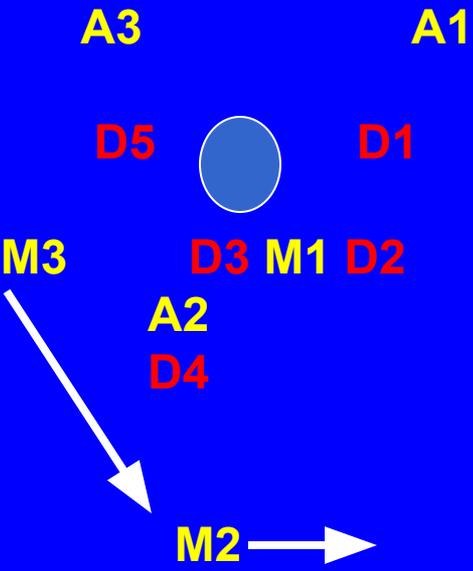
A2 forces D2 to play him or turn the corner for shot – also looks at M1 cutting and A1 coming to pipe

Step 2



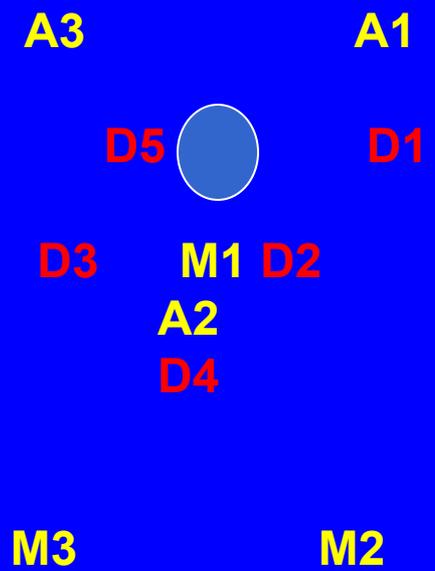
A1 looks to turn corner-passes to A3 at pipe-A3 looks to turn corner or feed M3 on wing or A2 cutting

Step 3



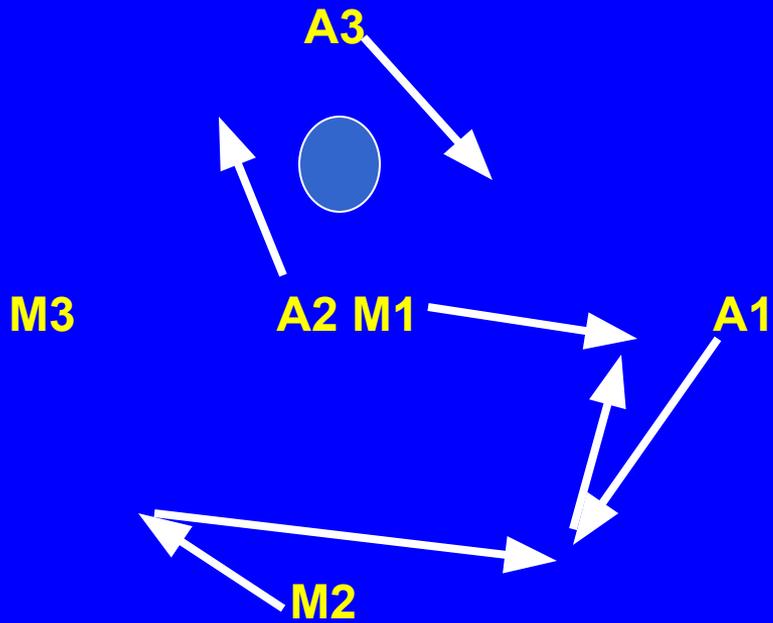
M3 passes to M2 who can step in to shoot or carrying to start process again

Step 4 (start process again)



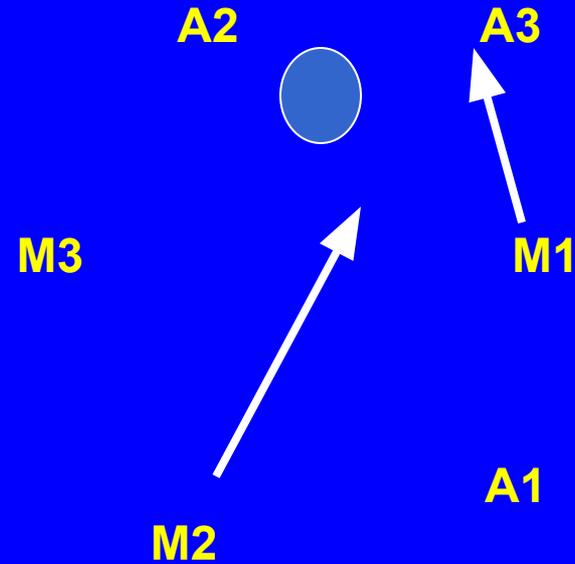
**Can also start play by A1 carrying to the wing to turn corner for shot or to feed A3 following him to pipe. M2 will cut as A1 throws to A3 at the pipe. Pattern begins again.

1-4-1 Zone Offense



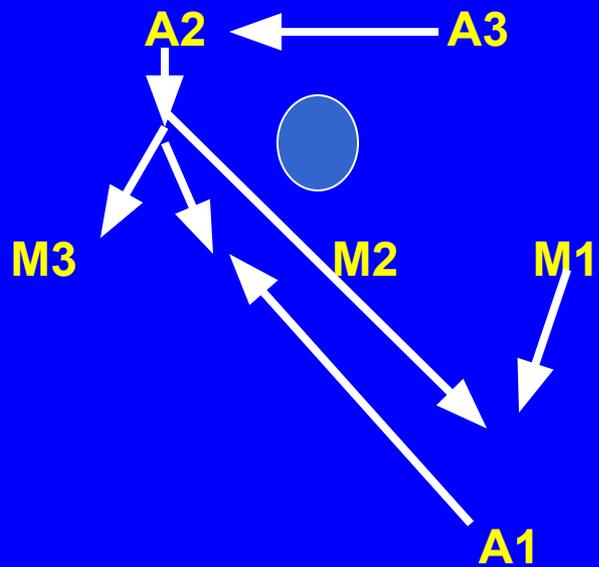
Step 1

M2 carries and passes to A1 (look to shoot), M1 breaks to wing, A3 Sneaks to pipe, A2 steps to pipe



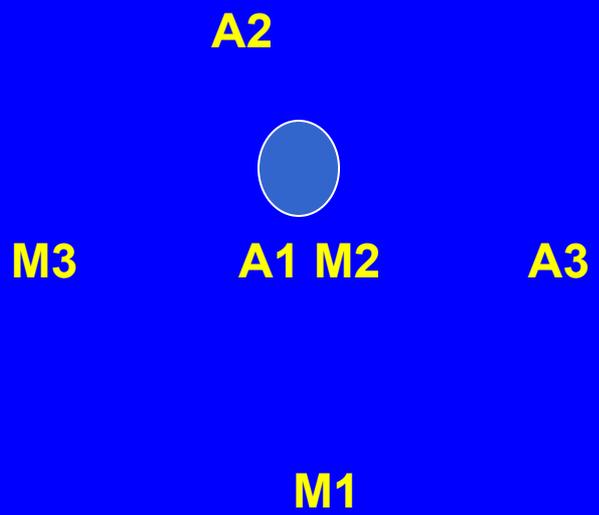
Step 2

A1 passes to M1, M1 passes to A3, M2 cuts as A3 receives ball



Step 3

A3 passes to A2 who steps up to turn corner, feed A1 cutting or M3 on wing, M1 breaks to high and away



Step 4

A3 curls to wing, M1 assumes point, A1 and M2 are crease and A2 assumes "X" position. All six players are back into the 1-4-1 set. Pass it around so M1 will carry towards his left to set up the offense again.

EMO FORMATIONS 1-3-2

A1 = good R/L able to feed and turn the corner

A2 = LH shooter

M1 = LH shooter

M2 = RH shooter

M3 = RH shooter

A1



M3

A3

A2

M2

M1

Cutting into 1-3-2 from 3-3



M3

A3

A2

M3

A3

A2

M2

A1

M1

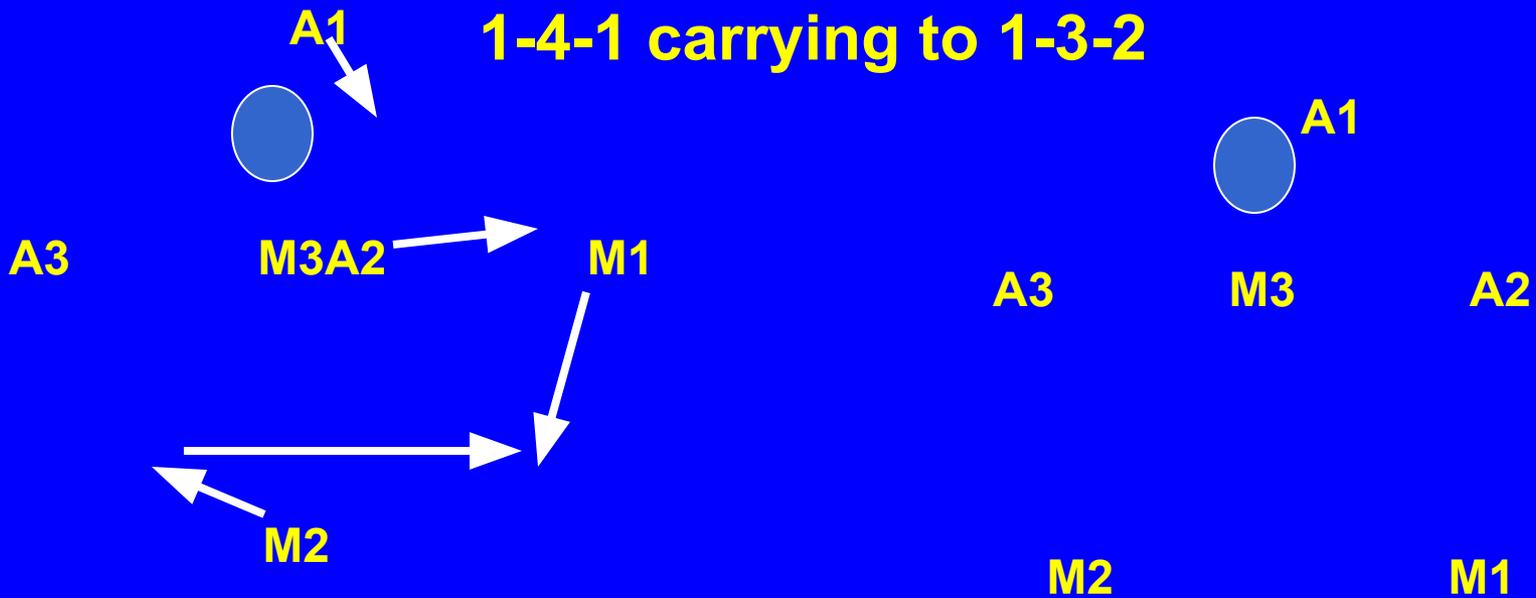
M2

A1

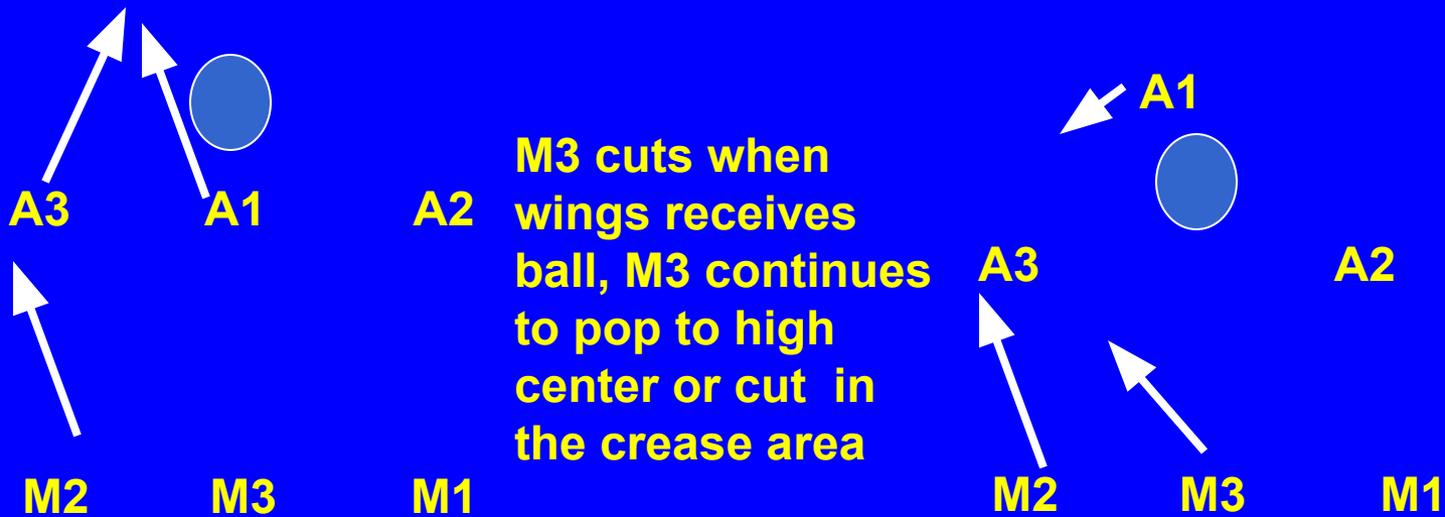
M1



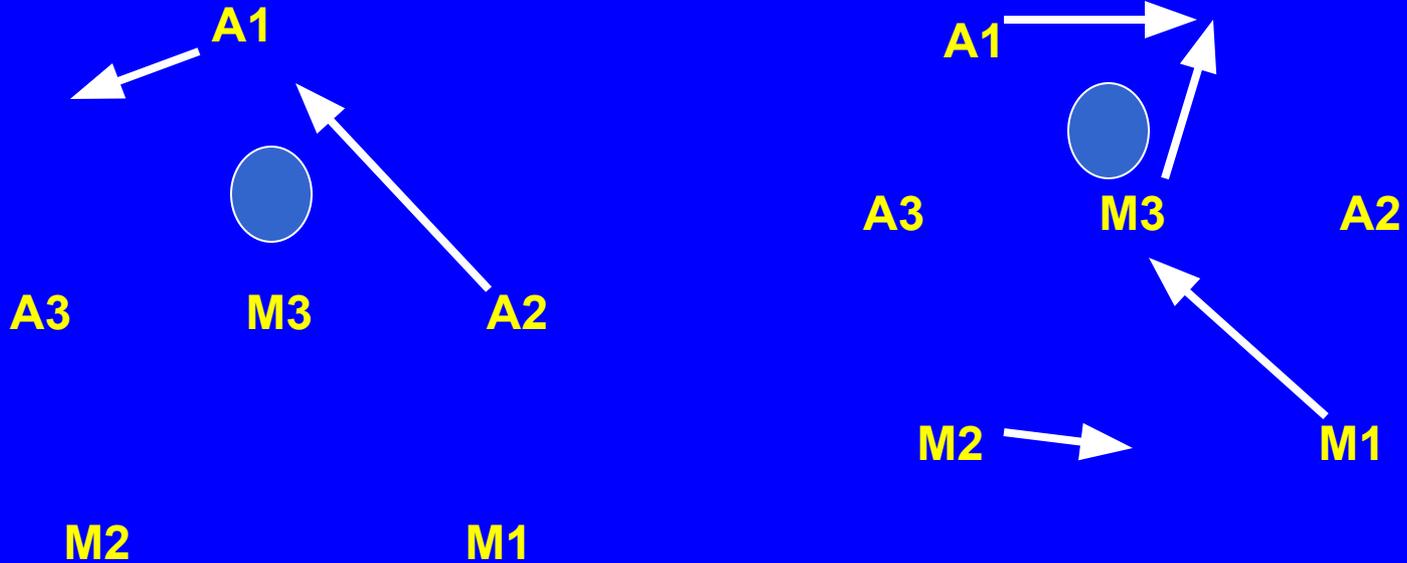
1-4-1 carrying to 1-3-2



3-3 to Open 1-2-3 into 1-3-2



2-3-1

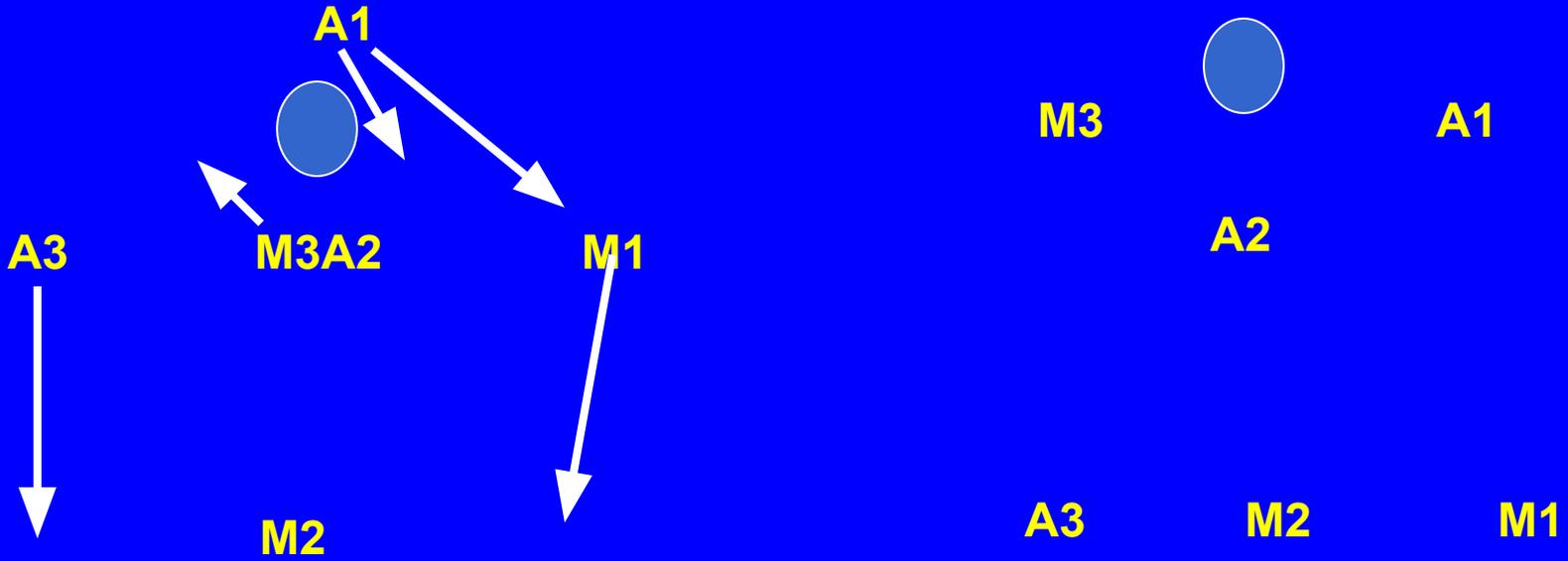


1-3-2 carrying to 2-3-1

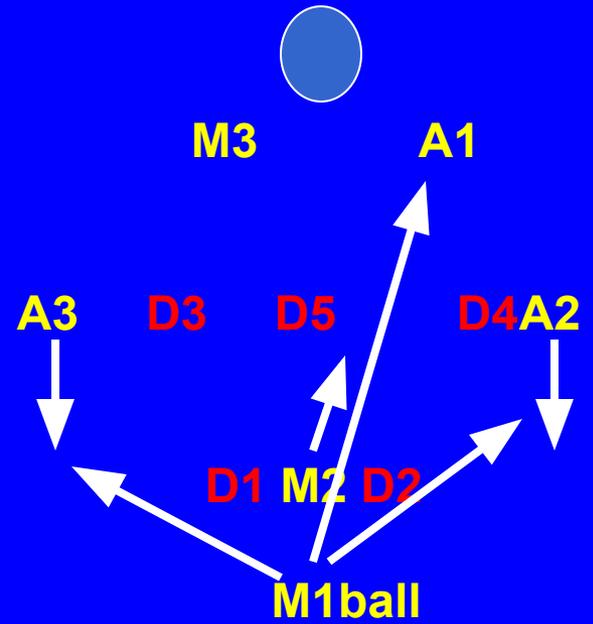
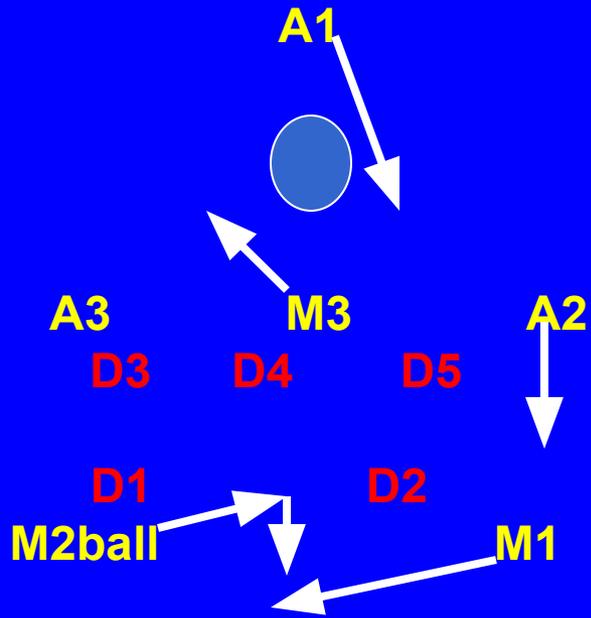
Teams that bump thru crease to pressure behind will have to rotate from wing as M3 goes behind and M1 cuts will lock crease D in. A2 may have open shot on wing, or freelance can begin with 2-3-1 formation

3-3

1-4-1 carrying to 3-3



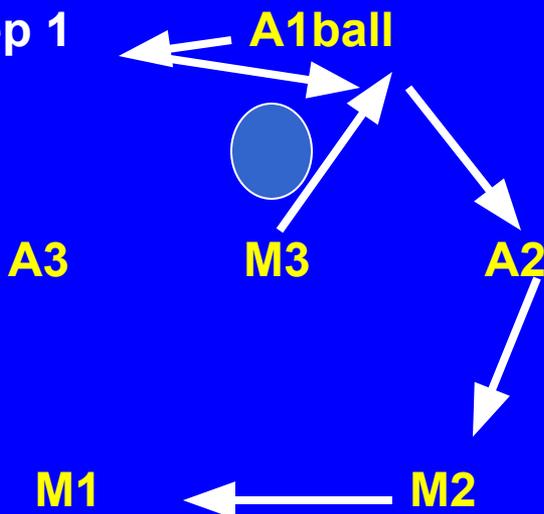
1-3-2 Carrying to Flip



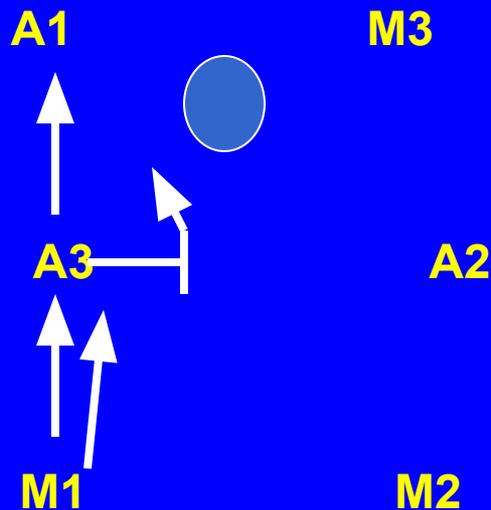
flip

1-3-2 to 2-2-2 wide to 2 - 4

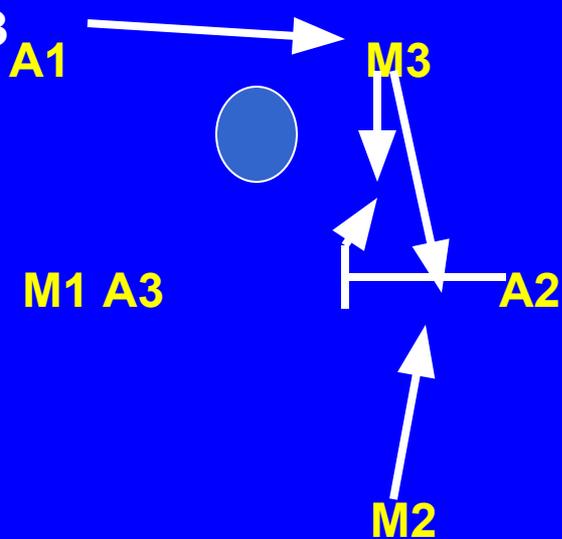
Step 1



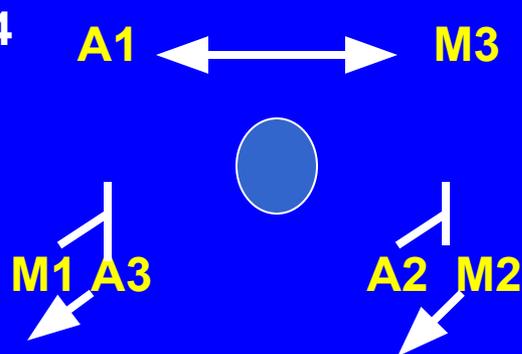
Step 2



Step 3



Step 4



4 - 2

Sideways 3 - 3

A3

A1

M3

A2

M1

M2 ball

A1

M3

A3

A2

M1

M2

2 Looks vs Shut Offs

A1

M3

A3

shut / A2

M1

M2

3-3 skip also
Good vs EMD
Stringing point
and crease

A2

A1

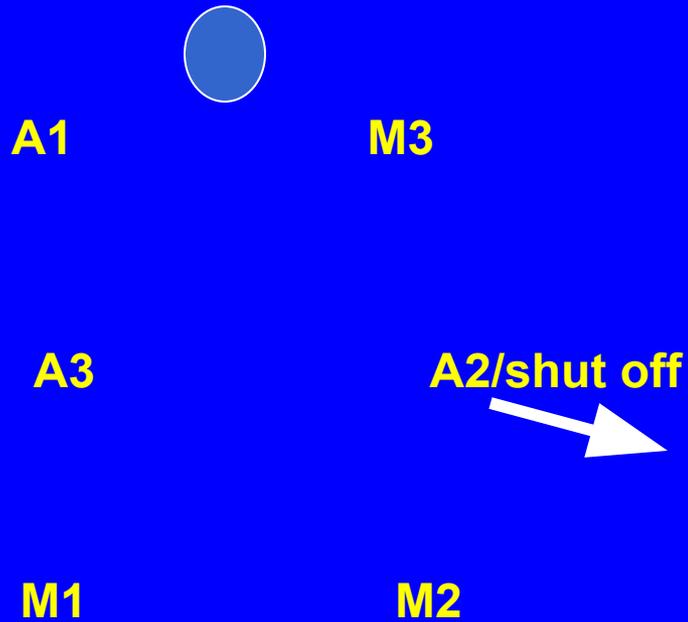
M1

A3

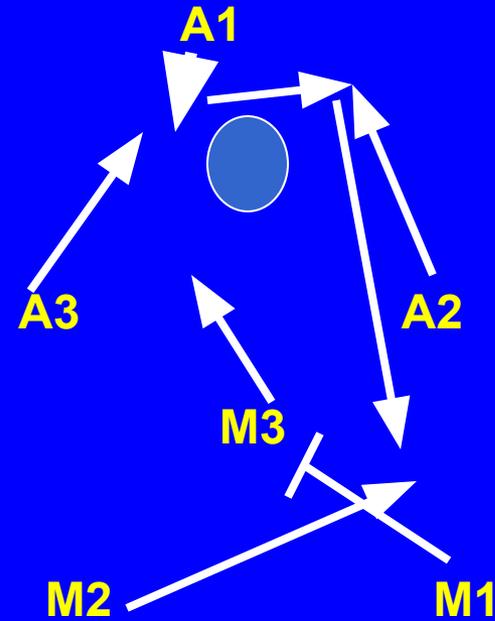
M2

M3 / shut

Vs Rotating Shut Off



Pick Play for Shot



Any formation vs rotating Shut Off.. Shut off player takes 2-3 steps backwards. Play 5 v 4. When D rotates to shut someone else... take 2-3 steps backward.