



Rosemount Irish Lax

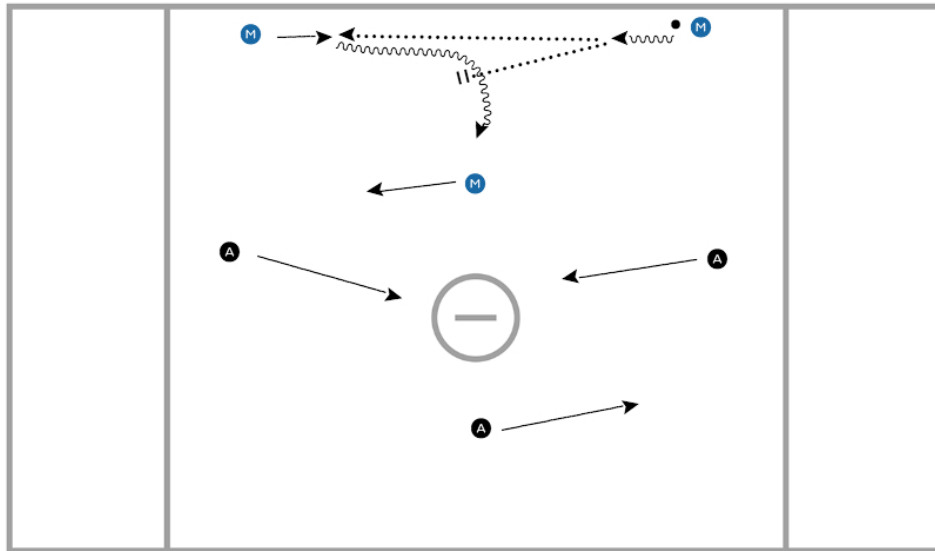
Name: Offensive Drills

Practice No:

Duration: min

1-3-2 Ball at Top Middle

10 mins



Description:

Top M's start running towards each other. Pass is made, then set pick.

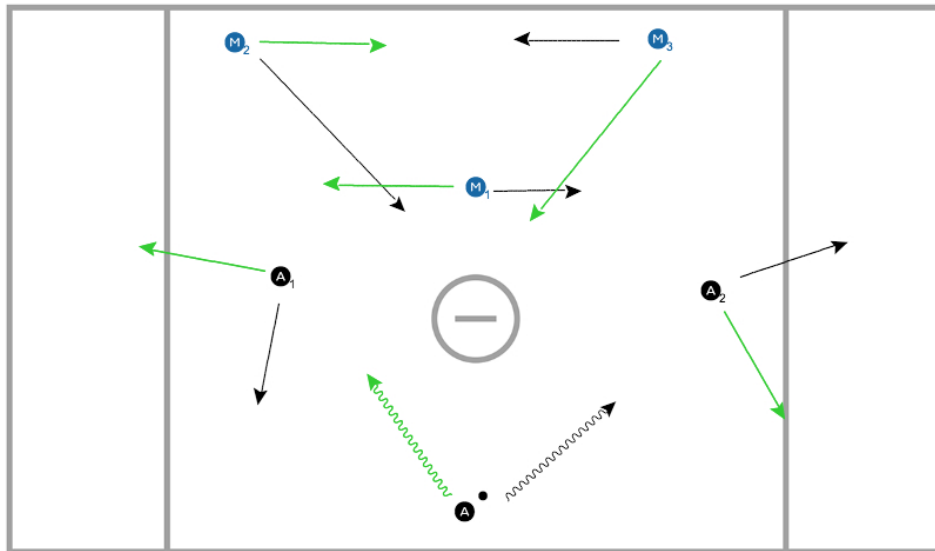
M cuts by other Middle.

A's at GLE go to net.

Middle Middle clears out

Options:

- 1) Shoot off the pick
- 2) Pass to either of the Attacks on the crease
- 3) Pass to the middle middle, especially if his defense stayed home.

**Description:**

A starts at X. Black lines / Green Lines

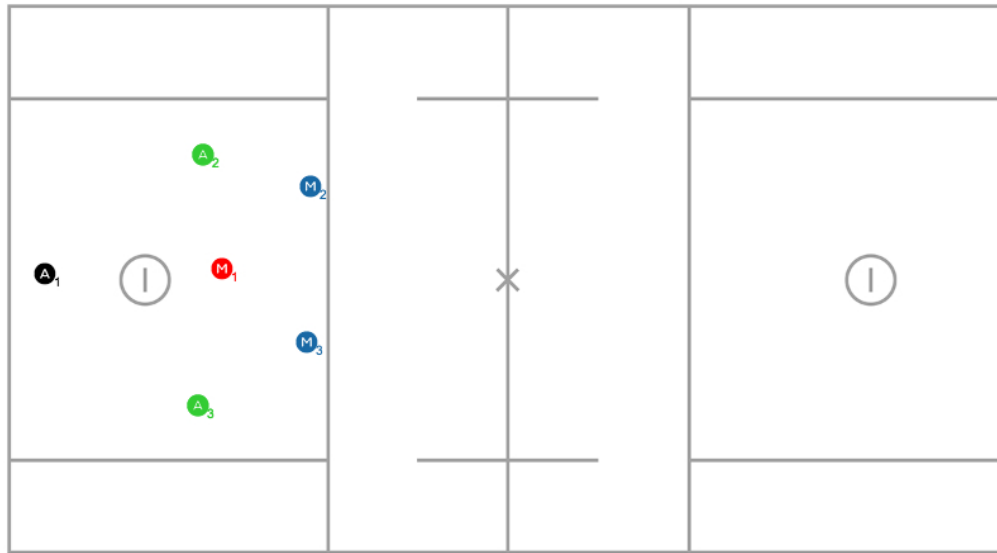
A- opposite side of movement- Moves below GLE

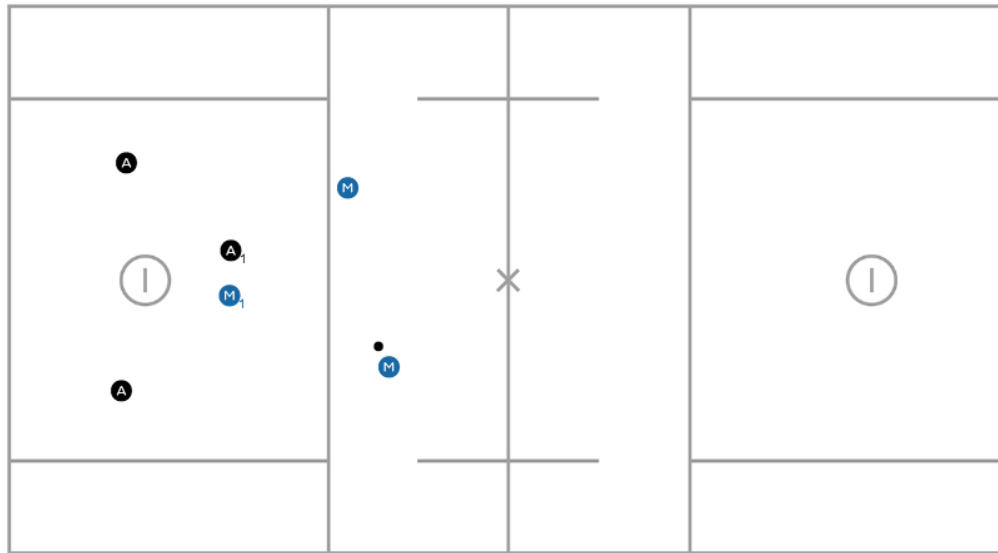
A- same side as movement- Moves out past box line

M- Mirrors A. If they go left, M1 goes left, Right, M1 Goes Right. #1 job clear out middle, #2 job take shot

M- Opposite of movement - Cuts towards net #1 job get pass shoot.

M - Same side as movement- moves towards middle. #1 job, get missed pass



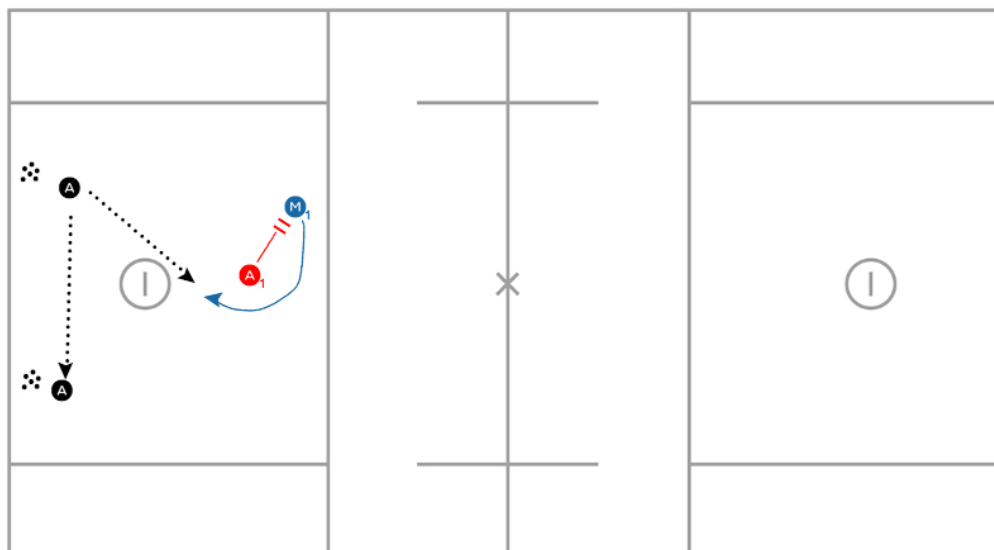
**Description:**

A1 and M1 are more skilled players, Bigger can take a beating

2 Attacks set up at GLE or slightly behind

A1 and M1 are high slot

Middies are up top at or beyond touch line

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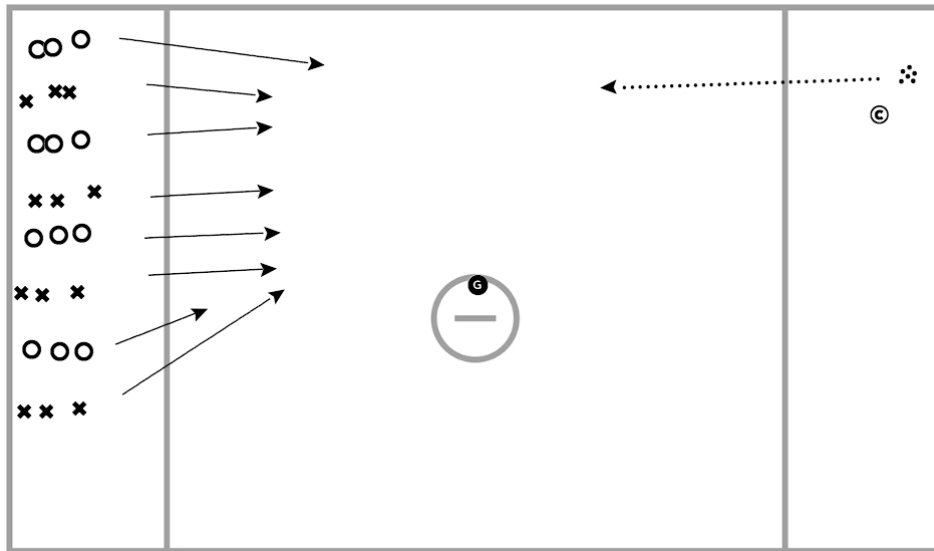
Ball starts behind GLE. Attacks make 1 pass to each other.

At the start of the pass A1, sets pick for M1.

M1 rolls off, Attack behind net hits M1 for shot.

Progression.

- 1) Add in 1 D pole guarding M1
- 2) Add in another D pole guarding A1
- 3) Add in another D pole for the Attacks behind net
- 4) Add in a defensive middle so it becomes a 4v4

**Description:**

Have 8 lines, alternating colors (dark/light).

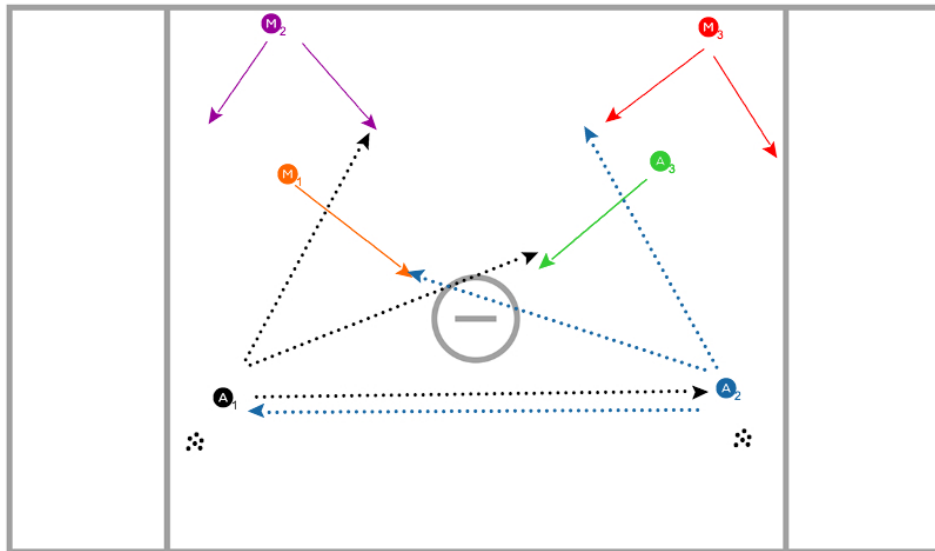
Coach is on other side of the field, Rolls ball out

As soon as ball hits the ground, the game is on

First team to get to ball is offense, other team is defense.

Play drill out until:

- 1) Shot- goal or out of bounds
- 2) Turn over and a clear by defense. Play out until the Defensive team moves ball to mid field

**Description:**

A1 and A2 will pass back and forth

IF A1 gets the pass, Green cuts (cut man is opposite side of ball)

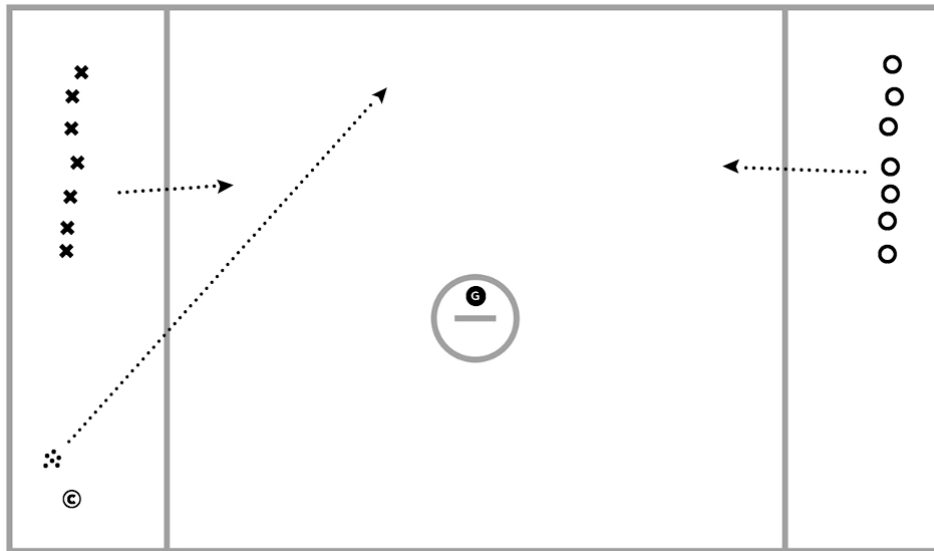
If A2 gets the pass, Orange cuts

If A1 Gets the pass, Purple cuts to net. Red cuts down

If A2 gets the pass, Red cuts to net, Purple cuts down

Middle 2 the cut man is always opposite.

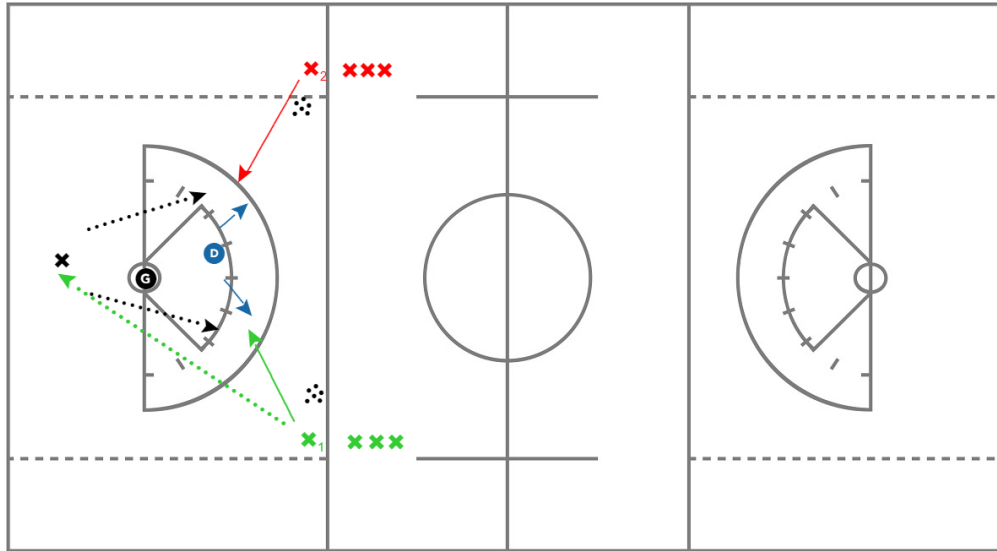
Top 2 the cut man is always same side.

**Description:**

Team is split. 1 Side will always be a man down. for this drill, X will always be a man down.

Coach will yell out a pair of numbers. 5-4, 4-3, 3-2, 2-1. The first number will be the number of offense will send out. The second number will be the number of players the defense will send out.

Coach yells numbers, rolls ball out. As soon as ball hits ground, Game on. Drill is finished when shot is taken.

**Description:**

Rotate starting sides. X1 or X2 passes to X.

Both X1 and X2 cut towards net. Defense will have to pick up one of them.

X passes to the open player for a shot.

Key Points:

Good passes

React to the open man. Defensive player should take one of the cutting players, leaving 1 open. Player at X must react quickly to find the open man