



US LACROSSE COACHING EDUCATION PROGRAM

Transition Offense in Boys Lacrosse

In a transition offensive situation or a “numbers” situation, the team who gains possession of the ball attempts to create a numeric advantage over the defense by 1) transitioning the ball from their defensive end to their offensive end faster than the defense can react to their movements, or 2) by beating a defender in the open field. In both situations, you have numbers.

A fast break is a transition scoring opportunity in which the offense has at least a one-man advantage.

Fast breaks can occur:

- Off the faceoff when the player in possession of the ball has the defender behind him or passes to another offensive player who has the defender behind him.
- After a goalie makes a save and the ball is passed up the field beyond the defenders.
- When an opponent turns over the ball in the midfield and the defending midfielder gains possession to attack his goal with greater numbers.
- When the ball rolls out of bounds and the opposing team is awarded possession. The team gaining possession uses this situation to attack the defense, thereby creating numbers.
- By beating a defender in the open field and creating numbers.

Attacking in Number Situations

- When an offensive player has a numeric advantage over an opponent during a fast break, the offensive ball carrier moves the ball down the field toward his goal until a defender stops him. (The ball carrier continues toward the goal to shoot if the defense does not pick him up.)
- When the ball carrier is stopped, he looks to pass to an open teammate.
- Offensive players need to maintain enough space between each other so that 1 defender can not cover 2 offensive players at once.
- To help the ball carrier who may receive defensive pressure, offensive players without the ball free themselves from their defender.





US LACROSSE COACHING EDUCATION PROGRAM

- 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 numeric advantage. Make quick and accurate passes. A passed ball moves faster than being run on the ground and can speed up the transition and numeric advantage quickly and efficiently.
- If no immediate numeric advantage exists, pass the ball to a player who has moved directly behind the goal. In some cases, numeric advantages develop slowly, and a team may have a number advantage that arrives late. This is called a “slow” break. See the reference section for a more detailed explanation.

