



# US LACROSSE COACHING EDUCATION PROGRAM

## 5 Keys to the Fast Break

- Key 1: When an offensive player has a numerical advantage over an opponent during a fast break, the offensive ball carrier should move the ball down the field towards his goal until he is stopped by a defender (the ball carrier should continue towards the goal to shoot if he is not picked up by the defense).
- Key 2: Once the ball carrier is stopped he should look to pass to an open teammate.
- Key 3: Maintain space - offensive players should maintain enough space between each other so that one defender may not cover two offensive players at once.
- Key 4: In order to help the ball carrier who may receive defensive pressure, offensive players without the ball should free themselves from their defender.
- Key 5: Offensive players must look up as they run down the field and pass the ball to any teammate who is open and in front of them in such a way as to enhance their numerical advantage. Passes should be quick and accurate. A passed ball moves faster than being run on the ground and can speed up the transition and numerical advantage quickly and efficiently.

