



## Belgium Men's National Development Program

# The playbook

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# 1. Acknowledgments

This manuscript was put together with the help of the BMNDP coaches & staff (Emile Drijvers, Diego Spillebeen, Thibault Stepman & Maxim Rossel) and is inspired by many playbooks, mainly the Belgian Beast playbook and others written by enthusiasts in the global Lacrosse community.

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We also thank the Belgian Lacrosse Federation for their continuous support and their efforts towards growing the Lacrosse community in Belgium.

We would also like to thank Rodrigue Spillebeen for the nutrition guidelines.

## 2. Our core values

Our mission is to represent Belgium Lacrosse with 100% dedication and drive. We aim to inspire our teammates to be the best players they can be, derive pride from putting maximum effort into everything we do and leave the jersey in a better place for those who will follow.

### 2.1 The three pillars

#### 2.1.1 Positive attitude

Positive attitude is what this team is based on. We embody enthusiasm, team spirit and courage, taking in advice and feedback with an open mind and an effort to improve. We are humble and gracious both on and off the field, and we respect the officials, our opponents and our teammates in victory and defeat. Regardless of the challenges we face, we always put our best foot forward and hold our heads high.

#### 2.1.2 Hard work

Hard work means setting a strong example for your teammates. We play and practice with conviction, sweat, effort and sacrifice, giving 100% hustle at all times. Being on this team means going beyond what is asked or expected and pushing your limits.

#### 2.1.3 Team first

Team first means thinking in terms of “WE” instead of “I”. We sacrifice ourselves for the good of the team, respect our coaches, captains, and teammates. Being a team means celebrating each other’s successes more than our own, and playing not for ourselves but for everyone else on the field.



## 2.2 Student of the game

Lacrosse is an unique and beautiful sport with a rich Native American history. It contains countless aspects on which a player can improve; such as athleticism, stick skills, attitude, communication, leadership, agility, IQ of the game, ground balls, work ethic, coachability, ... and many, many more.

In order to continuously get better, you must remain a student of the game, meaning that you must be ready to learn new concepts, accept new notions and try to better skills at every practice. Most importantly, watching college and professional games as well as YouTube tutorial videos to increase you knowledge of the game is not only highly recommended, it is vital.

One aspect of the learning process, which is key to improving your knowledge of the game, is to discuss this knowledge with other Lacrosse enthusiast. Giving back to the Lacrosse community by sharing what you have learned and what you know with the growing youth community.

## 2.3 The Medicine game

Lacrosse is unique by its origins. Also known as the “Creator’s game”, lacrosse has been played by the natives American for more than a thousand years. The game performed important spiritual, social and political functions. In fact, the game was used to prepare the tribes for war, to solve disputes between communities and most importantly it was part of rituals to heal people of the community.

Lacrosse has since evolved but it remains tight to its origins. Every lacrosse player must play in respect of those origins and values by playing for the enjoyment of the creator and remaining humble and good minded when taking a lacrosse stick in his hands.



## 2.4 The Brabançonne

As a member of the Belgian national team, you carry the nation's color with pride, representing not only every person that helped you make your way in the national team but every single person of the Belgian lacrosse community and the country in general. It is a honor and a responsibility that we embrace by singing the "Brabançonne" in both Dutch and French and thus cherishing our common heritage.

O dierbaar België

O heilig land der vaad'ren  
 Onze ziel en ons hart zijn u gewijd.  
 Aanvaard ons kracht en het bloed van onze adren,  
 Wees ons doel in arbeid en in strijd.

Tu vivras toujours grande et belle  
 Et ton invincible unité  
 Aura pour devise immortelle:  
 Le Roi, la Loi, la Liberté!

Het woord getrouw, dat ge onbevreesd moogt spreken:  
 Voor Vorst, voor Vrijheid en voor Recht  
 Le Roi, la Loi, la Liberté!  
 Le Roi, la Loi, la Liberté!



## 3. Offense

### 3.1 Offensive rules

1. “3 second rule”
  - When possessing the ball around the net, it is important to not let the ball “die” in your stick, meaning don’t hold on too long to the ball. If we keep it too long in an offensive player’s stick, the defense will have time to adapt to our position every time, which will decrease the impact of our dodges and off-ball movement. Therefore, we apply the “3 second rule”. Meaning that once an offensive player gains possession of the ball, we have 3 seconds to either (1) dodge, (2), feed or (3) pass. The rule forces quick decision making and good lecture of the game. We must read the defense and the off-ball movement of our teammates before we get the ball. So, once we receive the ball, we already know our next move. It can be dodging if the defender is not ready, feed inside if a teammate is cutting or simply passing around to let our defense rest after a long defensive possession.
  - The “3 second rule”, also applies when we are dodging. It means that if our initial dodge is unsuccessful, we should pass the pass to the next player. This prevents one player form dodging and re-dodging multiple times. This situation leads to the defense double or triple teaming the dodger, and could cause a turnover. Instead, we make one hard dodge or dummy dodge to shoot or feed, and if it is not successful, we make a pass.
  
2. Dodge-pass-pass-dodge to attack the weak side
  - Coaches often say; “you have to dodge like you want to score”, meaning that your dodges have to be hard, and executed convincingly. What is often neglected, is that as the hard dodge is made, 2 or 3 defenders have made their slide, and another 1 or 2 have crashed closer to their goal to help defend against the dodge. This leaves the weak side vulnerable. 2 (or 3) quick passes around the cage is enough to catch the defense in a weak position, giving us another great dodging / one more / or shooting opportunity.
  - The DPPD rule aims at carrying the ball from the “strong side” (where the defense slid to) to the “weak side” (from where the defenders came from). For that to happen, the offensive player who initiated, must pass the ball to the person in front or behind him which will pass it again to the next person who will finally dodge and have a good scoring opportunity.



3. If you are pressured (with or without ball) → Run!
  - In situation where the ball carrier is pressured, the best thing for him to do is run and never set his feet as the defense would harass him.
  - The adjacent players must either give a help (be open by spreading the field and going outside) or give space to the ball carrier by cutting inside.
  - If the ball carrier is strongly pressured, it is likely the adjacent helps are also pressured. It is therefore important to recognize this situation. The main way to deal with this is to have the ball carrier run fast and around the net and having the other players cutting and trying to get open to offer help.
  - If you are the adjacent help to the ball carrier and a defender has a stick on you, you are not open, thus not helping. In this case, cutting to the goal to let the second adjacent player help is a smart thing to do. Spreading the field so that the defenders cannot follow outside also makes for easier passes.
  
4. Anticipate your teammates dodges and get out of the way
  - If someone is dodging towards you, drift or cut to the hole. Communicate that a player is dodging before the ball reaches that player. Learn what your teammates do and what they like.
  
5. Always be moving and keep your head up
  - There is only one ball for 6 offensive players so always look to be a threat by being active by running, cutting, walking, shuffling or backpedaling, make your defender have to find you every time he looks away. This will tire him, and make your job easier.
  - When off ball, always try to find passing lanes between you and the ball carrier, thus have your stick up by your head and ready to catch.
  
6. Space benefits the offense
  - It provides more room for passing, dodging, cutting and seeing the cutter
  - It also makes the defensive slides much longer giving us more time to let the play develop.
  
7. Hide and seek
  - If you see the back of your defenders helmet, it's a good moment to spontaneously backdoor cut to the inside. You will have a few steps advantage.
  - This creates a lot of motion, and the crease player has to be ready to pop out. The rest of the team has to balance the field to restore the formation.



## 3.2 Basic concepts and team offense

### 3.2.1 Offense nomenclature

Knowledge of various lacrosse terms and commands will help you to better understand the game (and what the coach and players are shouting from the sideline).

- **Yellow:** After a transition, signal the offense players to slow the game down and settle the ball while we execute our substitutions
- **Settle:** We want to take our time in offense, let our defense rest, and make sure to get the tired legs off of the field
- **Around the world:** pass the ball around the net at least once. We need all the attackmen to touch the ball and get comfortable before starting to attack the cage
- **X:** Player behind the goal that will chase shots and launch plays. Usually, we say that he is the “quarterback” of the offence. Strong feeder and strong dodger.
- **“On you” or “On me”:** means that next time the ball is going to that player he will dodge to the goal or start a play
- **Reset:** If a dodge or a play did not work, we get the ball back out and go back to the last formation used before the failed action
- **North-South and East-West:** Dodges should be hard and ‘north-south’, meaning that they should be ‘up or down’ the field and not from side to side (ie. east-west)
- **Cut:** Cutting through to create space in the offense or cutting to ask for the ball
- **Follow:** Meaning you are following the ball carrier to help him if needed
- **Pop:** Action made by an offense player that moves from inside the formation to fill an open space on the outside of the formation. We can also “pop” behind a player dodging.
- **One more:** Call made by a player who has the best scoring opportunity and asks for that pass to be made. Typically made on a man up situation, on a fast break or when attacking the weak side.
- **2-man game:** Two players playing together to generate space or change match up (Pick and roll, mirror, swipe, exchange, etc.)
- **Pick & roll:** Action where an offensive player is coming to block a defender on one of his teammates, to give that same teammate a short moment to cut, pass, shoot or change match-up
- **Pass down - pick down :** Usually a top side middle passing the ball to GLE attackman, then picking on his man to create space for the attackman.
- **Roll Back:** Action made by the player with the ball, to get out of a situation with pressure by finding a help behind him.
- **Throw back:** this is similar to a “roll back” except that the player doesn’t roll away, but takes one step to the outside and make a pass across his body behind himself.
- **Switch:** Movement where players are taking each other’s place. For example, to change match-up or to change side of the field
- **Swipe:** Action in offence where two players are crossing each other by either cutting or dodging in front of each other.
- **Wheel “3, 4, 6, ... X”:** Designate a motion where the number of players X are moving together, for example in a triangle, a square, etc...



- **Mirror:** A situation where two players move in the same way simultaneously. (1) On an alley dodge, the opposite top side middie also runs down his alley. (2) A play where the player at X and the player in the crease are playing and moving together, simultaneously at the opposite of each other
- **ISO Play:** Play where the offense tries to isolate the player with the ball so he can go straight to the goal, or just needs to win a 1vs1 before shooting
- **Far and away:** Means that if someone dodges to the goal, the player inside, in the crease, needs to go far and away from the dodger to create extra space and make any slide from defense longer which gives him room to cut to the ball
- **A Feed:** Pass to a player that is cutting / open
- **Off ball movement:** Players moving without the ball
- **Match-up:** Identify where the short sticks are to start a dodge on them (do not dodge on a long pole unless you are certain you will beat him)
- **Invert:** Bringing a short stick defender behind the GLE to make it easier for our attackman to dodge on them.
- **The strong side :** On a dodge, it is the side of the field on which the dodge is occurring and on which the defensemen are sliding to.
- **The weak side :** On a dodge, it is the side of the field opposite the dodge, where the defenders are sliding away from. An ideal location from which to dodge again.
- **Kill :** This call is made when we are in possession of the ball in offense but in a man down situation. We must “kill the clock”, meaning wait until our player is released.
- **Power cradle :** Keeping both hands on your stick during a dodge or when initiating contact against a defender. One hand on the bottom and the other on the throat of the stick.
- **Triple threat :** In an athletic stance, have your stick up by your shoulder / head ready for passing, shooting or dodging.
- **Fast break :** A 4 vs 3 transitioning from defense to offense
- **Push :** Pressure/attack the cage. It is often called when we have a short-lived situation where we have a distinct advantage.
- **Carry :** Run the ball! Usually used when indicating to a player he should run the ball upfield when we are in a transition
- **Taxi the ball :** Instead of making long passes, players run towards each other to shorten the length of the pass.



### 3.2.2 The “Yellow” call and settling the ball after a transition

An offensive possession usually starts after a face-off or after a successful transition. The possession starts by making the ‘yellow’ call, meaning that we use this time to sub-out the tired personnel and sub-in fresh middies.

It’s very important that when the ‘yellow’ call is made and is relayed by the entire team, that we do not attack the cage. If we lose the ball, we will not be in a position to ride and we might expose ourselves to a fast break opportunity.

This does not mean that we shouldn’t take advantages of our fast break opportunities. If a clear fast break opportunity arises, we should try and take full advantage of the situation. But we have to be smart and only take what the defense gives us. Playing long offensive possessions will tire the defense and build our confidence. It also often leads to the other team rushing to cage and loose the ball.

On a “Yellow” call, we want the ball to be in one of the bottom corners away from pressure so if we lose the ball we are not exposed to a fast break.

### 3.2.3 Moving and sharing the ball

In order to have the entire offense squad playing well and with confidence, we have to make sure that all the players touch the ball early in the game and at every offensive possessions. A player which hasn’t touched the ball for the majority of the game will not feel 100% confident, which will negatively affect his game. To avoid this, we will make sure to pass the ball around the cage so that all the players ‘get into’ the game. Our spacing is key here, as we want to spread the field to avoid any pressure on us and having clear passing lanes.

This will also ensure that all the offensive players are a threat on goal, and that it is not systematically the same player which attempts to dodge or shoot. In these situations, the defense will quick over commit on such players to shut them down.

### 3.2.4 Balancing the field – “Push and pull”

In this playbook, we will go over different formations and concepts to create motion and holes in the other teams defense. This will almost always lead to us losing our formation (multiple players on crease or 4/5 players on a ground ball, ...). This is not a problem at all. We just have to be ready to quickly fill in each other’s position within our formation, to offer help to the ball carrier and take advantage of the situation.

Secondly, as a player is making a dodge, it is important that (1) the players towards which he is dodging clears space through the hole (i.e. the crease guy pops out or adjacent player cut through the inside), and (2) the players behind the dodger follows and recovers the initial position of the dodger.

We are mostly in a “**push**” situation as it is the ball carrier who forces the movement of his teammates. A “**pull**” situation would be where someone cuts towards the goal forcing his teammates to fill the gaps.



### 3.2.5 Draw and dump

The “draw and dump” concept is one of the most fundamental ones in the game of Lacrosse. It is useful in all situations (transitions, 6 vs. 6, man up, dodging, 2-man game, etc...). It consists of having the ball carrier “drawing” the defender (a.k.a. forcing him to slide) of another player and “dumping” the ball to that open player.

It is a key concept ! When we play, we must understand the defense and always ask ourselves (1) who is guarding us ? (2) where is the first and second slide coming from ? (3) in case of slide, which part of the field will be open ?

In a game it happens that no one is directly defending the ball carrier (during a transition or because of a miscommunication in the defense), the ball carrier must then take advantage of the situation by being a threat to score. He will then draw a defender which will open a teammate of his and give us a good scoring opportunity.

This simple concept, when executed correctly, makes all game situations simpler.

### 3.2.6 Formation vs. Plays

In this playbook, we go over several offensive and defensive concepts. These will build the cohesion of the program and make sure all the players and the coaches are on the same page.

Note that there is a difference between formations and plays.

#### **Formations**

- A predefined starting position for offensive and defensive actions.
- Players are free to move and make their own decisions.
- Rules are implemented to make sure everybody knows what is happening.

#### **Plays**

- A predefined set of actions, where everybody needs to know exactly what to do and needs to do it.
- We may resort to a set “play”
  - o After a time out.
  - o When there is 30 seconds left into the quarter and/or game.

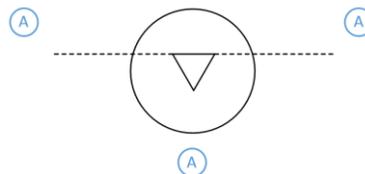


### 3.3 The open set (a.k.a. the diamond)

The “open set” is often a preferred formation to start a possession. We can stretch the field and “taxi” the ball to make easier & shorter passes around the cage.

This formation gives us good spacing and opens huge areas for

- 1) Cutters : through the middle (both from top and from the back-side).
- 2) Dodgers : as defense will slide adjacent, the middle will be more open than in other sets.



### 3.4 The 2-3-1

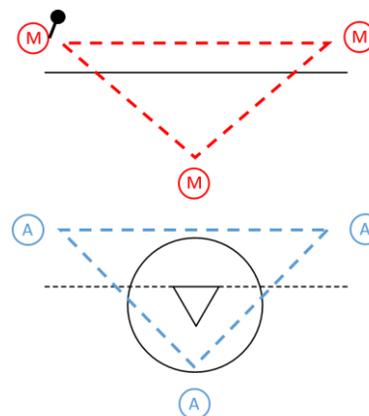
The 2-3-1 set, also called the “motion” set, is a balanced formation that makes space for coordinate team motions as well as give freedom for improvisation.

This set can be broken down into two triangles :

- **The middle triangle** → 2 players above the restraining line and 1 on the crease
- **The attack triangle** → 2 players just above GLE and 1 behind the cage

#### Crease role : “Far and away”

- Crease player makes space for the dodger and makes the first slide longer
- Ready to catch and shoot
  - o Needs to be considered a threat by the defense
- Can set an OFF ball pick to facilitate a cut
- Rarely to never comes to set an ON ball pick

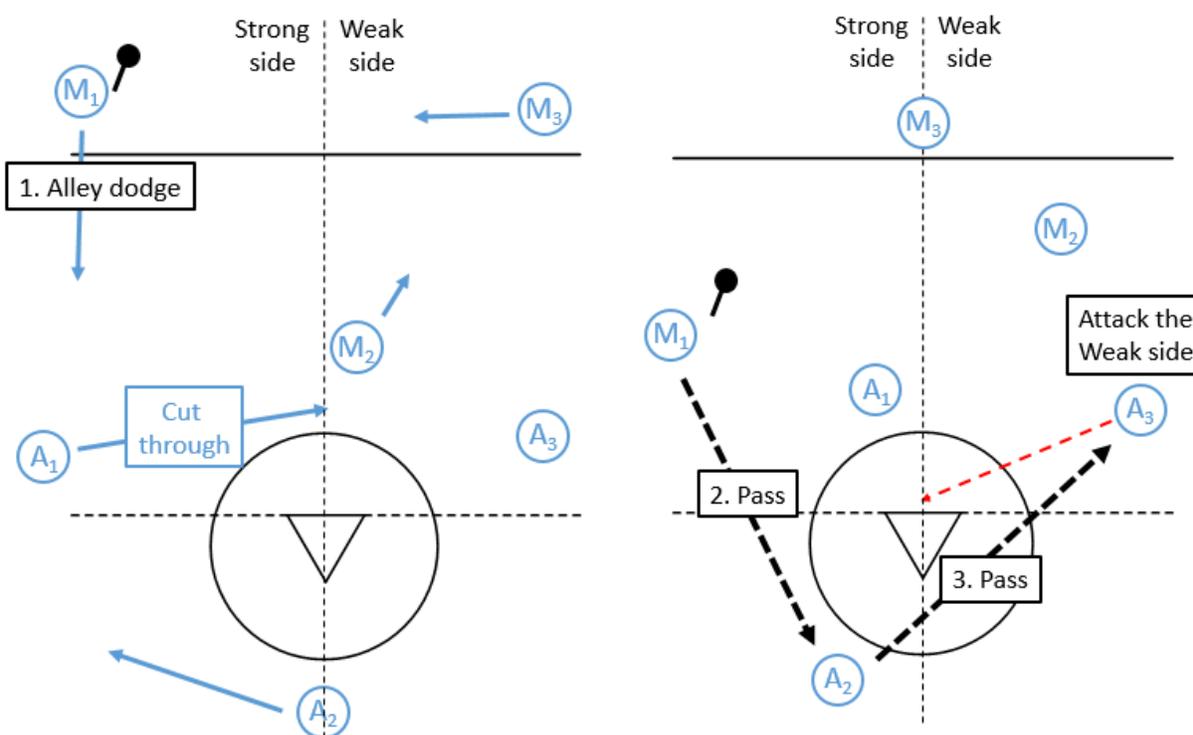


### 3.4.1 Attack the weak side : Dodge – pass – pass – dodge

When playing an organized and skilled defense that can deliver a 1<sup>st</sup> and 2<sup>nd</sup> slide, it is more complicated for our first dodge to lead to a high percentage shot. A way of beating an organized defense is to apply the principle of “dodge – pass – pass – dodge” or “attacking the weak side”.

As shown below in the example;

- **Dodge** : The first hard dodge will force the defense to slide
  - This will overload that side of the field with defenders
- **Pass – Pass** : With a few passes around the net, in this case by passing the ball to X and then to the third attackman. We find a player on the weak side, which should be more open due to the fact that the defense did not have time to fully recover.
- **Dodge** : This dodge has more chances of leading to a better shot.
- **Repeat** : If the second dodge still doesn't lead to a high percentage shot, we can repeat this principle until we do.
  - This process is more exhausting for the defense, and the attack should keep playing hard.

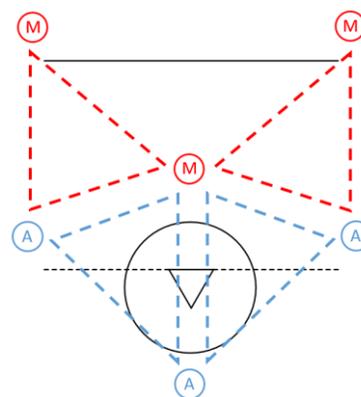


### 3.4.2 All the other triangles

As describe before, the 2-3-1 has two main triangles which can rotate. What is less discussed is the other lateral triangles which players can use when dodging or during OFF ball movement.

#### Two top lateral triangles & two bottom lateral triangles

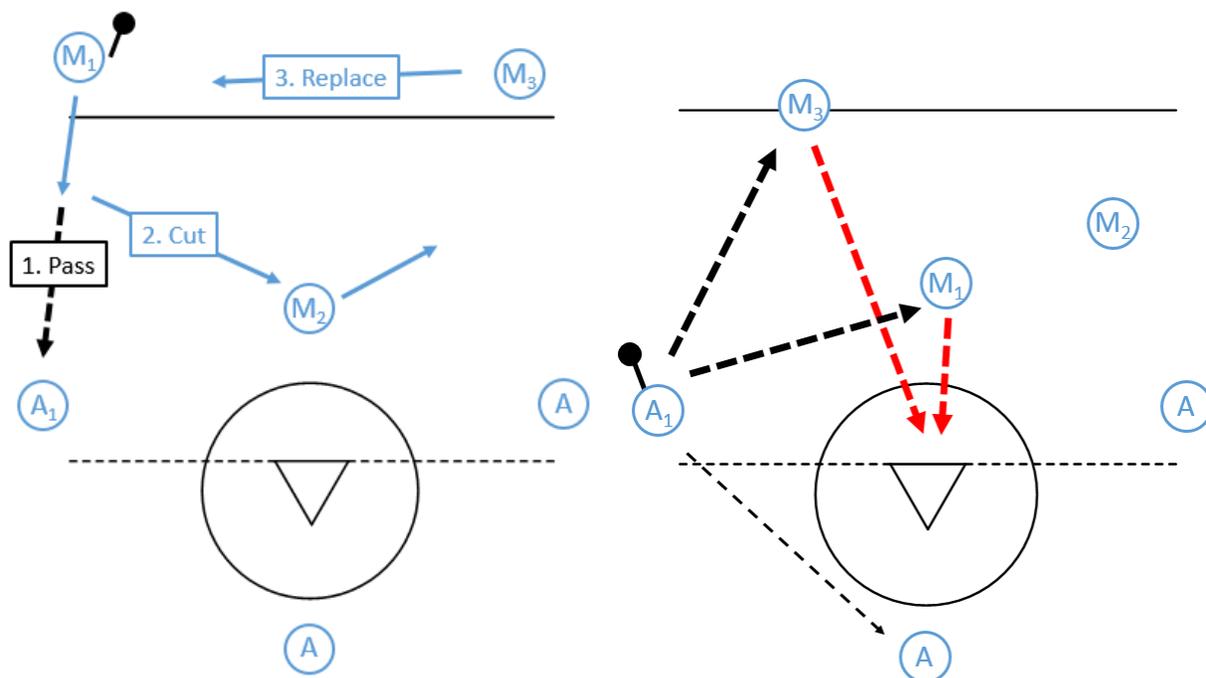
These allow for players to be quickly able to balance the field when a player is dodging or cutting to the inside. Communication is naturally key in these situations.



### 3.4.3 PCR (pass – cut – replace)

The **PCR** concept (also referred to as the “**give and go**” notion) uses the triangle rotation concepts to create space for the player which follows the dodger. In the example below, we will start with an alley dodge, but a “**give and go**” scenario can also be applied when starting from attack triangle.

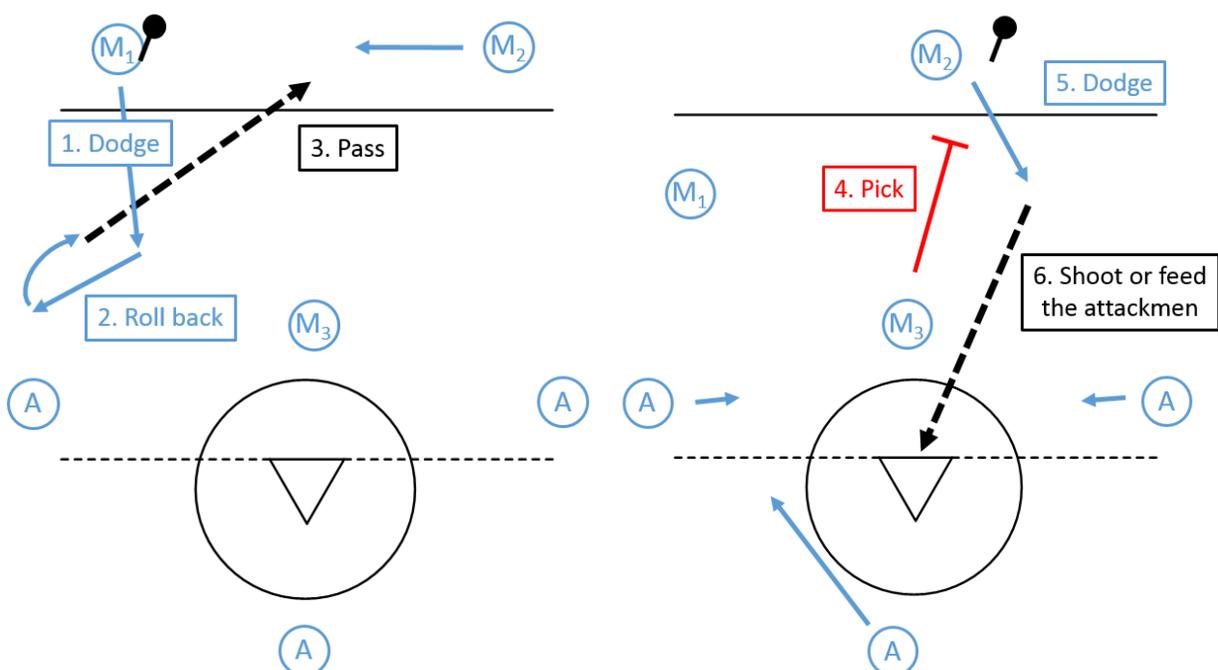
- M<sub>1</sub> goes hard down the alley and passes the ball to the A<sub>1</sub>
- M<sub>1</sub> then cuts to the middle. At the same time, crease player, M<sub>2</sub>, pops out and M<sub>3</sub> follows the dodger to balance the field
- A<sub>1</sub> has two main options:
  1. Pass the ball back to M<sub>1</sub> as he’s cutting to the middle for a close range shot
  2. Look for M<sub>3</sub> and feed him the ball as he should be in a good shooting position.
- If the pass or the shot is not there, we keep on possessing and look for another opportunity.



### 3.4.4 Rope

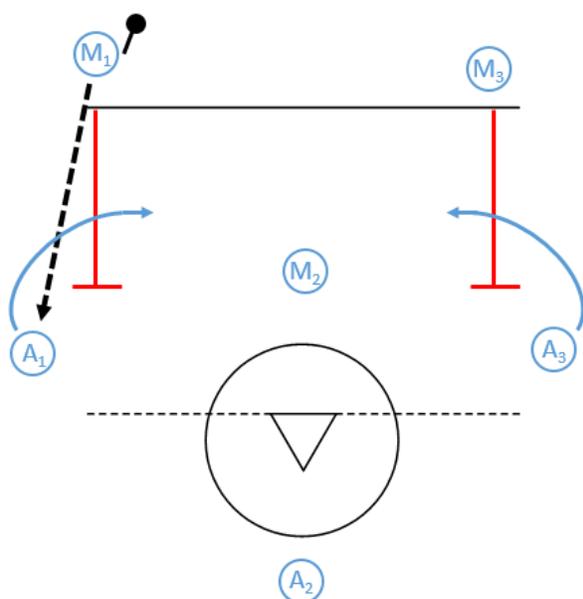
This is another manner of attacking the weak side. We will use the term “**rope**” when a player dodges down the alley and rolls back to where he came from to make a pass to the player which followed him. This player will then re-dodge down the other alley. The attackmen don't have special directives, but they must be active by making OFF ball movement and expect the ball or chase after a shot.

- M<sub>1</sub> dodges hard down the alley (M<sub>2</sub> follows the dodger)
- M<sub>1</sub> ‘rolls back’ and passes to M<sub>2</sub> (M<sub>1</sub> can also ‘throws back’ to M<sub>2</sub>)
- M<sub>3</sub> anticipates and goes to set a pick for M<sub>2</sub>. Timing is key here as the pick must be set when M<sub>2</sub> receives the ball.
- M<sub>2</sub> uses the pick and dodges down the other alley
- From there, M<sub>2</sub> decides to shoot / feed / or pass to X in order to attack the weak side



### 3.4.5 The Sushi, the Swipe, the Invert & the Hang-Up

#### The Sushi : double “pass down – pick down”



A “pick” is an easy way to create separation between the ball carrier and his defender

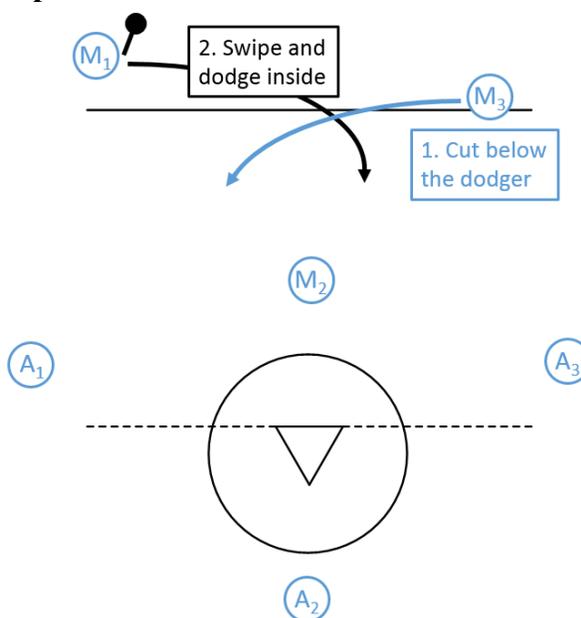
In the case of the “Sushi” we mirror the ON ball pick with an opposite OFF ball pick to free the ball carrier and a possible outlet pass.

- M<sub>1</sub> runs to A<sub>1</sub> and passes the ball
- M<sub>1</sub> then keeps running to A<sub>1</sub> and set a pick (M<sub>3</sub> sets an OFF ball pick to A<sub>3</sub>)
- A<sub>1</sub> and A<sub>3</sub> both use their pick to make their way to the inside.
- From here, A<sub>1</sub> can either feed A<sub>3</sub> or another player, or shoot the ball.
- Crease middle M<sub>2</sub>, stays active and keeps his defender occupied to delay the crease slide

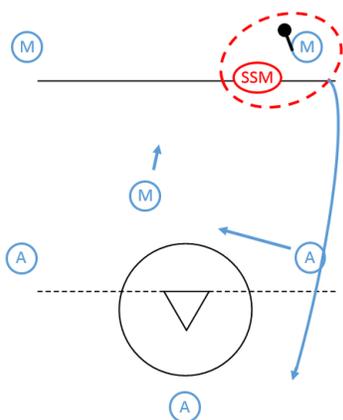
#### The swipe

The term “**Swipe**” refers to an action in offence where two players are crossing each other by either cutting or dodging in front of each other.

In the example here, the top side middle without the ball will run in front on the ball carrier (and avoiding a “moving pick”). The ball carrier will run down the alley which is opposite of him to use the space the other player created.



### The invert



The “**Invert**” term refers to bringing a short stick defender (SSM) behind the GLE to make it easier for our attackman/middies to dodge on them.

This is a prime match-up as it is very difficult for a short stick middie to defend against a dodger from X. So when this situation happens, we should dodge and not lose this advantage.

When forcing the invert situation, we want (1) the off-ball players to move away and keep their men busy, and (2) the ball carrier must run behind GLE rapidly so as to avoid the defense from quickly switching the SSM for a long pole defender.

### The hang-up

A “**hang up**” occurs when we have a player behind the goal with no defenders directly on him. It is hard to create such situations but they can happen once in a while.

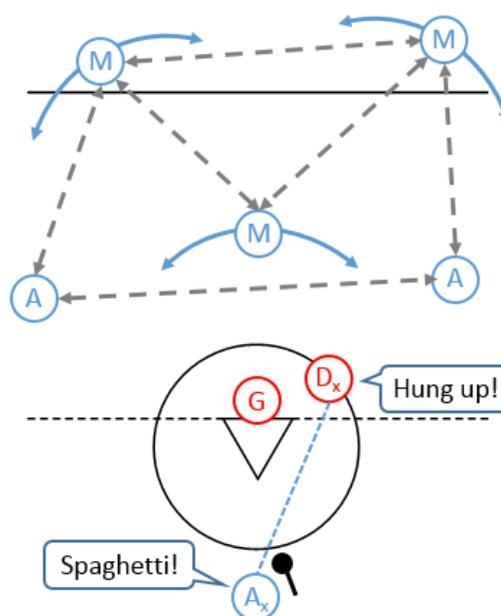
If we hang a defender up, we need to recognize and relay the call so all the players are fully aware of the situation. We will use the term “**spaghetti**”, but relaying “hang up” is also adequate.

The player with the ball needs to show patience to :

(1) Dodge on the opposite side of his hung up defender once he overextend on one side or if the goalie comes out dodging on his side.

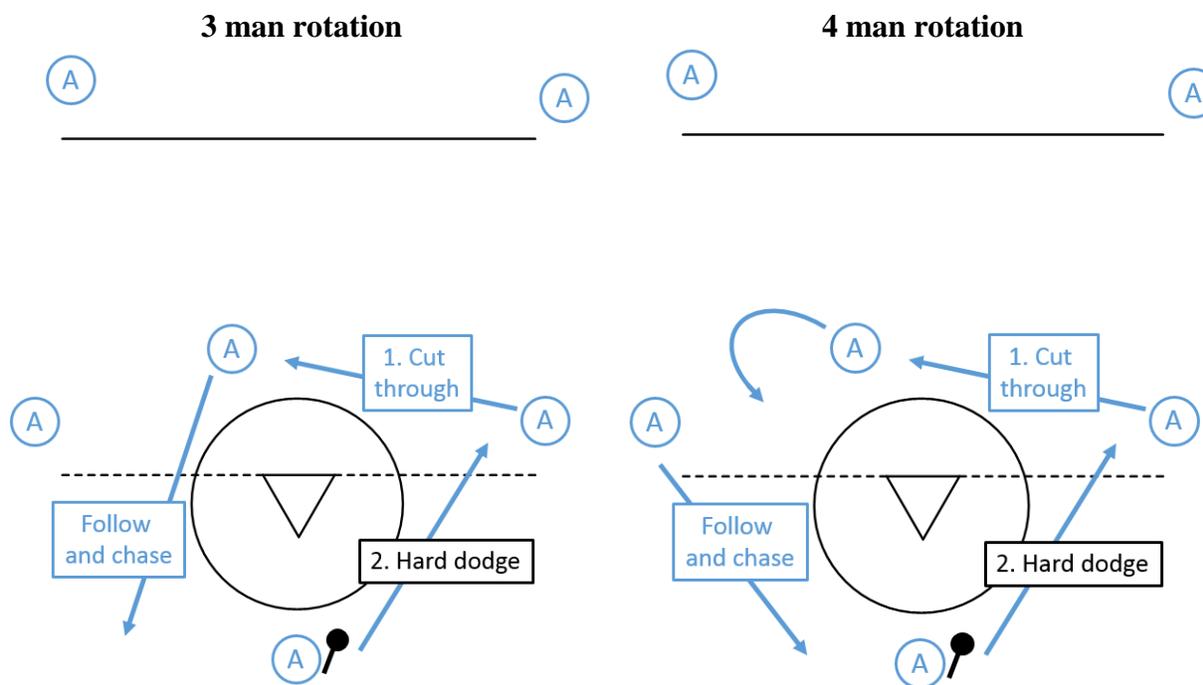
(2) Keep his head up to feed another player.

The off-ball players need to be very active and try to get open by rotating/cutting/etc.. It’s important not to overload the crease area and also look for an open lane & space near the restraining line.



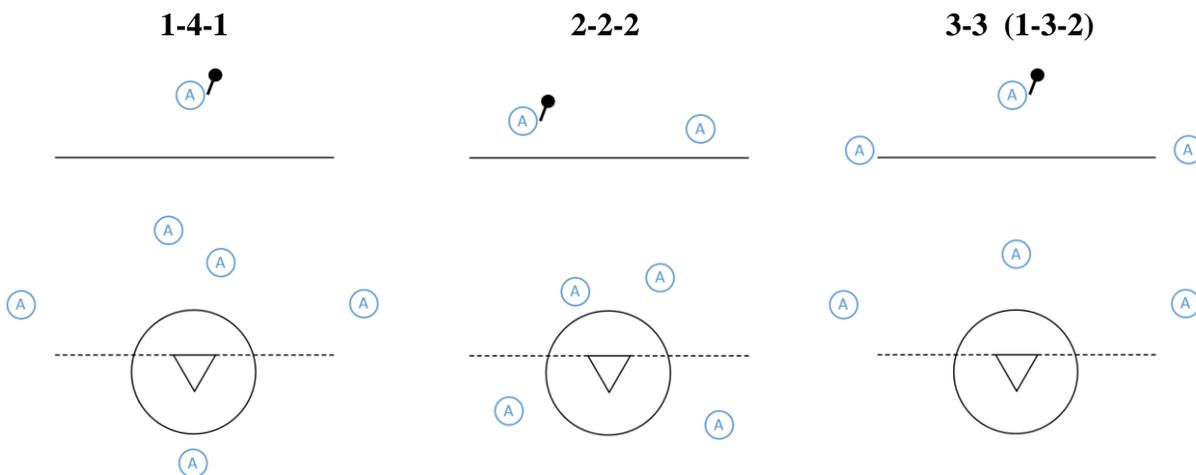
### 3.4.6 Dodging from X (or wing)

As for other dodges, when dodging from X (or from the wing), the crease player has to make space for the dodger and the adjacent player must follow. Below are two examples of how the players near the crease can use the lateral triangles and react when the dodge is coming from X.



### 3.5 Other sets (6 vs 6)

Other popular formations also exist and are used by other teams. In this playbook we will not elaborate on the concepts and fundamentals of these formations but you should be aware that teams can use them.



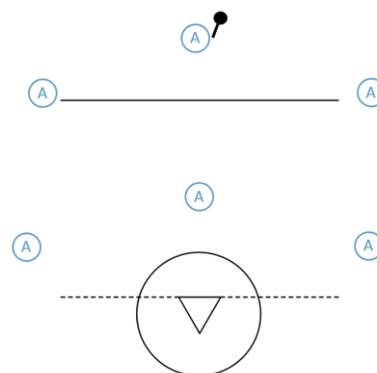
## 3.6 Man up offense

### 3.6.1 Basic concepts & 3-3 formation

In Lacrosse, you will often find yourself in man-up situation (due to an opponent's penalty). Successful teams use this opportunity to score frequently as they have man-up advantage. The other team will most often resort to a zone defense in order to stop the man-up play.

Our main formation for man-up situations is the 3-3, where all players have an angle on goal and can potentially score. The players at GLE (most often opposite the ball) are responsible for anticipating the shot and chasing the ball.

Man-up offense relies on ball movement. As the defense is forced to play a zone defense, ball movement will force them to rotate and move every time the ball hits another player. Considering that, we must pass the ball around to include every player in the man-up (including behind the cage, where the two GLE players have to go behind the cage to make the pass) and look for the best scoring opportunity.



### 3.6.2 We want the best shot! Not the first one!

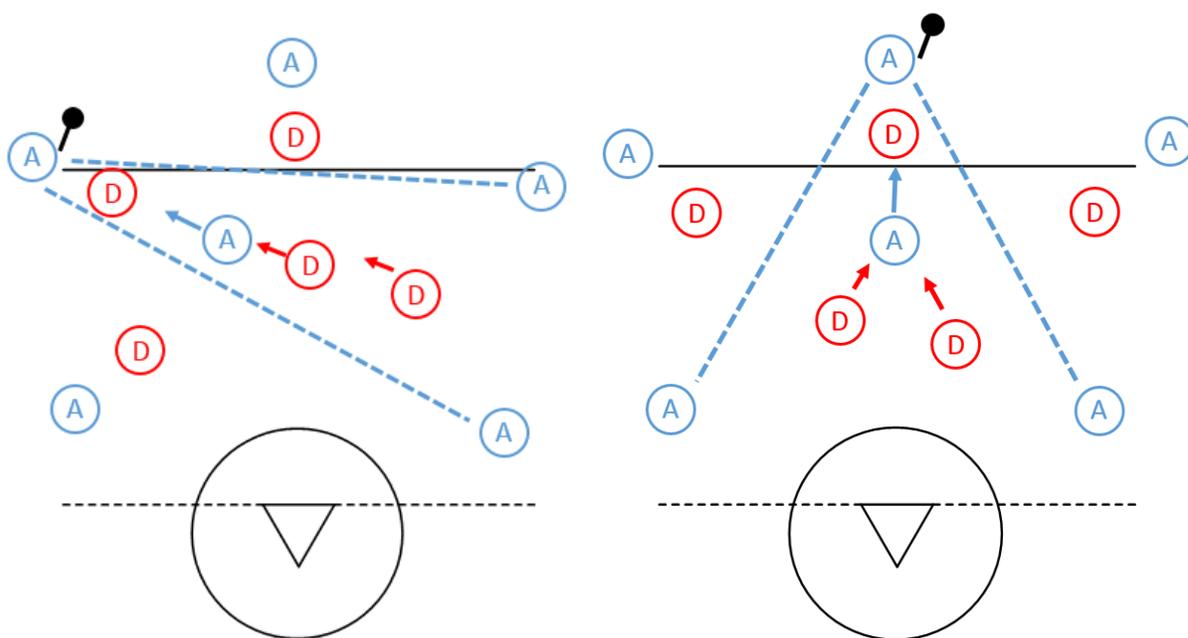
In these situations, we have 30 seconds / 1 min / 2 min of man-up. It is therefore vital that we play smart and not force the shot on the first opportunity as we have a lot of time. The best shot might only come after 20-30 seconds and we must pass the ball around and create high percentage scoring opportunities before shooting the ball.

### 3.6.3 Crease role : close to the ball

In a 3-3 formation and during a man up, the crease players must be high and close to the ball. This is a simple way to overload one side of the field to open the seams (see images below). The crease player does not necessarily have to be close to the ball every time the pass is made, but has to choose the correct moment to go close to the ball.

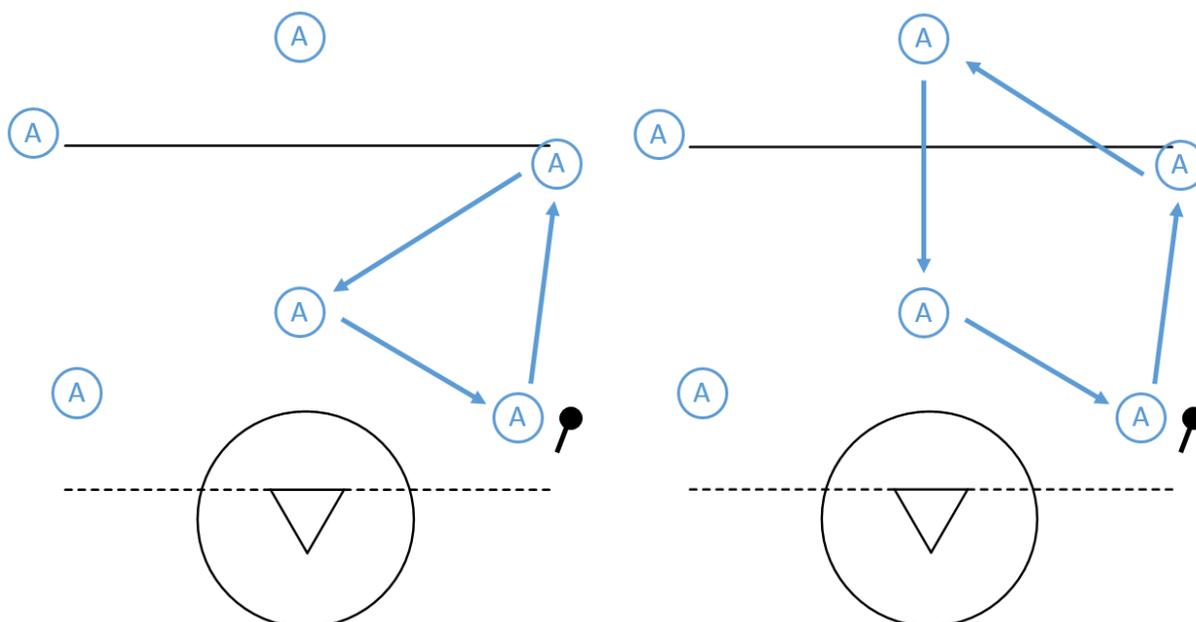
It is to be noted that the crease player should always be ready to catch the ball and shoot. Importantly, we do not want to force the ball to the crease player. It is the responsibility of the ball carrier to scan the defense and make the correct decision. Keeping possession and looking for the open man is often more valuable.





### 3.6.4 Wheel 3 and wheel 4

Wheel plays are very useful and simple to execute. Yet, they are difficult for a zone defense as they could be forced to rotate. Therefore, executing a few wheel plays from either sides of the GLE can often lead scoring opportunities. It is important that we don't force to the cage. We want the "best shot", not the "first one".



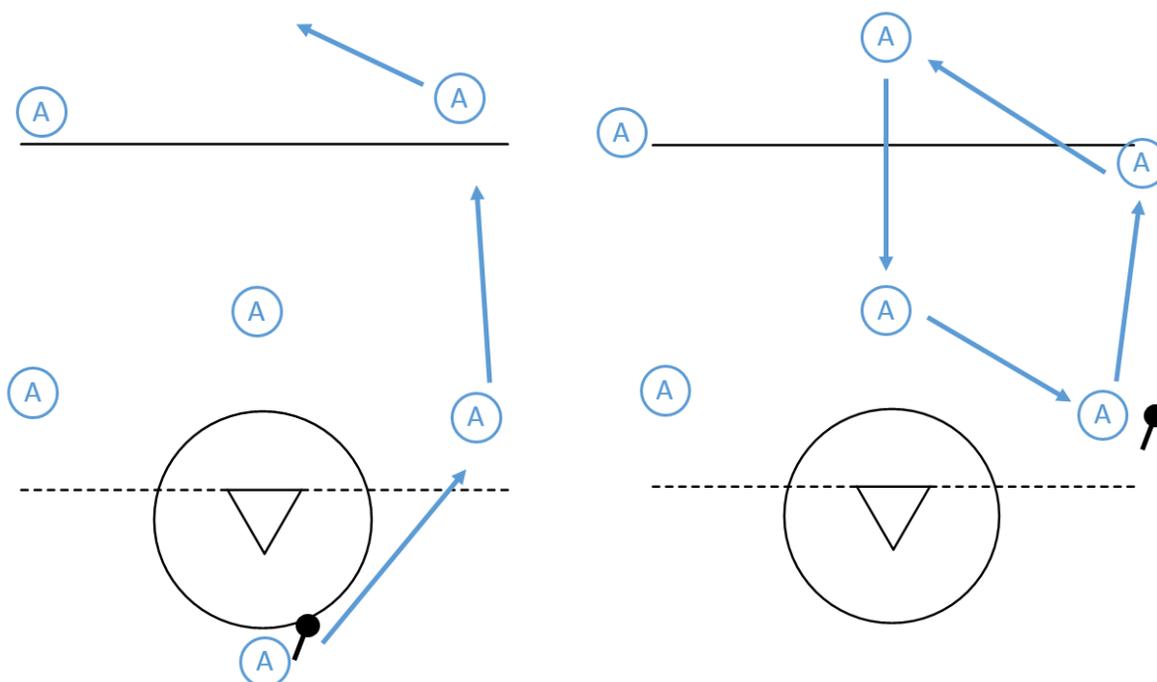
**N.B.** – We are not limited to these wheels, “wheel 5” and “wheel 6” are also sometimes employed. Wheels often start when the ball hits one of the corners.



### 3.6.5 Changing sets

A simple way to beat a man-down zone defense is to start the man-up in one formation and to switch to another formation while we are passing the ball around. This will force the rotation of their zone and give us an edge.

In the scenario depicted below, a change of formation (from a 2-3-1 to a 3-3) will create a 2 on 1 situation in the corner forcing the defender to choose which player to follow and forcing the rotation of the defense. If no scoring opportunity was created by the change of set, then we go back to our wheel system. This is a simple way to destabilize their defense and can lead to one player being wide open.



## 3.7 Playing against a zone defense

Playing against a zone defense can be deceptively difficult. It often takes time for the offense to realize that the defense in playing zone and the offense is often not well equipped to attack a zone.

In a zone, the defenders will not properly play a man. The defender which is closest to the ball carrier will step out a few steps to slightly pressure the ball, and will step back when the ball is passed or carried outside his zone. The defenders will not follow the attacker running around the net with the ball, but they will pass him on to the next defender in the zone. The same thing goes for off ball players. The area/moment when the defender passes the call carrier to the next defender is called a “seam”.

Zone defense can prove difficult and lead to attackers shooting from the outside as the opposing team relies on their goaltender to create a turnover.

### 3.7.1 How to attack a zone

- First, we must recognize the zone defense and communicate it to the entire team as it changes the offensive system.
- Attack the seams between two defenders to make them both commit to you
- Pass the ball quickly around the cage to turn their heads
- Increase your off-ball movement
  - As they are defending a zone, they will not follow you and they will therefore have to look around to re-position themselves.
  - Doing this when the ball is skipping fast around the net can be tricky for them.
- “Attacking the weak side” principles are still valid in this situation
- Changing formation to force the defense to adapt and they will therefore have to change their angle of approach.
- Doing wheel plays (“wheel 3” or “wheel 4”) can prove very useful against a zone

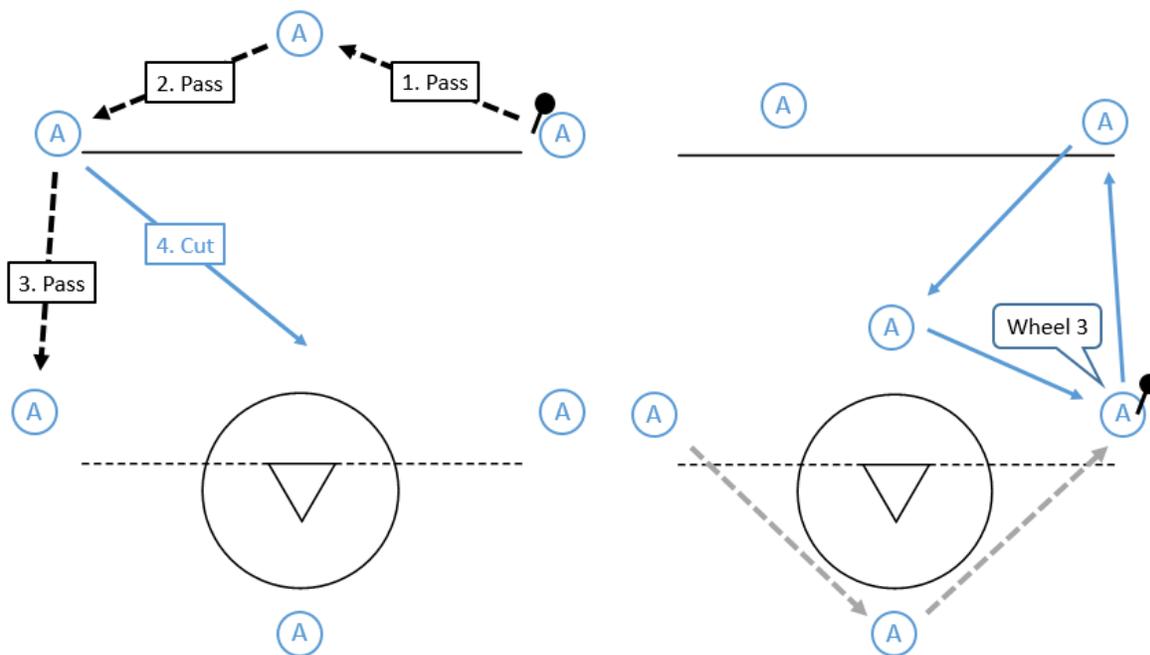


### 3.7.2 Cocktail

Once we have fully recognized the zone defense and communicated this all the players, we can start attacking the zone in an organized manner.

We call this a “Cocktail” because it is a combination of multiple actions which leads to the destabilization of the zone defense.

- Start in an “Open set” formation
  - Pass the ball around
- Switch to a “2-3-1” formation
- Make passes until you reach GLE
- Start a wheel 3 or a wheel 4 going downfield with the GLE player.
- The ball carrier has to pass to the player filling his place behind him to force a rotation of the defense. If the defense does not rotate, the attackman following will have a scoring opportunity.
  - That player can then re-initiate a wheel play.
  - It always goes back to decision making. We should see what option is best : shot / dodge / another wheel play / one more ...
- If it doesn't work, we “reset”, keep calm and try again



## 4. Defense

### 4.1 Basic concepts of team defense

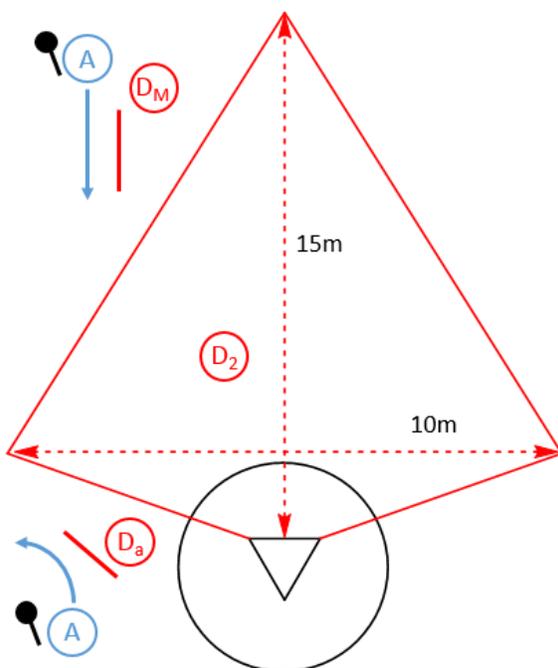
#### 4.1.1 Defense nomenclature

- **Left, Ball, Right, Hot, Slide, 2, Back:** Regular calls that need to be told on every possession, and every time a pass is made
- **The diamond (the paint or the hole):** The area on front of the crease, where the defense needs to stay in and protect whenever they are not playing the ball carrier. We cannot give up goals inside of the paint. It's a “no go” zone for the opponent team!
- **Don't get beat to the inside :** It means that we cannot allow any player to get inside the diamond. We must not get beat over top or let the opponent roll back to the inside as they would have a better angle to shoot and thus a prime scoring opportunity.
- **Hips:** D-Middies need to engage their guy by putting (and pushing) their hands on the offense guy's hips.
- **Head on a swivel :** When defending off ball, you must keep an eye on the ball and your man. To do this you must swivel your head back and forth to keep both in check.
- **COMA:** Slide across the crease on a dodger coming from behind GLE (“COMe Across the crease”)
- **Left foot or Right foot :** when defending a dodger down the alley, the goalie will reposition your by saying “left” or “right” foot. “Left foot” means get your left foot higher, meaning you should shuffle a bit to your left to not let the opposing player beat you over the top, but you should drive him down to the outside. This expression is valid for other situations as well.
- **Double:** Double the ball
- **Break or clear:** We are starting to clear and transition the ball. Get open!
- **Numbers:** Find your match up and tell your teammate who you are defending!
- **Fire:** Slide call
- **Open or Adjacent:** We are defending against an “open set” and we are sliding adjacent
- **Crease:** We are defending against a formation with a crease player, and we are sliding from the crease
- **Near:** The nearest man must slide to the ball
- **Underneath:** Must always help underneath to the ball. And play above GLE when playing off ball
- **Picks:** During a pick, you MUST communicate what is going on to the guy getting picked on. “Pick left/right”, “Switch”, “Go through”. If there is contact, the switch is absolutely necessary.
- **Bump:** Bump the defender to the next attackman and take his attackman, usually useful during a ride, or when we are recovering after a slide.



- **Split**: You are defending two guys "I'm split". Usually the guys at the back of the formation (e.g. man down)
- **Syracuse/Cornell**: 3-3 crease zone defense
- **Flash**: We slide early
- **Black**: Strong side defense presses out and plays aggressive
- **Shark**: Short sticks lock their man
- **Lion**: Lock off your man if we call "Lion + your name"
- **ACME**: Adjacent Crossing Midfielder Exchange. If an offensive player cuts through open set, that defender becomes 1 slide
- **Zebra**: Switch short stick with closest long pole
- **Cheap**: Hail Mary! Worst case scenario, where we dump the ball upfield during a transition. We aim at the GLEs on either sides of the goal to give our attackmen a shot at the upcoming ground ball.
- **Home** (during a clear) : pass back to the goalie
- **Over** (during a clear) : long pass (usually over the goalie) from one side of the field to the other.
- **Ball watching**: Getting caught watching the ball, not paying attention to your attackman or to the slide package

#### 4.1.2 Diamond concept & angles of approach



#### The diamond

- The hole, the paint
- a.k.a. : the optimal shooting area

#### Defending against alley dodge

- Drive the attackman down the alley by putting a hand on the back hip
- Do not allow them to roll back by staying on the back hips

#### Defending below GLE

- Never get beat top side. Don't let the attackman go to "the island".
- Push him to the low corner of the field and below GLE by engaging his hips and putting your hands in front of him once you hit GLE without getting beat by an inside roll.

Any attackman entering this zone should be pressured, and shouldn't get comfortable



## Approaching with a good angle

### Alley dodge

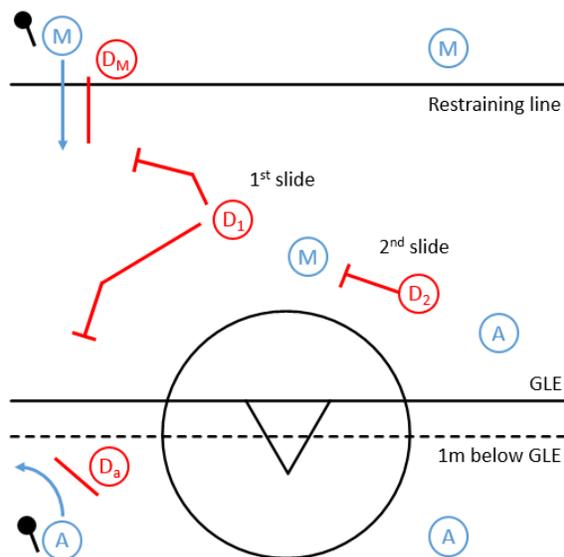
- Invite him down the alley
- “Left foot” and “right foot”
- Avoid the roll back by staying on his back hip and thus making the slide easier for your teammate. The slide is taking care of the front.

### Defending below GLE

- Don't get beat top side
- Push to low corner and below GLE
- Don't allow them to roll back

### Be aware of your Sliding Angles

- Do not charge: redirect and keep driving
- Communicate: Off / Bump / Double



The second slide releases the first slide

### 4.1.3 Defensive stance

- **Sit back in a chair**
  - o Athletic stance
  - o Butt low
  - o Knees bent
  - o Feet are shoulder width apart
- **Head up & communicate**
  - o Head on a swivel
  - o Tell your teammate when or if he will dodge
  - o Teammates will tell you where/when the slide is coming
  - o Use peripheral vision to situate yourself on the field and see picks.



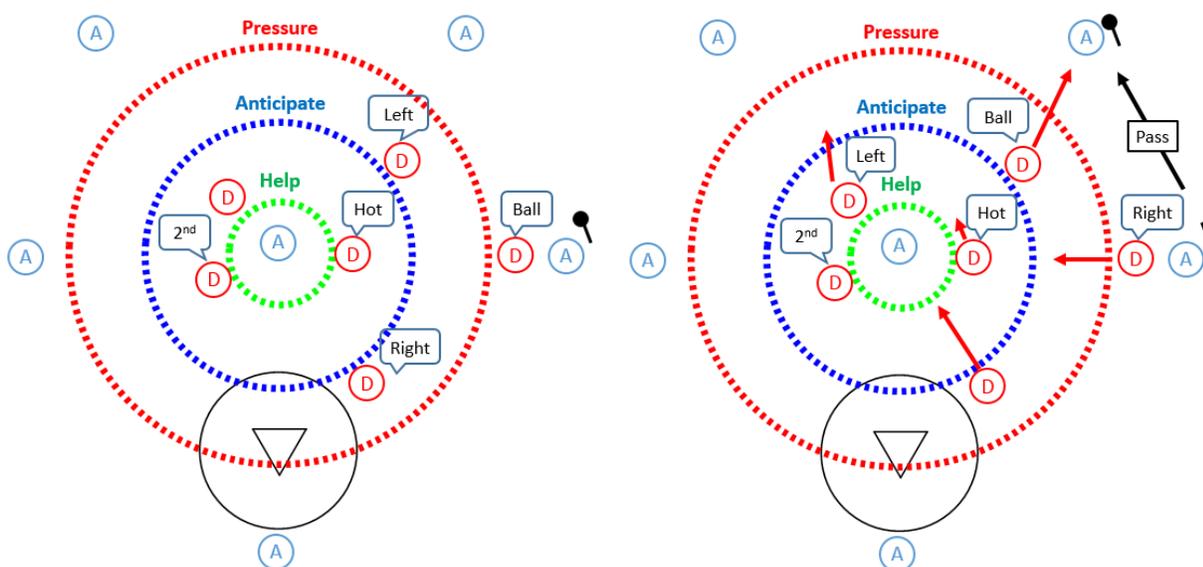
- **Hand away from body**
  - o Use as a cushion to absorb the dodge
  - o And push dodger back
- **Stick at 45 degree**  
Ready for :
  - o Check
  - o Poke
  - o Slap
  - o Lift



## 4.2 Concepts of man defense

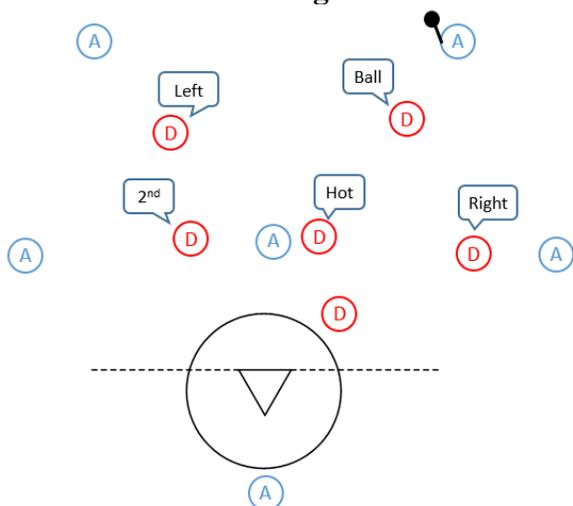
### 4.2.1 The 3 layer concept & communication

- Ball defender → Call **“Ball”**  
→ **Pressure the ball**
- Left and right → Call **“Left”** or **“Right”**  
→ **Anticipate the pass**  
→ **Approach** your attackman as the ball is in the air
- If you are the 1<sup>st</sup> slide → Call **“Hot”** and be ready to slide if needed
- If you are the 2<sup>nd</sup> slide → Call **“2<sup>nd</sup>”** and tell the hot slide you are releasing him
- If you are at the back of the formation  
→ **Come back in the hole/paint to help**
- Stick up in the passing lanes  
→ Like trees in a forest
- Beware that the defense needs to adapt every time the offense makes a pass

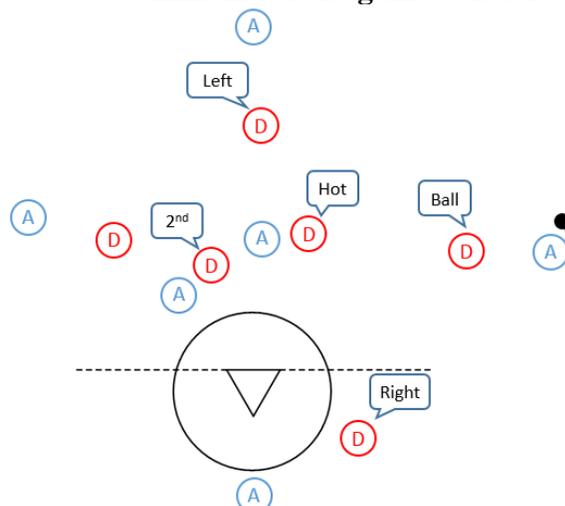


Below are two examples of how to communicate against a 2-3-1 and 1-4-1.

### Communication against at 2-3-1

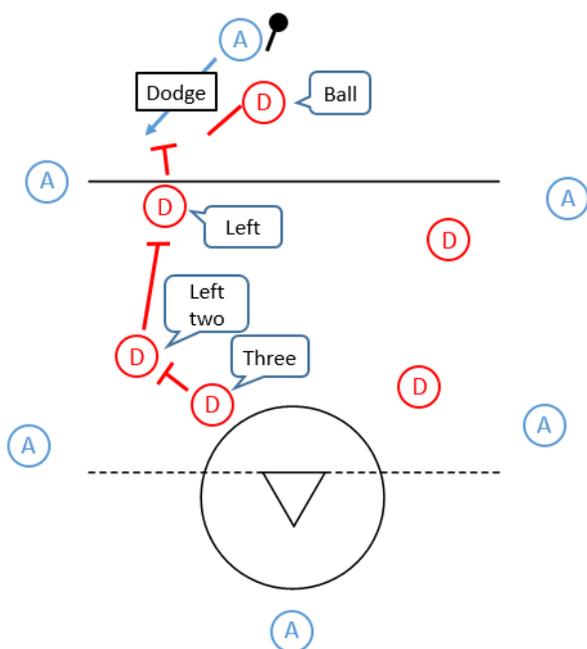


### Communication against a 1-4-1



#### 4.2.2 Slide package : The adjacent slide

The adjacent slide is only used on an “Open set”, when we don’t have a defender on the crease.



If the top side middle dodges “to our left” and beats his defender :

- The “**Left**” adjacent slides to the ball
- The “**Left two**” slides
- The “**Three**” slides
- The player which got beat recovers to the hole and find the free man (the goalie and other defender help by telling him where the free man is)

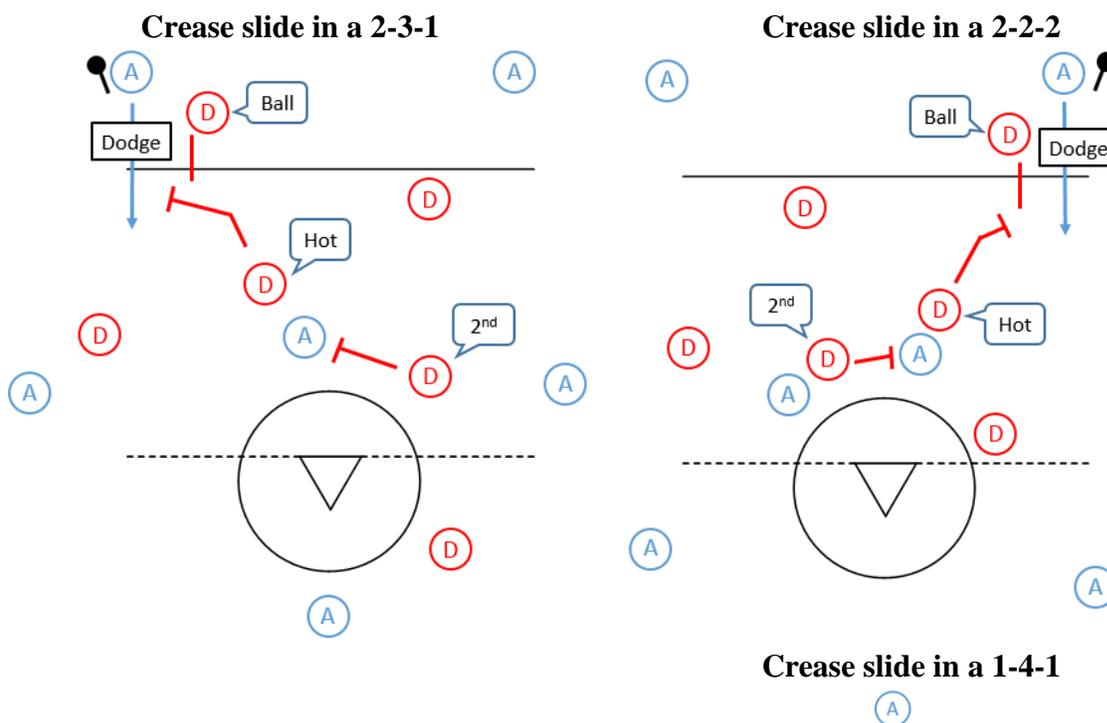
Introduction to team defense : Adjacent slides



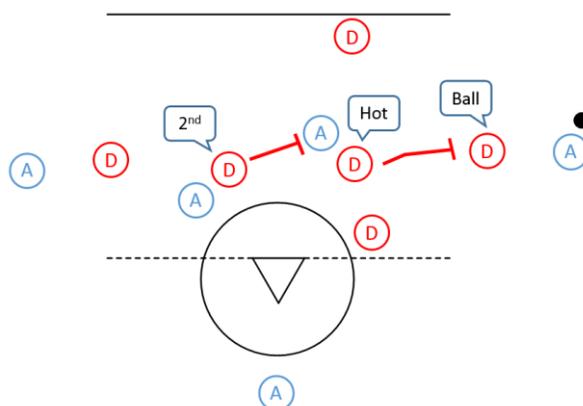
### 4.2.3 Slide package : The crease slide

The crease slide is one of the most used slides in Lacrosse as most teams play with a player on the crease (2-3-1, 1-4-1, 2-2-2, 3-3). The principle for the 1<sup>st</sup> and 2<sup>nd</sup> slide remain the same regardless of which formation the other team is playing in. Remember the “3 Layer concept and Communication” seen above to optimize the defense cohesion.

- Offensive player dodges (down the alley or from X) and beats his defender
- The crease player slides to help
- The second crease slides to cover the man on the crease
- The player which got beat recovers in the hole to find the open man
  - o The goalie and other defender help by telling him where the free man is



The crease slides :



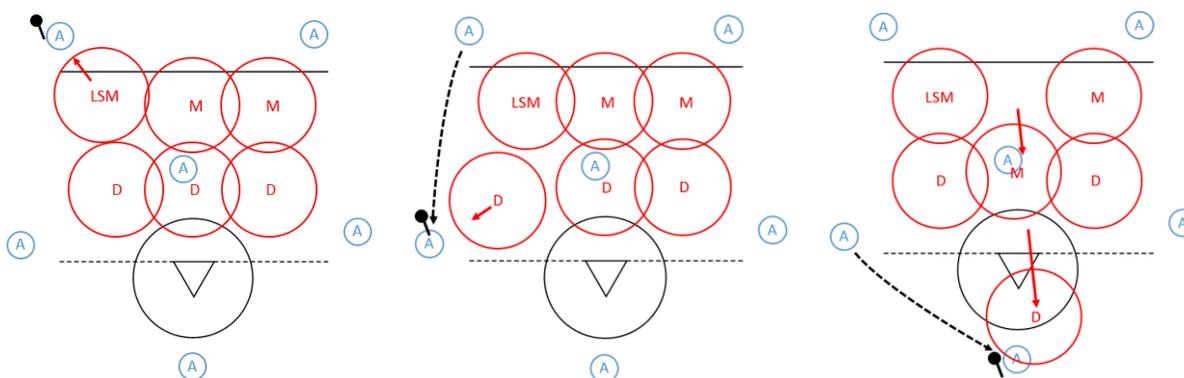
## 4.3 Concepts for zone defense

A reason why we would want to play zone defense is to slow down the pace of the other team's offense. We are packing the defense inside (near the hole) which will remove the easy feed and take space away from them. This type of defense often leads to outside shots, as the offense feels blocked. Another reason to switch to zone (in the middle of a game) is because many offenses are not use to playing against a zone defense and they will struggle against it.

### 4.3.1 3-3 zone defense

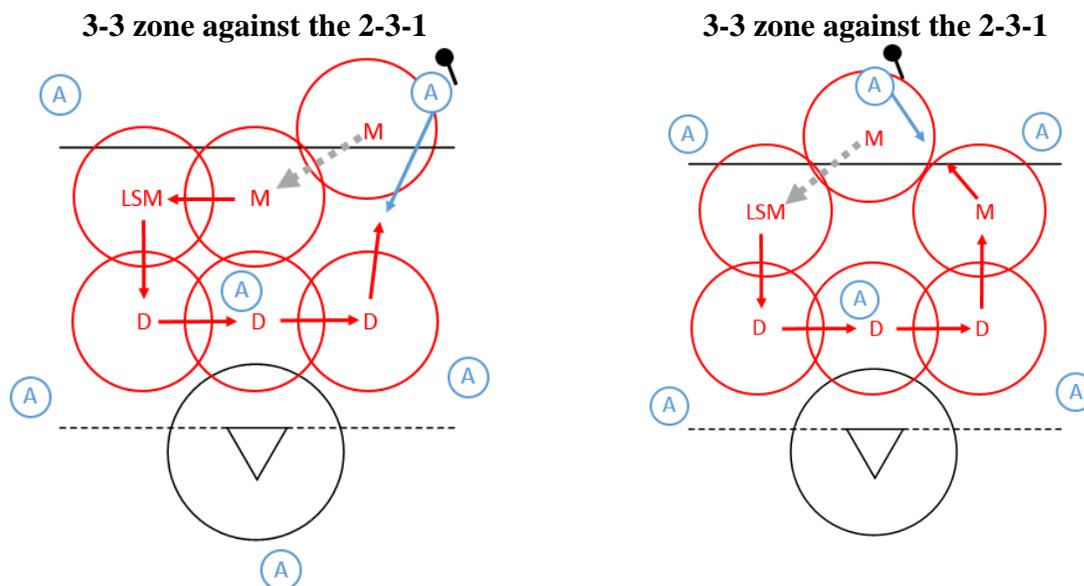
- In this 3-3 zone, each player defends a zone (6 zones).
- We will not pressure the ball too high or too far from the hole (the paint).
- The player near the ball will apply some pressure to the ball.
- Defense should be ready with their sticks in the passing lanes.
- On a pass or a dodge, the defenders will not follow, but they will pass on the player to the next zone.
- Only when the ball approaches or goes behind GLE, does the crease player and top player slide down. These two players will recover as the ball goes around the net.

Crease zone defense



### 4.3.2 Slide package : The rotation

The 3-3 zone, like any other defensive formation has multiple possible slide packages. In our case, we will use a “rotation” to slide and to recover. In order to understand how this defensive slide package, it important to imagine that all the defenders are linked together with a rope. This means that if the zone gets beat, the entire defense will rotate together. Two examples are given below (against the 2-3-1 and the 3-3 offensive formations) on how the defense should rotate in the event that our zone gets beat.



## 4.4 Defending against a “Hang-Up”

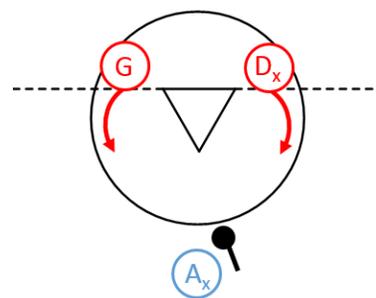
If we get caught in a hang up, we need to recognize the situation as soon as possible and communicate it to the team.

First thing, all off-ball defenders should lock-off their men to avoid an easy feed, while keeping an eye on the ball.

We want to **attack** the hang-up by having the defender and the goalie step to the sides of the goal to pressure the attackman.

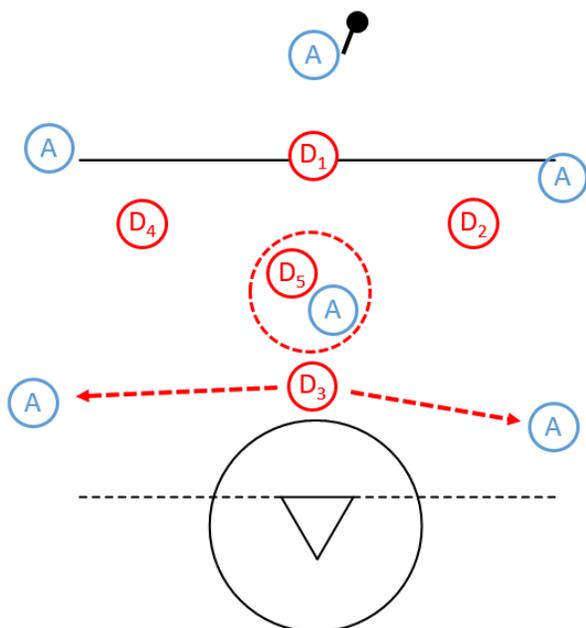
- Most often, the attackman will choose to dodge the goalie, and so the goalie must at least get push/check on the attackman early on to make him step away, while the defender arrives to take over and the goalie goes back in goal.
- If the attackman goes to dodge the defender, we are back to regular defense.

This can only be executed when the goalie and the defenders understand this situation and are ready to attack the hang-up.





#### 4.5.2 4-man rotation



#### 1 SSM locks off the crease player

- Not involved in the rotation
- Stay active & don't fall asleep

#### 4 long poles vs 5 attackmen

- Ball carrier and left & right players have long poles pressuring them.
- The 4<sup>th</sup> long pole is at the back of the formation covering the 2 remaining attackmen.

#### Communication

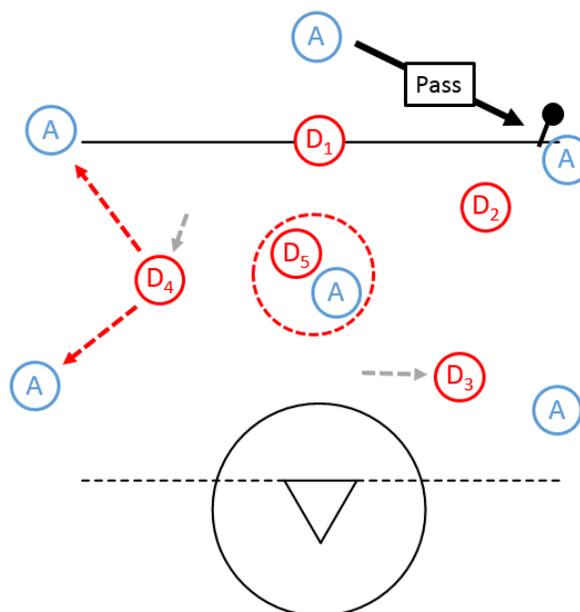
- "Ball"
- "Left" & "right"
- "Split": The player which is at the back of the formation is split between two players

#### Rotation on a pass

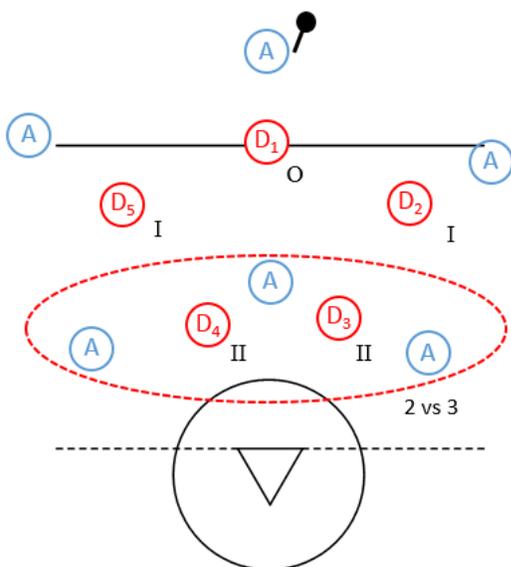
- D<sub>5</sub> (the SSM) is still locking the crease
- D<sub>2</sub> is now pressuring the ball
- D<sub>1</sub> and D<sub>3</sub> are pressuring the adjacent players ('left' and 'right')
- D<sub>4</sub> is now covering the two players at the back of the formation.

#### Be attentive and anticipate

- The ball can rotate fast, so it is key that you stay alert and anticipate.
- Communicating to your team what position you are in will ensure the success of the rotation.
- Sticks up in the passing lanes



### 4.5.3 5-man rotation

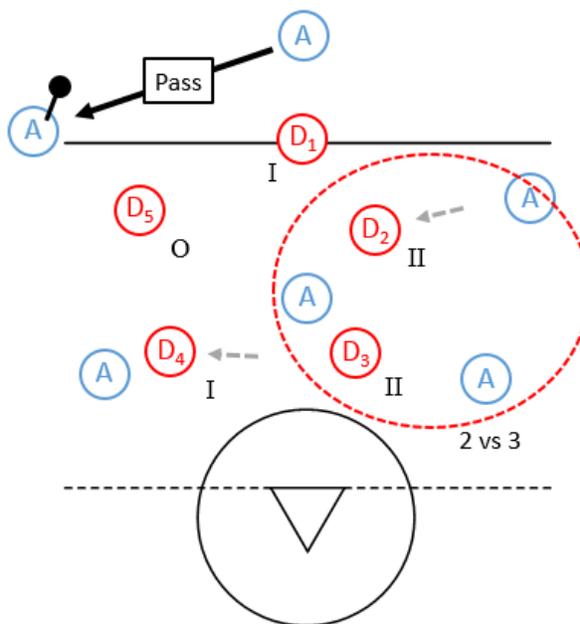


#### All the players are involved in the rotation

- 1 player covers the ball
  - o Called the 'O'
- 2 players cover the adjacent players
  - o Called the 'I'
- The far 2 defenders cover the 3 attackmen at the back of the formation
  - o Called the 'II'

#### Rotation on a pass

- D5 is now pressuring the ball
  - o The new 'O'
- D1 and D4 are pressuring the adjacent players ('left' and 'right')
  - o The two new 'I'
- D2 and D3 are now covering the crease and the players at the back of the formation.
  - o The two new 'II'



#### Be attentive and anticipate

- The ball can rotate fast, so it is key that you stay alert and anticipate.
- Communicating to your team what position you are in will ensure the success of the rotation.
- Sticks up in the passing lanes

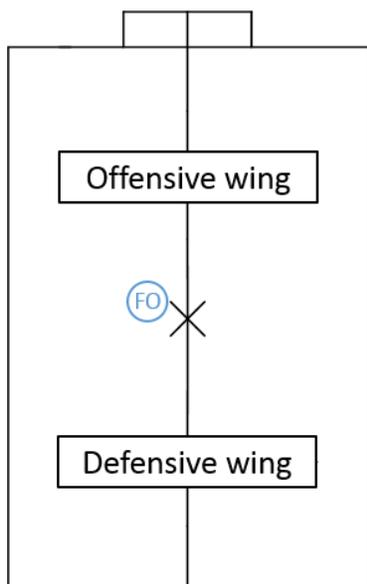
### 4.5.4 What if they get out of a crease formation or change formation

In the event that the man up formation doesn't have a man on crease or if they remove the crease player during their play, we "match up top". This means if there are three players on top, we match their numbers with three defenders.



## 5. Face-offs

### 5.1 Offensive and defensive wing – “Red” and “Green” call



On the left of the face-off player, we have the “**offensive wing**”, and on his right is the “**defensive wing**”.

Both wing players should communicate with the face-off player before and during the face-off. The face-off team should grow and adapt to how the game is developing.

#### Offensive wing :

- Could be an SSM or an offensive player (one of our best vacuum cleaners)
- Are you locked down or are you free? Inform your face-off

#### Defensive wing :

- Usually an LSM player
  - Should you lock down your player? Communicate!
  - Should you prevent the fast break? Communicate!

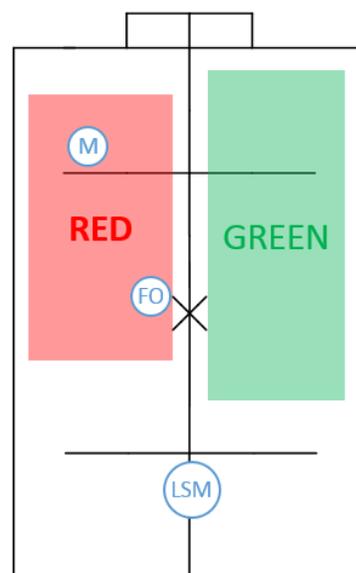
#### Red and Green

The face-off and the offensive wing player use this vocabulary to communicate before and during a face-off. As the defender covering our offensive wing can move along the line just before the face-off (and therefore change our plans), the offensive wing player should tell the face-off guy : “Red” or “Green”.

**RED** : Pop the ball behind for a ground ball

**GREEN** : Face-off guy will try to pop it to himself and go forward

If it’s a 50-50 clamp on the ball and the face-off players are turning to try and win the clamp, you should follow the **butt end** of the face-off. That’s where it’ll be popped out.



## 6. Transition game

### 6.1 Clearing

Most “**clear**” situations occur when (1) the goalie makes a save, (2) the defense causes a turnover, (3) offense throws it out of bounce or when (4) we chase the ball better after a shot. After such situations, we should organize for a clear.

#### 6.1.1 First look

When our goalie makes a save, (1) his first look will be to the middle who was defending the shooter. That middle must immediately break, get open for a lob pass and try to create a fast break. The goalie’s second look (2) will be the other middies or the LSM which are all also getting open. The third look (3) will be for his long poles on his sides. If none of those possibilities are available, the goalie must keep the ball behind the cage and slowly walk upfield. A clear is a 7 on 6 situation! There is always someone open. If the goalie is the only one open, he must slowly carry the ball upfield with his defenders walking on the same line. We then fall back to “**draw and dump**” type situation.

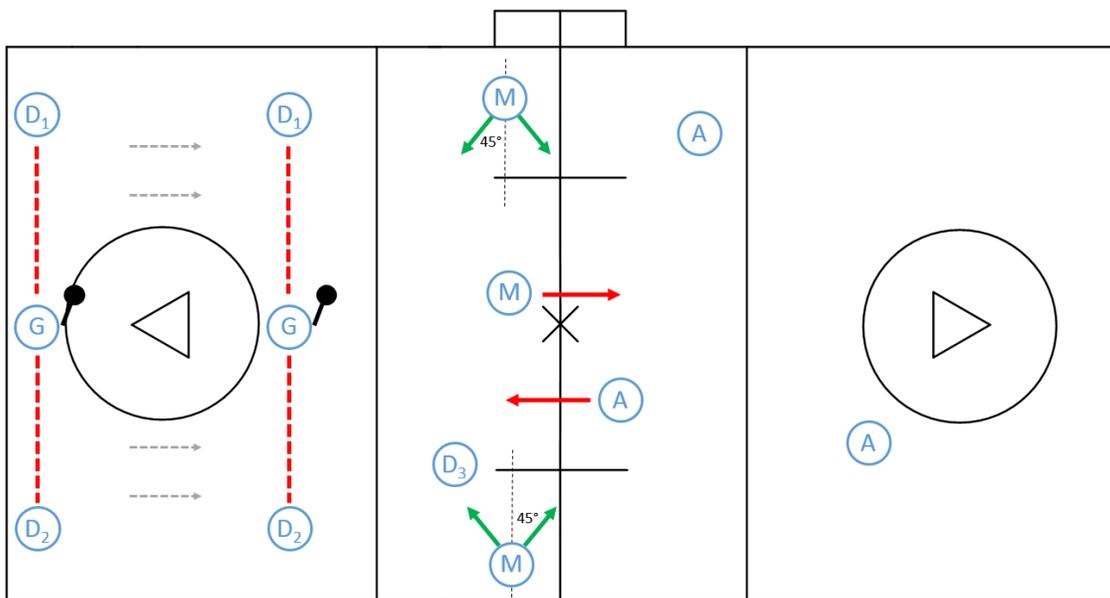
#### 6.1.2 Clearing the ball

We have all the time we want! Therefore, we should not rush upfield to clear the ball and we can always pass back to your goalie/defenders behind the middies.

Here are a few concept we should be aware of, and make sure to apply during our clears:

- Goalie and two field player make a line
  - Step upfield as one line, pass the ball around looking for a free middle/attackman
  - The ride will force us to make a long “skip” pass “over” the goalie. If we get the ball over, we will have more space to run and make a successful clear.
  - We can always pass back “home” to our goalie to reset the clear and start again.
- If you are not open (defender covering you) : run and get open
- When you are open, go back to the goalie and try to help him
  - To get free : change speed and change direction → Use 45° angle and avoid West-East movements
- To create motion : middies can cross the mid-line to release and attackman
- As a rule of thumb, if you can pass to a short stick, you should (!), as it’s harder to dislodge the ball from a short stick.
- A clear is NOT finished when the ball crosses the mid-line
  - The other team is chasing the ball carrier and we should not slowdown in the middle of the field or start the substitution right away.
  - Run with the ball (or pass the ball to an attackman) near the sidelines (away from the goal), near GLE or to X in order to settle the play and call “**yellow**”.
- After a clear, it is a good time to switch the tired legs and get a fresh line of middies.

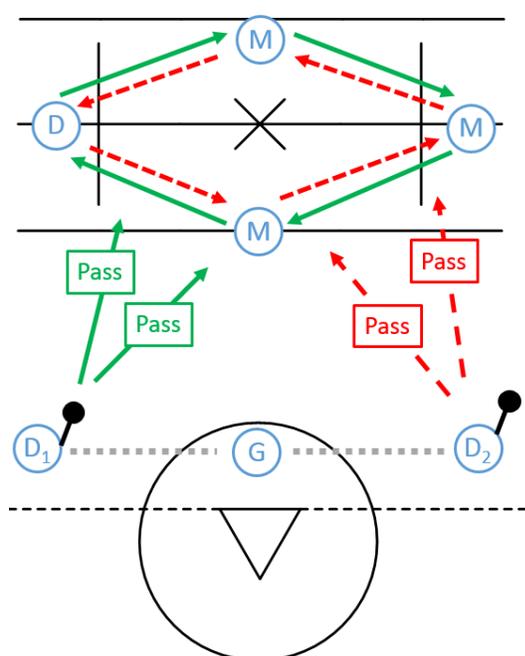




**N.B.1** – Making a quick clear can often lead to a fast break opportunity, but rushing to the cage can lead to another turnover. We should take advantages of transition situations, but we cannot start playing “Ping-Pong”.

**N.B.2** – To make the clear easier, we can put a short stick middie on the same line as the goalie (instead of a D pole, and always across from the sub box). This middie will run the ball upfield to create motion. He can either run and beat the riding attackman by himself, or pass it on to another free player. We should avoid running into a double or triple team.

### 6.1.3 Adding movement and dynamism



When we have a difficult time clearing the ball

- We will run a **“diamond”**

**If ball is on the LEFT side**

- Diamond rotates clockwise
- So the lower part of the diamond is going towards the ball carrier, for an easy pass

**If the ball is on the RIGHT side**

- Diamond rotates anti-clockwise
- So the lower part of the diamond is going towards the ball carrier, for an easy pass

**N.B.** – When other teams give us a hard time to clear, we must run full speed to beat our man.



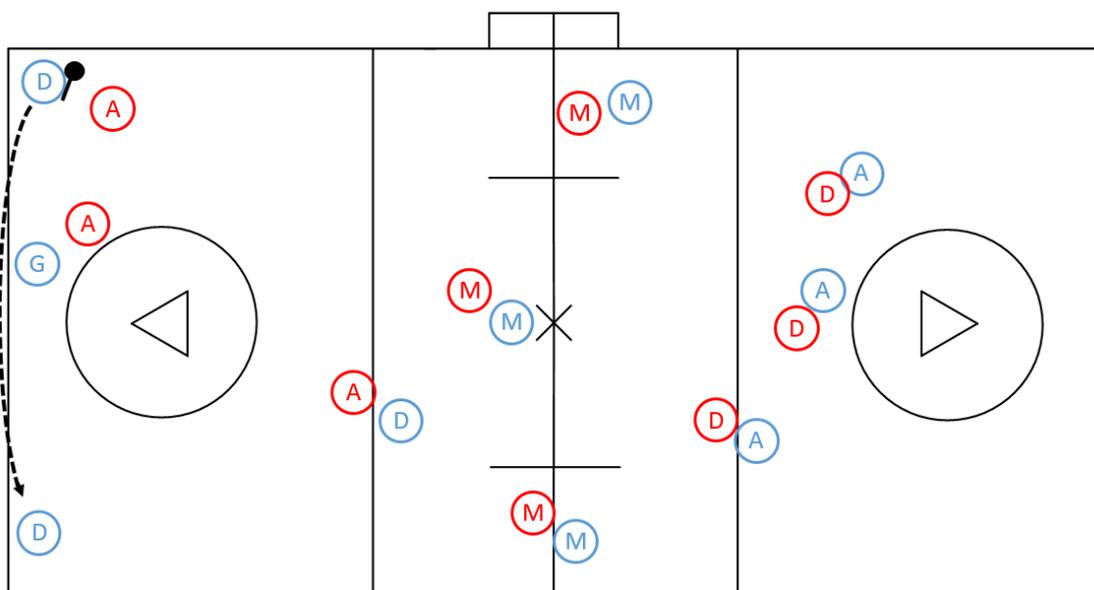
## 6.2 Riding

Riding the ball when we lose possession is one of the most important aspect of the game as we need to (1) get the ball back, (2) prevent a fast break opportunity (3) not give them an easy clear and make them fight for it. There are several ways of riding against a clear, and we have to adapt our game depending on how the game is going and what type of team we are playing.

### 6.2.1 Pressure ride

In a pressure ride, we want to pressure the ball carrier and force the other team to make a long difficult pass.

- Defenders : Lock off your attackmen
- Middies : Lock off your middies
- 2 attackers: pressure the goalie and the ball carrier to force him to make a long pass
  - If goalie has the ball, pressure him to make him make a pass to one of his outlet
- Remaining attacker : Lock off the remaining defender which should around the restraining line



### 6.2.2 Zone ride

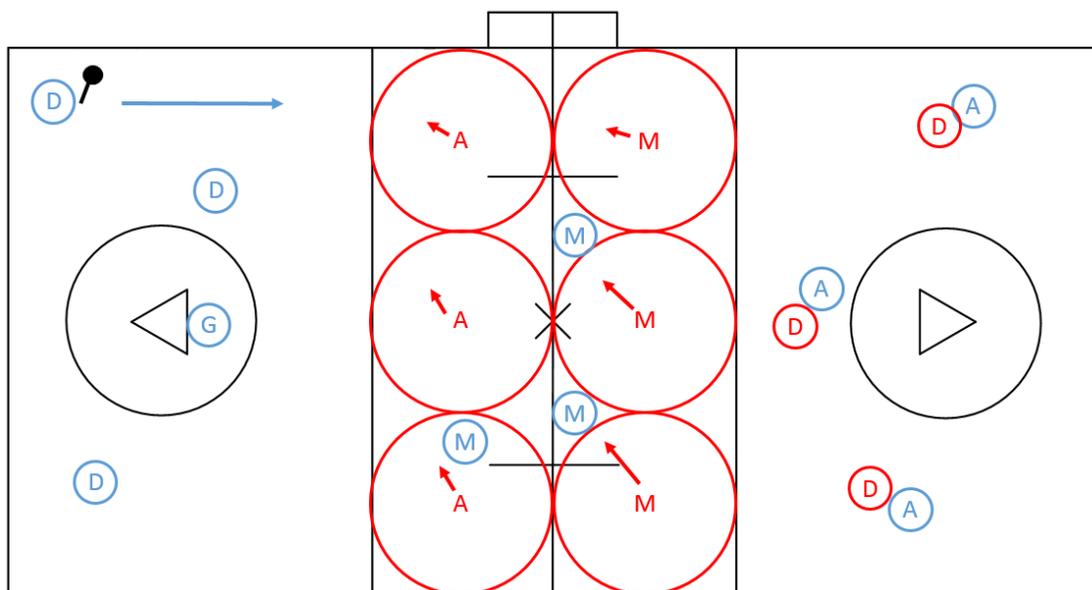
In a zone ride, we do not pressure the goalie or the defenders when they are below or at GLE. Instead the attackmen and the middies form zone at the middle of the field to prevent passes and stop/slow down their transition.

- Defenders : Lock off your attackmen
- Middies : Make a line of three just above the mid-line
- Attackmen : Make a line of three just below the mid-line

Like all zones, one of the principles is that the zone moves together (all players are “attached” together with a string). If the ball comes from one side (the left side) then the closest players have to close down the area to prevent a player from running through. The players on the other side of the zone can gently cheat inwards and get closer to the ball. Once again, we are forcing the long pass.

Importantly, we cannot ‘slide upfield’. Meaning that we cannot leave our position in the zone, to run down towards an opponent. This would mean that we let our man behind us to go to the ball which would lead to an easy lob pass and a chance for a fast break. (i.e. they do a “draw and dump” against us)

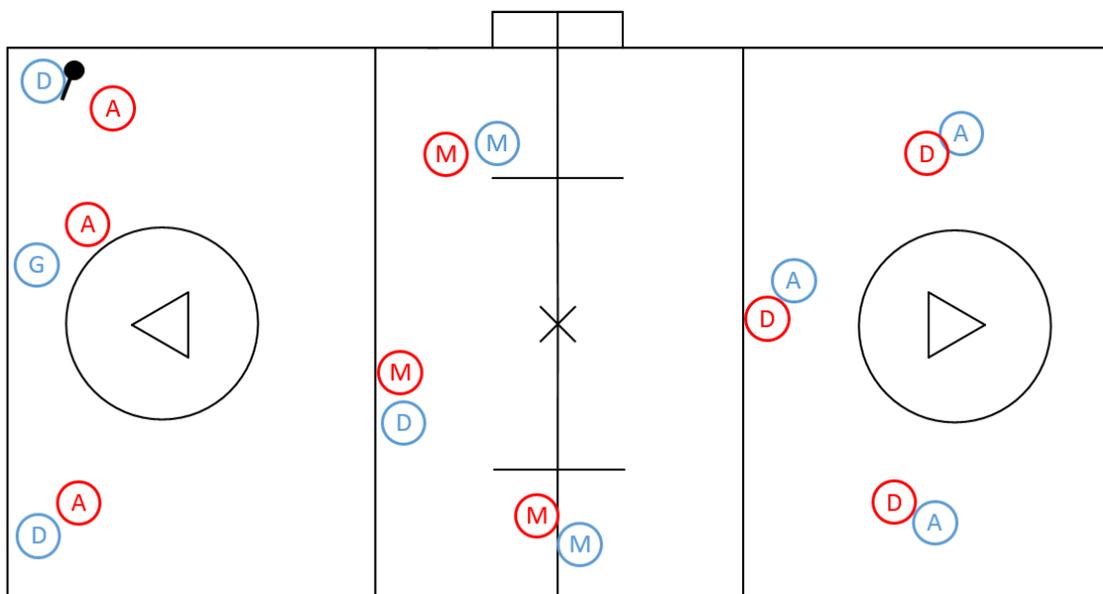
It is required that we talk to make sure the 6 zone players are in position. Their middies will try to cut to get open, get in and out from zones. Therefore, we must communicate when one of their players leaves/enters a zone (especially from behind).



### 6.2.3 Man up ride

The man up ride is simpler to explain. Every player finds a man to pressure (except our goalie). An attackman will pressure their goalie in an attempt to force a bad pass and force a turnover.

It is important that all the players quickly find someone to pressure. If they are able to quickly transition, we will lose our advantage as they will run out the clock when they are in offense.



## 6.3 Substitution game

Contrary to many sports, in Lacrosse, we can substitute on the fly at any time. This aspect of the game adds speed and intensity, but it also adds complexity. There are a few “Dos and Don’ts” that have to be understood by all the players. Secondly, we will go over a useful technique to substitute middies while in an offensive position and forcing the defensive middies of the other team to stay on the field.

6.3.1	Dos	&	Don’ts
	<ul style="list-style-type: none"> <li>- Communicate clearly to the bench when you are substituting out (i.e. “1 middie”)</li> <li>- Say “Off” and “In” when crossing the line</li> <li>- When we lose the ball in offense, one of the middies should sub out for the LSM, the others must stay on the field to prevent any sort of fast break and ride the ball.</li> <li>- Middies should stay for one or two defensive/offensive possessions then sub out.</li> </ul>		<ul style="list-style-type: none"> <li>- Have the 3 middies substitute out when transitioning to defense.</li> <li>- Middies should not stay too long on the field, we cannot get caught with tired legs on defense</li> <li>- Only the bench manager controls the substitutions and prevents us from going offside. Our bench should stay calm and controlled.</li> </ul>

### 6.3.2 Substitution through the mid-line

Substitution through the mid-line is used in different cases. It can be used to sub out an offensive player trapped in defense by subbing in a SSM for an attackman. It can be used to create a “break” situation in offense by beating the opposing team on the “sub game”. But most importantly, it is crucial to use this technique against teams that try to match our substitution game.

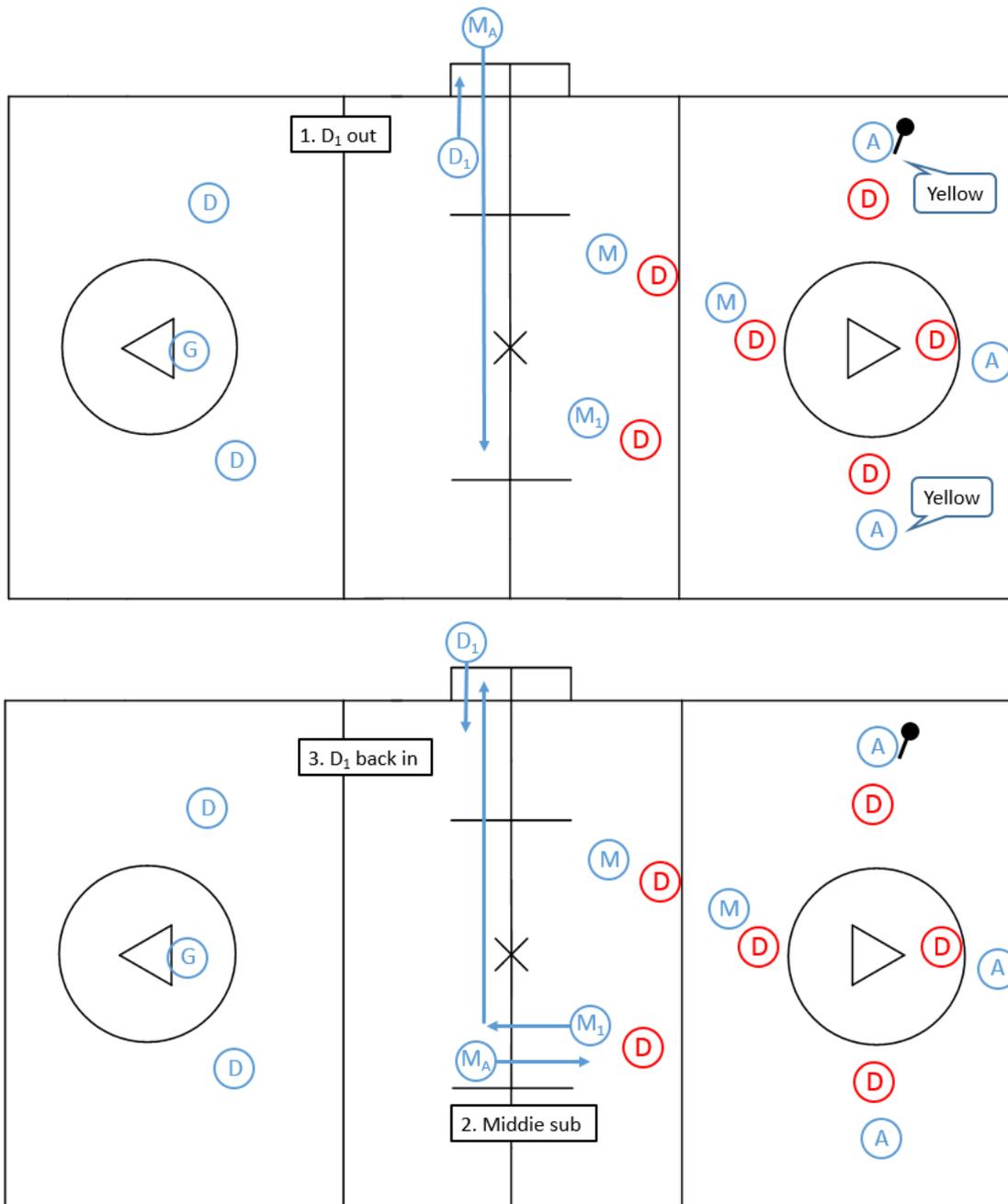
In the case where one of their best attacking players is caught in defense we want to be careful with the subbing and try to trap him in defense. Thus, try to change match up so this attackman defends the ball and must stay in defense while we sub off. We can also beat him in the race so it creates a 6v5 for a few seconds.

- When the clear is finished and we have full control of the ball : we call “Yellow”
- Defender  $D_1$  subs out
- Middie  $M_A$  subs in and goes in the middle (while staying on the defense side of the field)
- $M_A$  and  $M_1$  interchange (**substitute through the mid-line**)
- $M_1$  then runs out to let  $D_1$  back on defense

The same thing goes to sub a SSM when our offensive player is stuck in defense. In this case, it is an attackman that has to sub off to let the SSM enter the field.

This allows us to sub in and out while keeping their tired personnel on the field.





## 6.4 Fast break

Fast break is a 4 vs 3 transitioning from defense to offense. These situations can occur quite a few times per game and we should take advantage of these man-up situations. The middle transitioning the ball should run full speed to keep this advantage during transition, otherwise their defending middies will come back.

On the other hand, rushing to cage on every transition is not a smart idea. If we lose the ball while rushing the cage and have to go back to defense, we don't give our middies a chance to sub and most importantly, our defense won't get to rest. Keeping your head up to scan the situation and smart decision making is the key as there is never a need to force things, only take what the defense gives us.

### Recognizing the Fast break

- Call "Fast break" or "Push"
- "Push" : push to the cage and force a slide  
: a.k.a. → draw and dump

### Transition players :

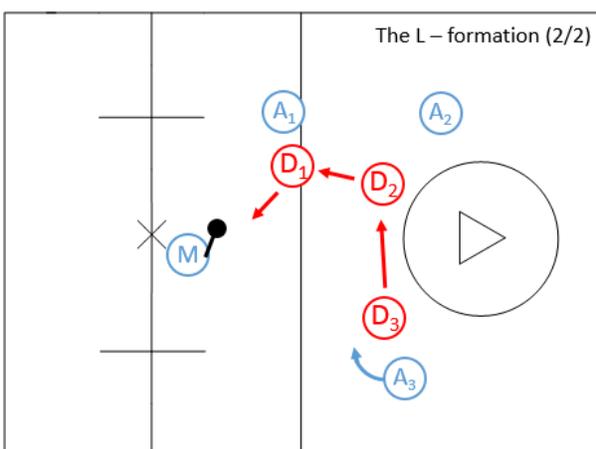
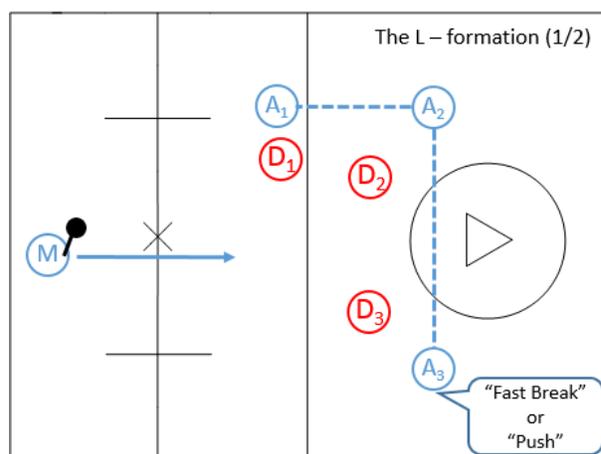
- Full speed in transition

### The "L – formation" :

- One attackman on top ("the point")
- Two attackmen just above GLE
  - o Position where they can shoot

### The "V – formation" :

- 2 attackmen on top (left & right shooters)
- 1 attackman on crease



### The L – formation

If the defense doesn't slide

- M<sub>1</sub> runs to the goal and shoots

If only D<sub>1</sub> slides → pass it to A<sub>1</sub>

- A<sub>1</sub> : pass back – one more – shoot?

If D<sub>1</sub> and D<sub>2</sub> slide → pass it to A<sub>2</sub>

- A<sub>2</sub> : pass back – one more – shoot?

If they all slide → pass it to A<sub>3</sub>

- A<sub>3</sub> : pass back – one more – shoot?



### The V – formation

#### A<sub>1</sub> : Righty attacker

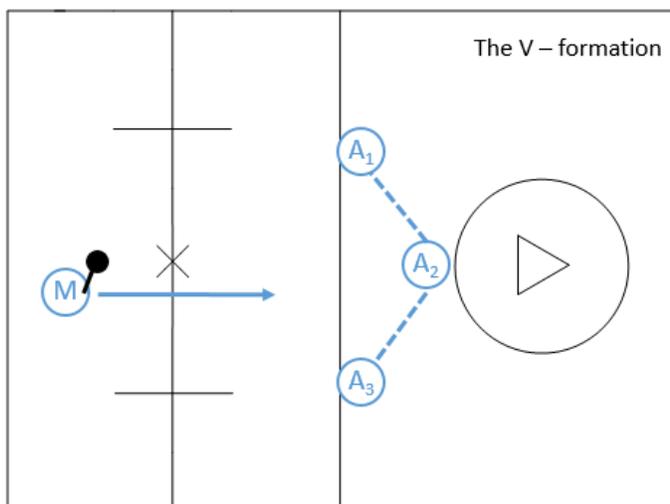
- Ready to shoot
- Pass back or feed another attack
- Look for the “draw and dump”

#### A<sub>2</sub> : Crease

- Ready to catch and shoot under pressure
- Make the crease slide longer

#### A<sub>3</sub> : lefty attacker

- Same as A<sub>1</sub> but all lefty



## 6.5 Slow break

A slow break can describe two types of situations :

(1) The game situation which can occur immediately following a fast break. After players rush down the field on a fast break, if nothing develops, we have a slow break opportunity before the other team’s defense gets completely organized.

(2) Any fast paced transition where we may have a man up advantage (that is not directly a 4 vs 3 fast break) where the defense is not yet organized (i.e. 5 vs 4 or 6 vs 5 or even a 6 vs 6 when the defense is not ready).

#### The attack :

- Recognize the situation and communicate it to your team
- Switch to a feed and back-up mode
- Look for a free trailing middie which can cut into open lanes
- Provoke “draw and dump” situations

#### The middies :

- Transition faster than the defensive middies
- Get in the open lanes (and cut through the middle of the field) with your stick up and look for the ball

A slow break only lasts as long as we have a man up advantage or until the defense gets organized. Once the slow break opportunity is finishes we call “yellow” and proceed to our substitution game and settled 6 vs 6 offense.

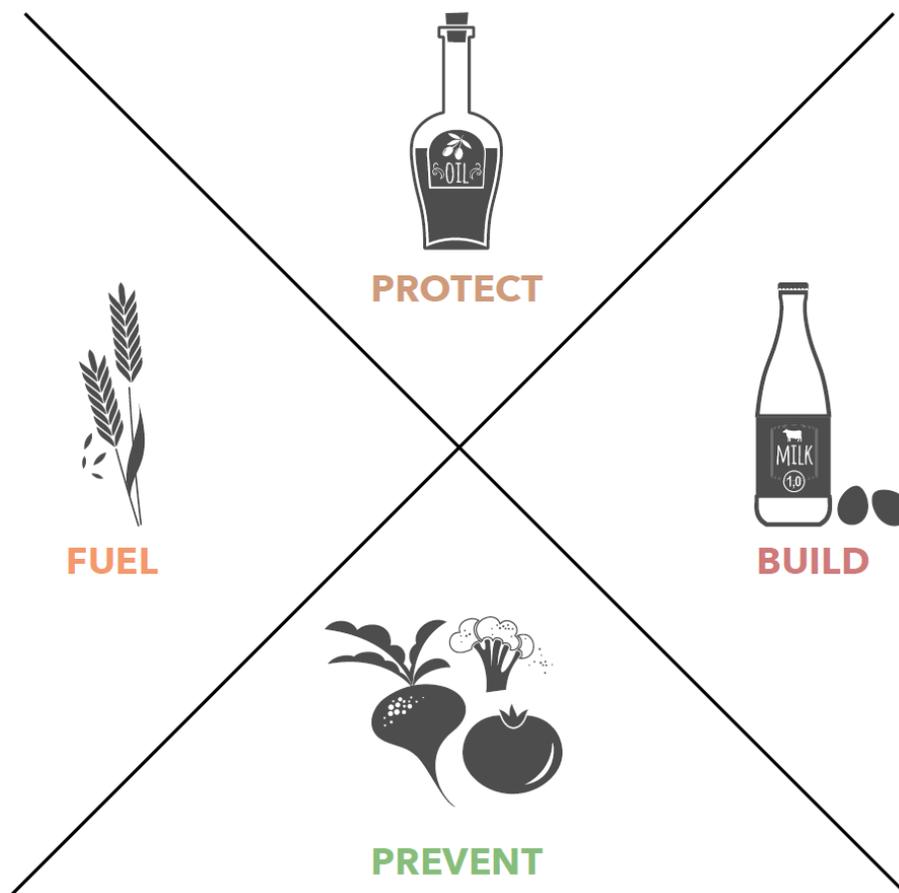


## 7. Dieting and exercising

### 7.1 Nourishing the human body

#### 7.1.1 Build – Prevent – Fuel – Protect

Nutrition is about fueling the mind and body to perform optimally physically and mentally.



**BUILD** = Protein helps build muscle and maintain the immune system.

**PREVENT** = Vegetables provides natural vitamins, minerals, and antioxidants that contribute to the repair of the body and the support of the immune system.

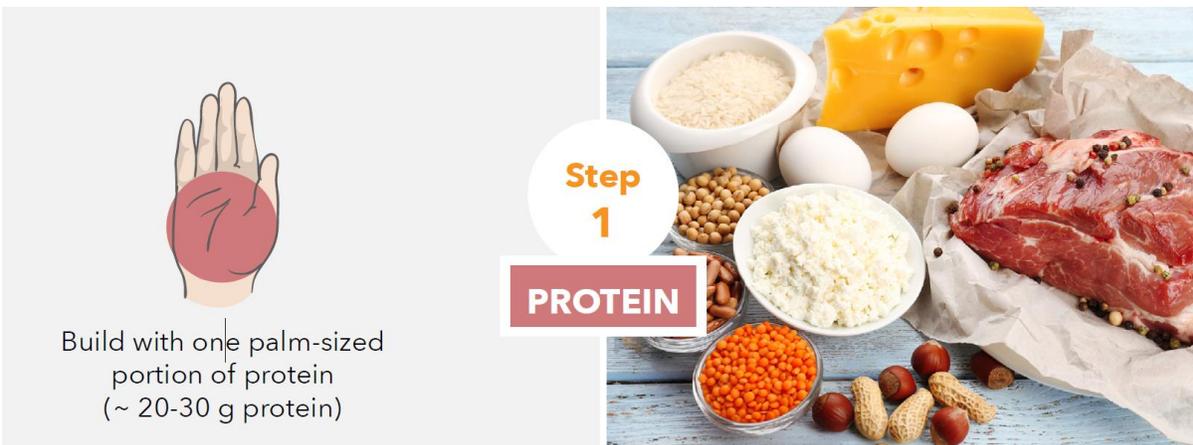
**FUEL** = Carbohydrates helps build energy for the brain and muscles. It is the body's main fuel

**PROTECT** = Healthy fats repairs cells, help transport and absorb fat-soluble vitamins (A, E, E and K) and help regulate blood sugar.



### 7.1.2 Easily plan proper meal portions with your hands

Your hand is proportionate to your body; quickly estimate portions sizes for your proteins, veggies, carbs and fat by looking at your hands. Use **two hands if you are a man**, and **one hand is the typical portion for women**.

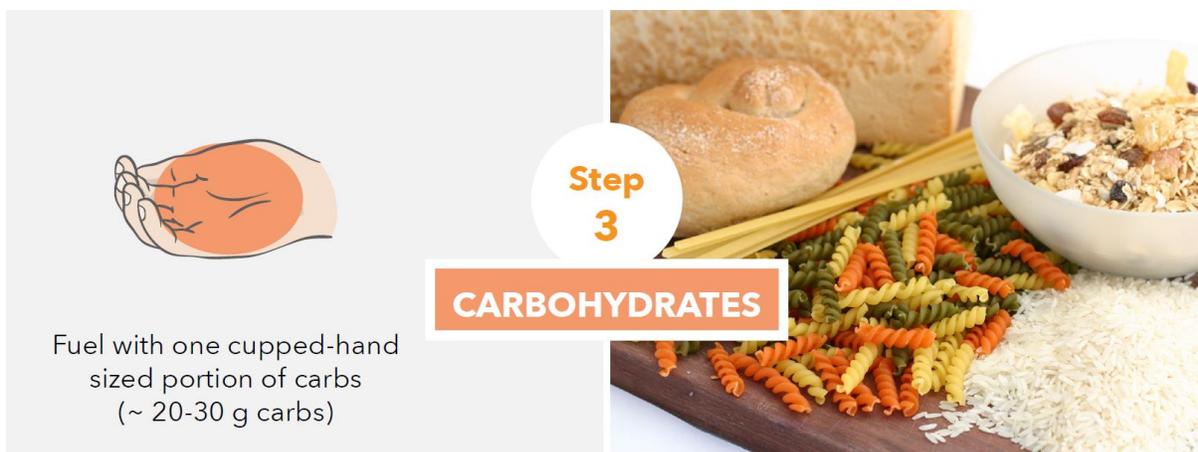


Eggs, beans and peas, low fat dairy products, meats and poultry, nuts and seeds, seafood (fish and shell fish), soy products,...



Asparagus, bell pepper, broccoli, carrot, cauliflower, celery, cucumber, green beans, green cabbage, onion, lettuce, mushrooms, radishes, squash, tomato, kale, spinach...

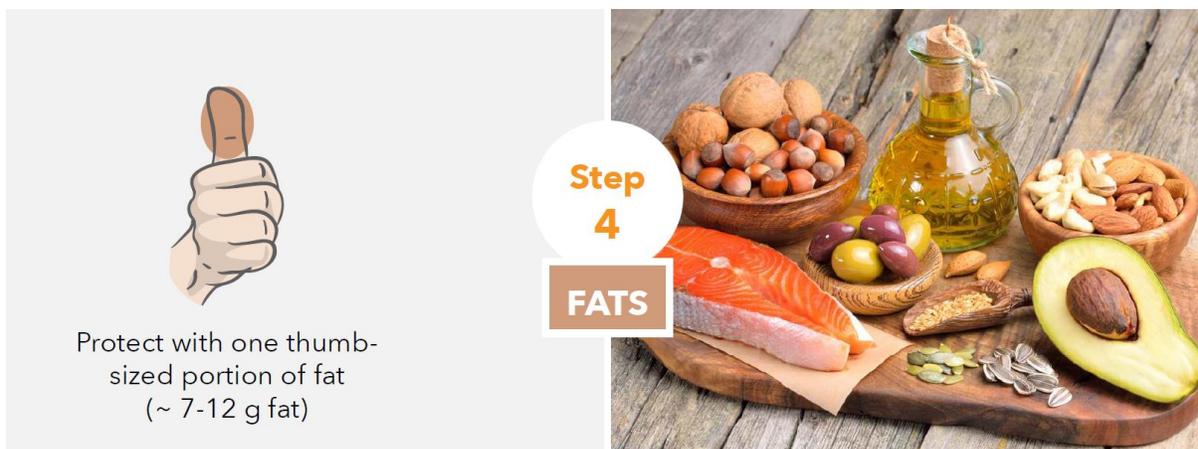




Beans and peas (such as garbanzo beans, kidney beans, lentils ,and split peas).

Grains (such as barley, couscous, quinoa, brown rice, corn, oats, and wheat).

Fruits (such as banana, apple, apricot, cherries, grapes, kiwi, mango, orange, peach, passionfruit, pineapple, plantain, plum,...).



Sesame oil, olive oil, walnut oil, avocado oil, canola oil, coconut oil, butter avocado, almonds, nuts,...



### 7.1.3 Adjust the number of portions to meet your personal needs and goals

- +++ Eat more if you are trying to build muscle +++  
 --- Eat less if you are trying to lose weight ---

The understanding of quality food is constantly evolving with research. Getting healthy is comprehending that it is not a state but a lifestyle. Positive physical and mental changes only come with the perception that what we put into our bodies is as important as being active.

When choosing your food, try to keep it simple, natural or minimally processed. Choose food which are tasty and nourishing, like fruits, vegetables, fish, lean meat, nuts, seeds and whole grains.

### 7.1.4 Nutrition keys

- Eat slowly and stop eating before feeling full
- Save the starchy carbohydrates for after your training
- Eat breakfast everyday
- Use smaller or larger plates according to the size of your body
- Plan meals in advance
- Bring healthy snacks to work or school
- Don't drink your calories
- Three or more colors on every plate (don't forget about herbs and spices!)

## 7.2 Eating and hydrating before / during / after a practice or game

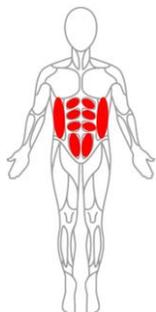
In order to perform at your best during a practice or a game you need to provide your brain and body with enough energy. After a big effort, you need to refuel your tank to allow your body to recover.

- Pre-exercise :**
- Eat a good meal a few hours before a workout
    - o Carbs (supply energy for muscle) & protein (for muscle repair)
  - Drink plenty of water (but not too much either)
- During exercise :**
- Be sure to stay hydrated (Adjust amount depending on temperature)
  - 1 sports drink (with sugar and electrolytes)
- Post-exercise :**
- Refuel soon after workout with a well-balanced meal
  - Drink plenty of fluids



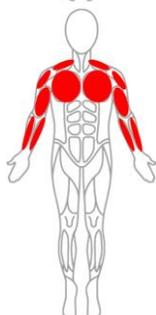
## 7.3 Exercising

We do not wish to give an exercise routine as this playbook is for a broad age group. But we wish to bring your attention to the different muscle groups which are important for becoming a performant athlete and a more complete Lacrosse player.



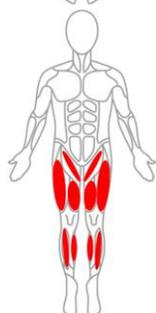
### Core strength

- Key to transferring power from your lower body to your upper body
- Stronger shots & passes
- Stronger core means you can sprint faster and longer
- With a stronger core you will be able to control your body better when being pushed by a defender



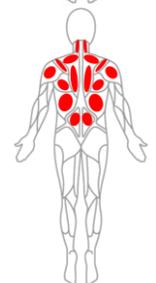
### Upper body – chest, shoulders and arms muscles

- You need strength and dexterity to catch, pass and shoot past a goalie
  - o Pecs, biceps and triceps are vital in all of these areas
- Strength in this area will help you withstand physical play and help you hold your position without losing possession of the ball.



### Lower body – hamstrings, quads, calf muscles

- The muscles in your leg are vital to your success in Lacrosse
- You need to develop your running, explosiveness and your ability to anchor in a position without getting pushed off of it
- Footwork and agility training will help you dodge and defend more efficiently



### Back and neck muscles

- Carrying a Lacrosse sticks while running at full speed will put pressure on your back and neck
- Medicine ball exercises will help you grow your back and neck muscles
- Only do light exercises and don't over work these muscles



## 8. Grow the game

This national program is aimed at growing the Lacrosse community in Belgium, and we need your help to achieve that goal! Passion invites passion; share your knowledge of the game with your friends and teammates, pick up your stick as often as you can, watch games whenever you can. We want Belgium to become a force to be reckoned with on the international stage, and it starts with you!

"Our time is limited. Understanding the fragility of life is the first step in understanding our role and responsibility as a leader. Our greatest responsibility is to honor those who came before us and those who will come after, to 'leave the jersey in a better place'. We are the stewards of our organizations, the caretakers of our own lineage. Our actions today will echo beyond our time.

They are our legacy.

Don't let the music die.

Care for the land! Care for the people! Go forward!"

Legacy by James Kerr

**GROW  
THE  
GAME**



