



US LACROSSE COACHING EDUCATION PROGRAM

Riding Resource

Basic Concepts

- Always approach a clearing player from the inside out – use the sideline as an extra defender.
- Riding players try to decrease the amount of field the clearing team can use by forcing the ball toward the sideline. Riding players nearest the sideline with the ball are responsible for that $\frac{1}{4}$ of the field. Riding players in the middle of the field are responsible for middle $\frac{1}{4}$ of the field, and the players closest to the off-ball sideline are responsible for the other $\frac{1}{2}$ of the field.
- A riding player should only slide up the field after being released by players behind him. This is especially important in the midfield area to avoid fast breaks or unsettled situations. The riding player should not let anyone get behind him in his zone.
- As one player (see player A3) slides up one side of the field, players on the opposite side (see players M1 and A1) should drop back to help cover in case the clearing team gets by the rider sliding up the field.
- Backside or off-ball players (see players A1 and M1) from the other side must be able to split areas; this is similar to when playing settled defense.
- After trying to stop a clearing player who just passed the ball, the riding player drop-steps, following the flight of the ball, finds the ball and anticipates passes back toward his zone of the field. NOTE: Drop-step with the foot on the same side of the body as the shoulder over which the ball is thrown.

Settled Ride: The 3-3-3-1 Zone Ride

The most basic ride is the 3-3-3-1-zone ride. This riding scheme is used only when a team has time to get to set up – usually after the horn sounds an official call, a change of possession occurs, or if there is a 5-second restart.

Riding player positions:

There are 3 “V”s: one behind the other with the center of each “V” pointing toward the opponent’s goal. Some refer to this as the “sergeant’s stripe” ride.

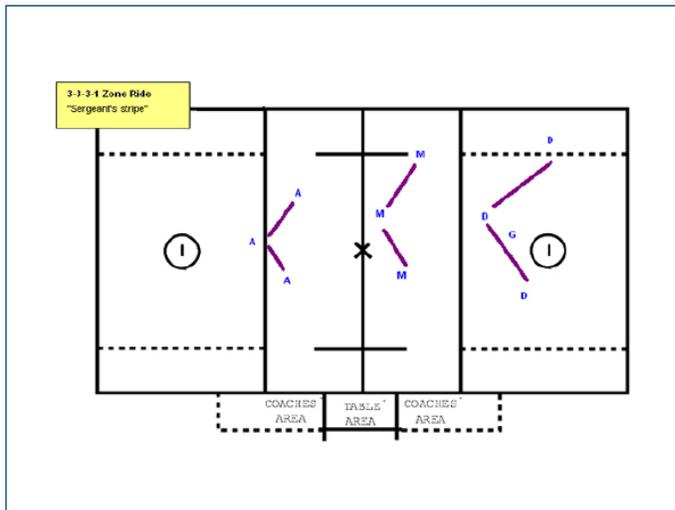
- One attackman is in the center; the other 2 attackmen are on either side, slightly behind (creating a “V” formation).
- Directly behind the attack, 3 midfielders are in the same formation: with 1 in the middle of the field and 2 midfielders on either side, several steps behind (creating a “V” formation).





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- The last set of players is 3 defensemen. The middle defender is slightly up the field with 2 defenders on either side. (This also creates a “V” formation.)



Execution

- All 9 players are responsible for their own zone – the area surrounding them – and they pick up a clearing player only if the ball is thrown to that player. If a clearing player cuts through a rider's area, that clearing player is left free unless he is the ball carrier. If the ball is passed to the clearing player, the defender in that zone area applies pressure on him.
- The goal of the riding team is twofold:
 - Force the clearing team toward the sidelines so that they must throw risky, inaccurate sideline-to-sideline passes and
 - Cut down the amount of area on the field that can be used by the clearing team.Therefore, riding players should always approach a clearing player from the inside out (from the middle of the field moving out toward the sideline).





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- All riding players shift to the side of the field where the ball is and try to force a pass across the field to the other side. Forcing a long pass gives the riding team time to drop-step and use an angle of approach to the sideline to which the ball has now been thrown. The riding team can easily intercept this type of pass.
- All 9 players shift and slightly drop back toward their goal as they ride the clearing team. Players farthest away from the ball should take a deeper drop toward the defensive area to be prepared to play settled defense.
- The riding midfielders in the middle of the field and the defensemen can push up the field slightly as the riding goalie steps up the field directly in the crease area. The more athletic the goalie, the more ground the center midfielder and defenseman can cover.
- As the clearing team continues to either pass or carry the ball up the field, the riding team gradually drops and shifts back toward their defensive end. If the clearing team gets the ball over the restraining line and in their offensive area, the riding team sets up to play settled defense.

