

Specific Situations (continued)

1. Man Down - Free Clear (Lone Ranger)

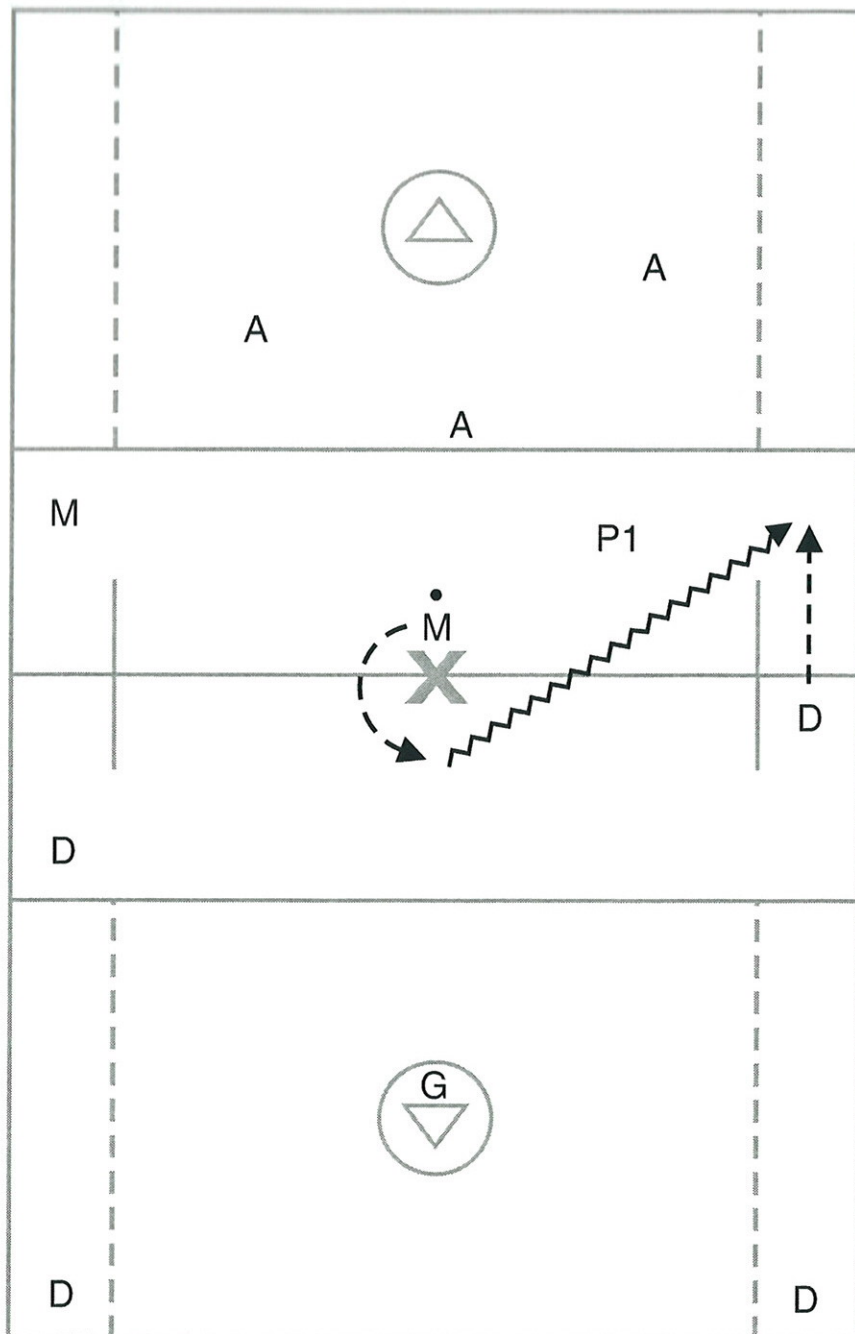
Situation: The EMO team has received an interference with the goalie call. The MDD is awarded the ball at the midfield. Usually the opponent doubles the ball.

Positioning

- M1 takes the ball at midfield on offensive side of field.
- D1 (best and fastest defenseman) takes position at right midfield wingline - defensive side.
- M2 takes position at midfield left wingline - defensive side.
- Attackmen - fast break position.
- D2 and D3 - fast break position.

Sequence

- M1 turns and runs back over midline.
- As M1 begins to cross, D1 begins to sprint down alley (between sideline and wingline)
- As M1 makes the full 360 degree turn, he passes the ball to D1 who is in a fast break situation.



Specific Situations

The game of lacrosse is known for its high scoring offenses. It is not uncommon for game scoring to be midteens by both squads. Yet, despite the emphasis on transition and high powered offenses, more and more coaches are discovering that games are coming down to a single situation, often late in the game when pressure is at its pinnacle and the student-athletes are the most physically and mentally exhausted.

Initial Concepts:

1. Practice flag down situations, with an actual flag being dropped.

a. Too often the player carrying the ball has not noticed the flag being dropped by the official. Since in practice the player is not accustomed to hearing "Flag down!" by his peers or his coaches, inevitably the player with the ball steps out of the box or modifies his dodge in order to hear the strange call from the coaching staff. A missed opportunity for a quality shot is lost.

b. Teams should have a "Flag down" play that is run with precision.

2. Practice time out situations both offensively and defensively.

In many cases, Team A calls a time out in a crucial situation. The athletes are tired and in need of water. They are breathing hard. Unfazed, the coaching staff establishes an elaborate play, drawing squiggly lines on a board. The coach asks if they understand the play. Invariably, the players nod in unison and go out onto the field. Seconds later the "play" starts and one coach says to the other *"Why aren't they running what we drew up?"* or worse, *"What is that they are running?"* The heat of a crucial situation is not the time for throwing something new at high school or college age student-athletes. Players perform well that which they have practiced. A crucial period can be a time of reassurance and quick refresher course for your athletes, your team should have 10 second plays.

Specific Situations (continued)

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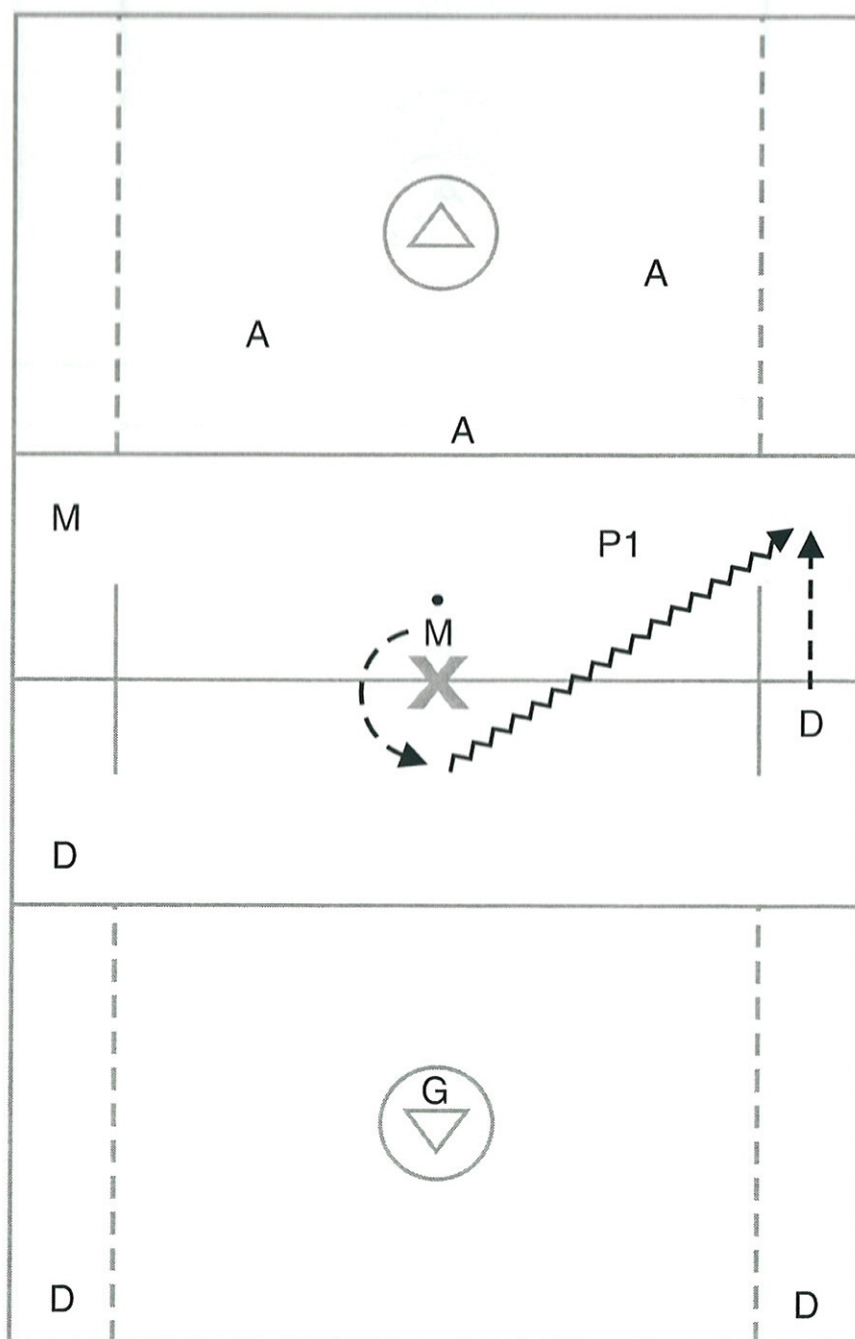
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Specific Situations (continued)

2. Man Down - Clear

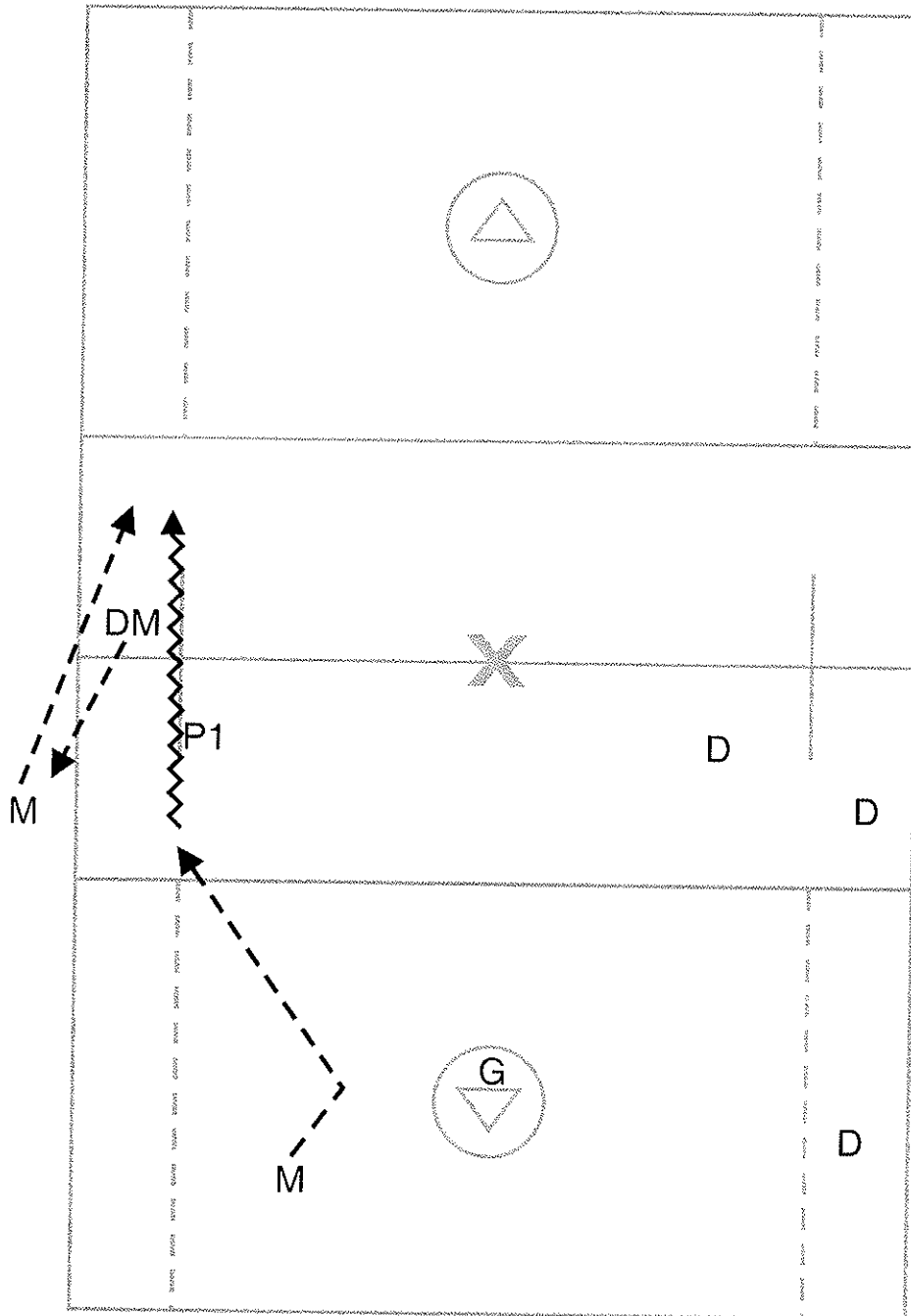
Situation: EMO has lost possession of ball on a shot behind the net.

Positioning

- M1 takes the ball at point of possession.
- M2 positions himself near penalty box area (3-4 yards).
- M3 waits in bench area near the penalty box.
- D1, D2, D3 take positions on opposite side of field from M1.

Sequence

- On the whistle, M1 will dodge the attackman riding him (45 degree angle)
- As M1 gains a step on his riding attackman, M2 raises his crosse and begins calling for the ball. M2 then steps into the penalty box and out into the bench area.
- M1 comes to balance and launches a pass downfield to M3 who has replaced M2.
- M3 now has a fast break situation.



Specific Situations (continued)

3. Desperation Double Team

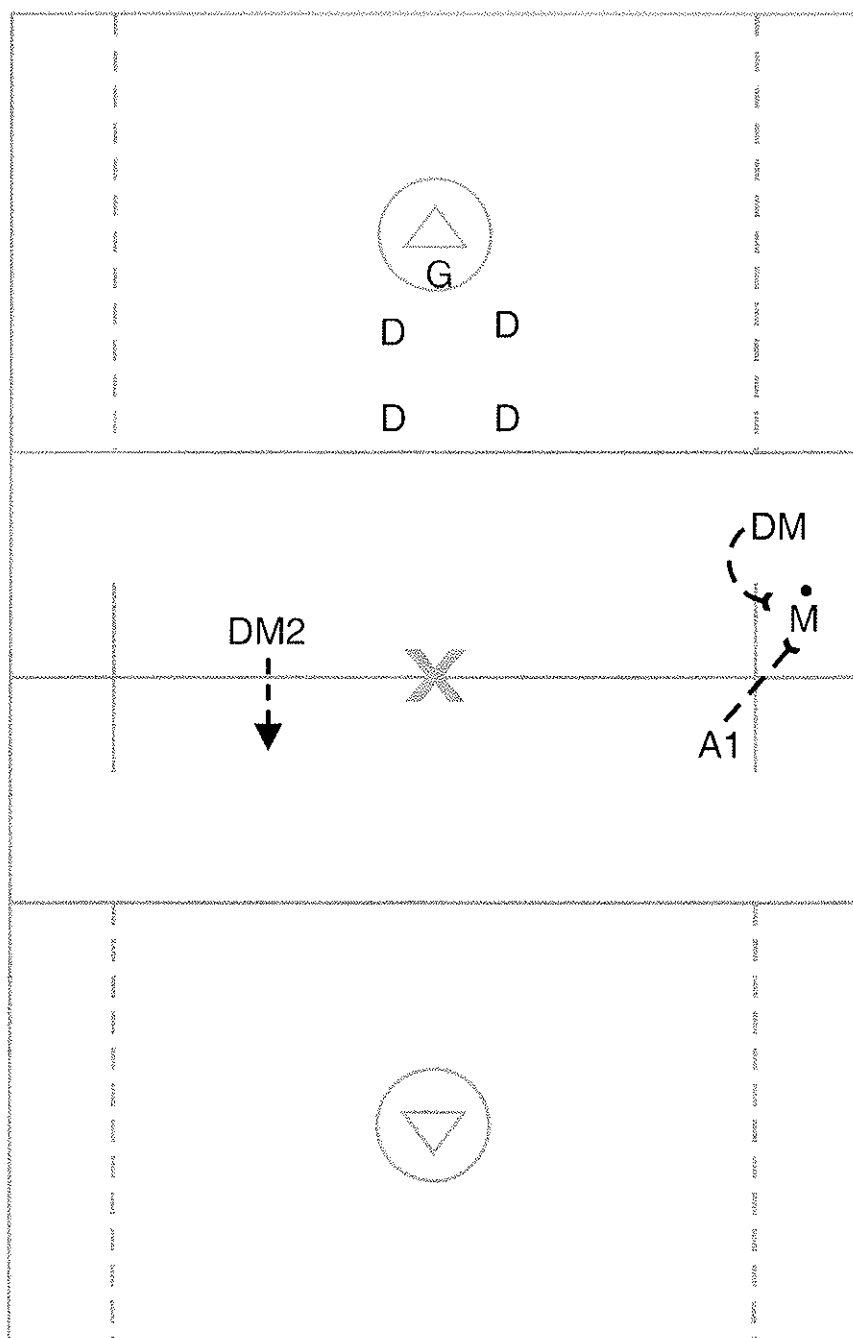
Situation: Ball is near the midfield line, little time left on the clock.

Positioning

- Four long poles set up a box; one defensive midfielder plays outside opposite the ball.
- DM1 plays ball.
- A1 lines up near the ball near midfield.

Sequence

- DM1 must force ball toward midfield line.
- As ball carrier moves toward midfield line, DM2 and Attack 1 switch places, near attackman surprises ball carrier and hopefully forces poor pass or is stripped of the ball.



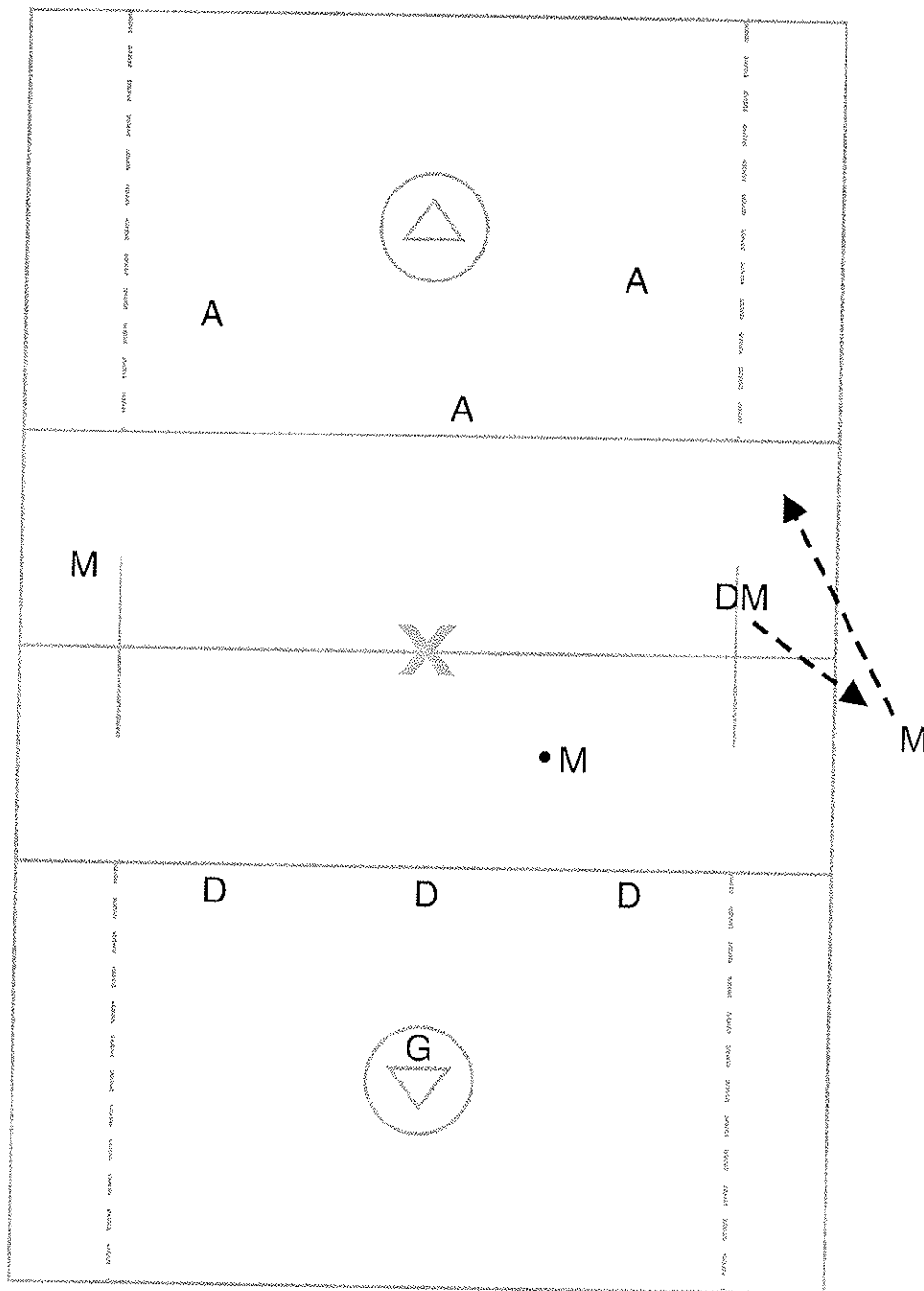
Specific Situations (continued)

4. Clearing after quick restart

Situation: Ball is in defensive half of field, above restraining line.

Positioning

- Always have middle pick up ball.
- Be ready to clear ball individually.
- Use box for your advantage.



Specific Situations (continued)

5. Clear at Midline to slow break

Situation: Ball is to be cleared with midfielder who has drawn top long stick defender.

Positioning

- M1 picks up the ball, passes to M2; as M1 does so, he exits field drawing defender with him.
- As M1 enters box, M4 substitutes on defensive half of field.
- D1 breaks to goal.
- M2 and three Attackmen execute a slow break to D1.

