

# **Burning River Lacrosse**

## **“Team Unsettled & Transition Overview”**

*If you ever have any questions about our unsettled or transition offense or defense please see the coaching staff immediately. Remember plays, formations and drills do not win championships, players do. Execute at full speed everyday, play with passion and enthusiasm and the rest will follow.*

## **2009 Unsettled Situations (Overview)**

An unsettled situation can occur in several ways: fast break, slow break, off of a loose ball, off of a dodge. You must be ready to defend or take advantage of any of them. To do that you have to know what we are attempting to do and work as one unit.

- Recognize the situation (what kind of unsettled situation is it)
- Communicate the situation (let your teammates know what kind of situation it is)
- Get to your spots – know your responsibilities
- Execute (know how to attack or defend that situation, what areas are being attacked/defended and why)

### **Basic Rules (Offense)**

- 1) Identify and communicate the situation.
- 2) Set up/Get to your spots (Be a Threat)
- 3) If ball is in front of cage go to the goal with a man advantage
- 4) If the ball is behind the cage attack the goal with a man advantage
- 5) Cut to the ball not the goal
- 6) Move the ball into the defensive slide
- 7) Take care of the possession
- 8) Transition into the offense

### **Basic Rules (Defense):**

This is our basic scramble defense. The scramble defense is used anytime the offense has a numerical advantage (e.g. fast break, after a slide, man down). These situations (except for man down) last only 8 to 10 seconds. The key to stopping them is communication.

- 1) Unsettled defense starts in the offensive zone.
- 2) On the change in possession everyone changes to defensive mode **ATTACK INCLUDED**.
  - a) Force the offense to work multiple options to provide the defense with time to recover
- 3) Middies must get deep quickly to deny a quick transition for our opponent
  - a) Don't let the ball get inside and/or underneath you.
    - i) Always know who is behind you. Do not allow a backdoor cut.
- 4) Do not move up field
  - a) (Do not waste time denying passes that move the ball backwards or across a formation)
- 5) We do not let opponents carry the ball into 2<sup>nd</sup> crease.
  - a) Stop them with man on man defense or slide to help
- 6) Always force the pass, unless the goalie tells you not to.
- 7) Trailing players run to 2<sup>nd</sup> crease and "Find One" (ball, front, free)
- 8) Call numbers and check up when we become all even

### **Defending scramble situations (Key is communication)**

- 1) Defend only certain areas. Where will we support ourselves
- 2) Hedge – defend your player (without the ball) and take space to stop penetrate or a feed
- 3) Force the player with the ball to do what you want him to do. (Funnel him to a location or action)
- 4) Know your responsibilities on ball, as adjacent and as fill
- 5) Ensure every player close to the ball or goal is covered (Ball, Front, Free)
  - a) Ensure there are no custody issues
- 6) Scramble sequence
  - a) Communication of scramble situation
  - b) Echo the call
  - c) Get to support areas (bang the drum)
  - d) Set up your stance and responsibilities
  - e) Relax
  - f) Defend what comes at you with Violence of Action
    - i) Once contact occurs be extremely aggressive toward to ball

# Unsettled Offense

## 4 v 3 (Inverted Fast Break)

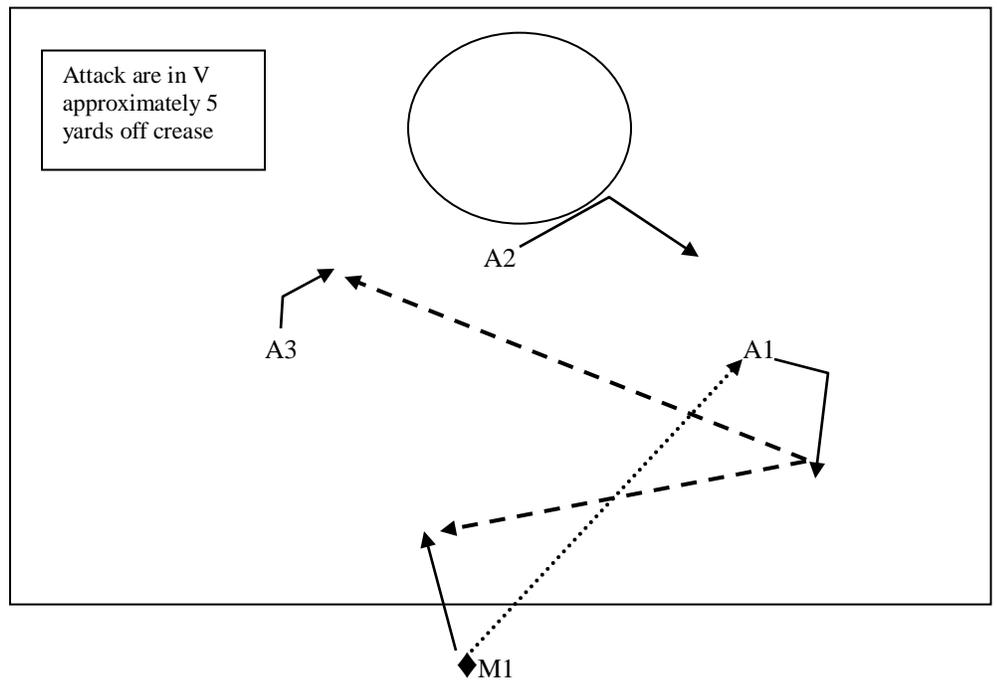
### Goal:

To understand the options on an 4 v 3 inverted fast break.

### Inverted FB Description:

- M1 looks to throw the ball early (between the midline and the top of the box.)
- First pass is across your chest (i.e. if stick in your right hand throw to A3 if the stick is in your left hand throw to A1).
- If M1 is bringing the ball down in his left hand his first look is to A1
- After M1 throws he must drift opposite his pass.
- A2 automatically slides to the ball side. A1s side in this case.
- A3 slides to the near pipe (backdoor)
- A1 looks to A3 cutting backdoor. If that is not there A1 looks back to M1.
- Once M1 receives the ball back he and A3 work the backside 2 v 1.

## Inverted Fast Break



## 5 v 4 (3, 4 Man Rotation)

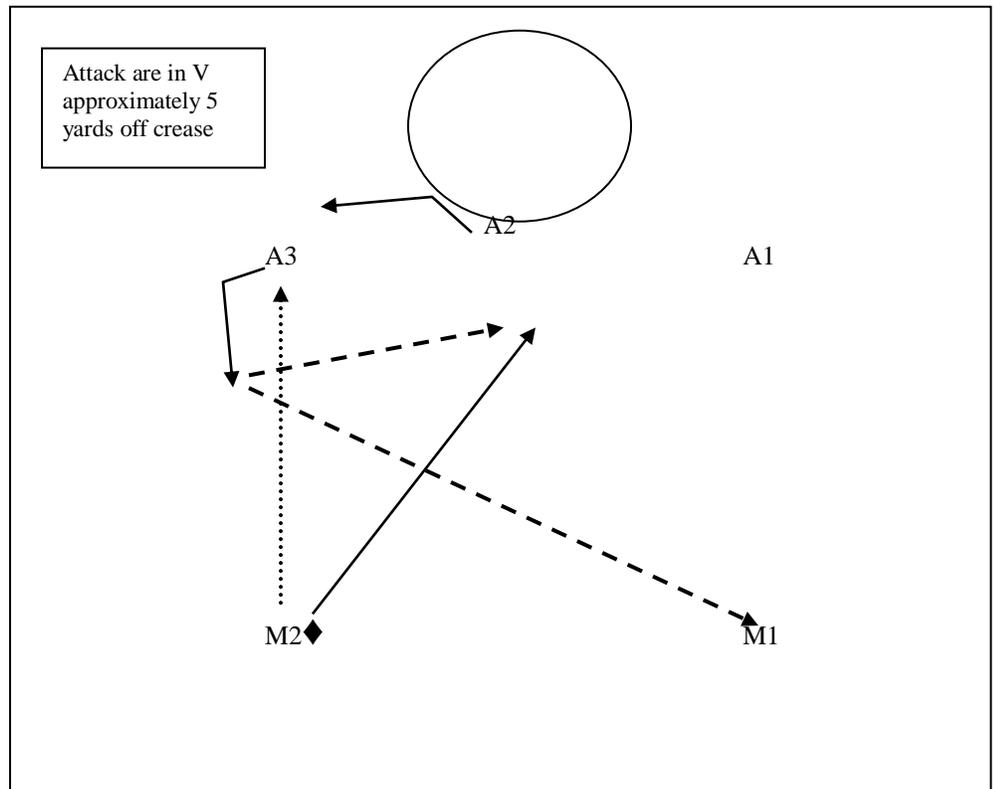
### Goal:

To understand the options on a 5 v 4 fast break.

### 3 Man Description:

- If M2 (or M1) is bringing the ball down his first look is down the alley to A3 (A1 if M1).
- This leads to a 3 man rotation. Only the ball triangle rotates. The off ball triangle (M1 and A1) holds looking for a 2 v 1 on the backside.
- After passing to A3, M2 will cut to the cage looking for a quick give and go.
- A3 is to curl up upon receiving the pass from M2.
- A2 curls to A3 original spot.
- A3 should look to M2 or A2 on the doorstep. If neither are open move the ball to the backside (attack weak side) looking for the 2 v 1.

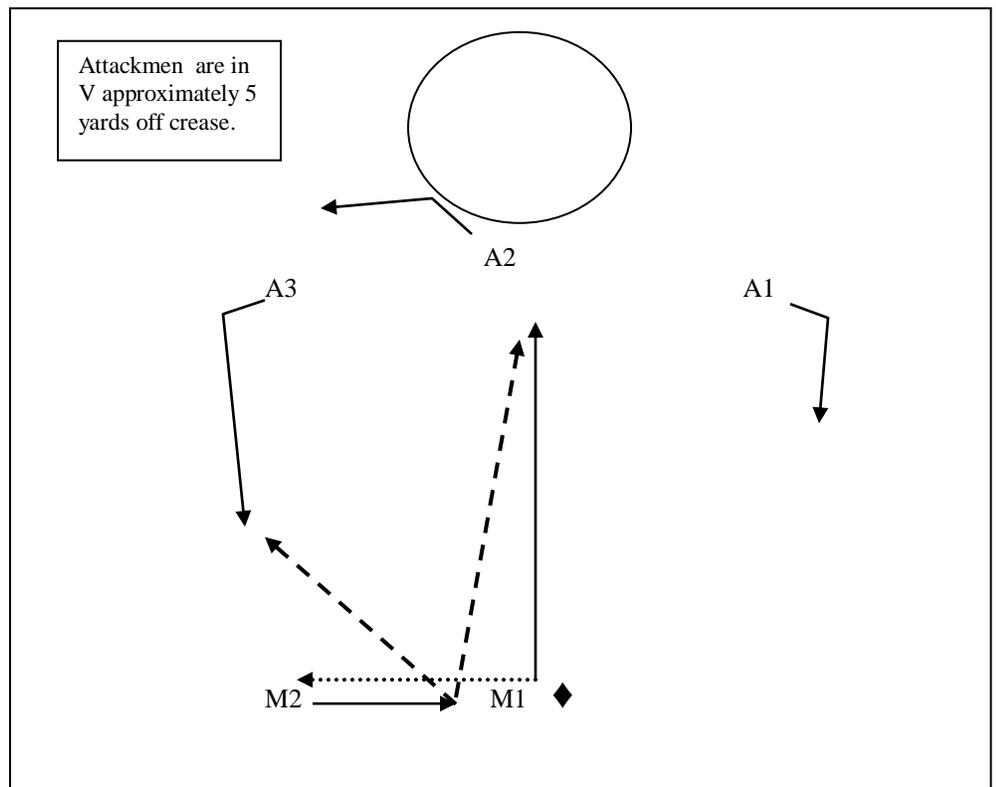
## 3 Man Rotation



## 4 Man Rotation (Whenever ball is in Middle)

### 4 Man Description:

- If M1 is bringing the ball down the middle and we do not have a 4 v 3 his first look is to pass the ball to the side to the other middle
- This leads to a 4 man rotation.
- After passing to M2, M1 will cut to the cage looking for a quick give and go.
- M2 is to curl up towards the middle of the field upon receiving the pass from M1.
- A3 is to curl up into the open space created by M2.
- A2 curls to A3 original spot.
- M2 should look to M1 or A3. If none of these are open look to move the ball to the backside A1 (attack weak side) looking for the 2 v 1.



## 5 v 4 (3, 4 Man Rotation)

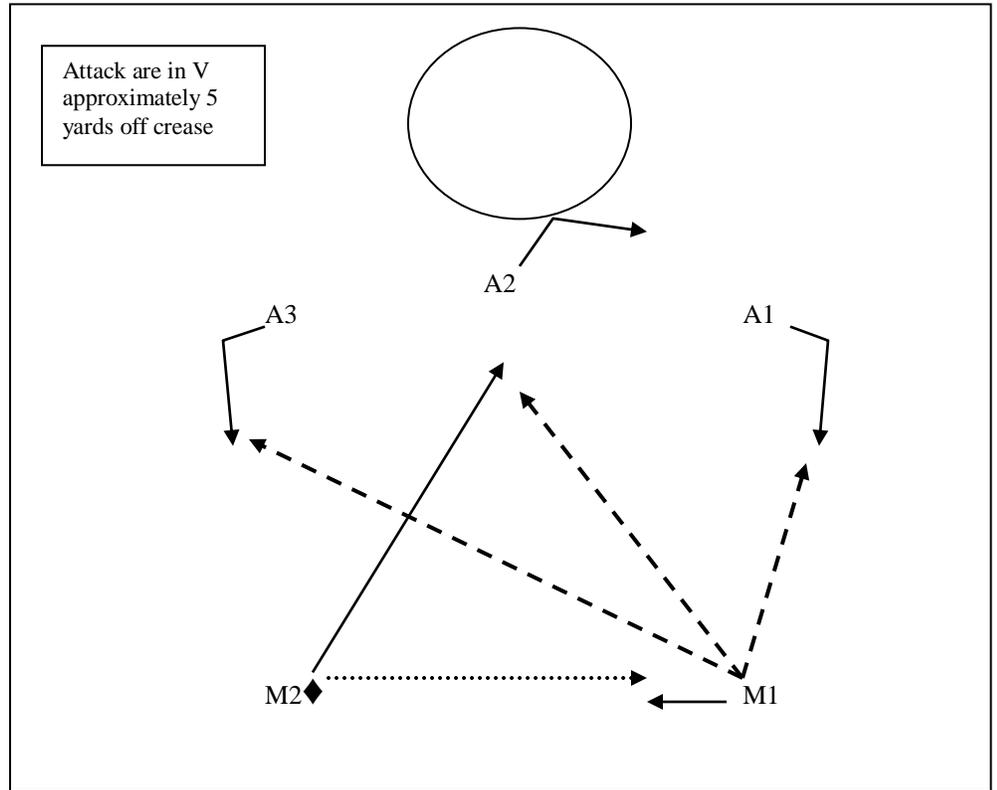
### Goal:

To understand the options on a 5 v 4 fast break.

### 4 Man Description:

- M3 (or M1) is bringing the ball down and the defense is shutting off his first look of down the alley.
- This leads to a 4 man rotation.
- After passing to M1, M2 will cut to the cage looking for a quick give and go.
- M1 cuts to the middle of the field, A1 curls to M1 original spot, A2 curls to A1 spot.
- A3 is to curl up looking for a quick feed down low.
- M1 should look to M2 or A1.. If neither of these is open look to move the ball to the backside A3 (attack weak side) looking for the 2 v 1.

## 4 Man Rotation (If the Defense is shutting off alley)



## 6 v 5

### (3, 4, 5 Man Rotation)

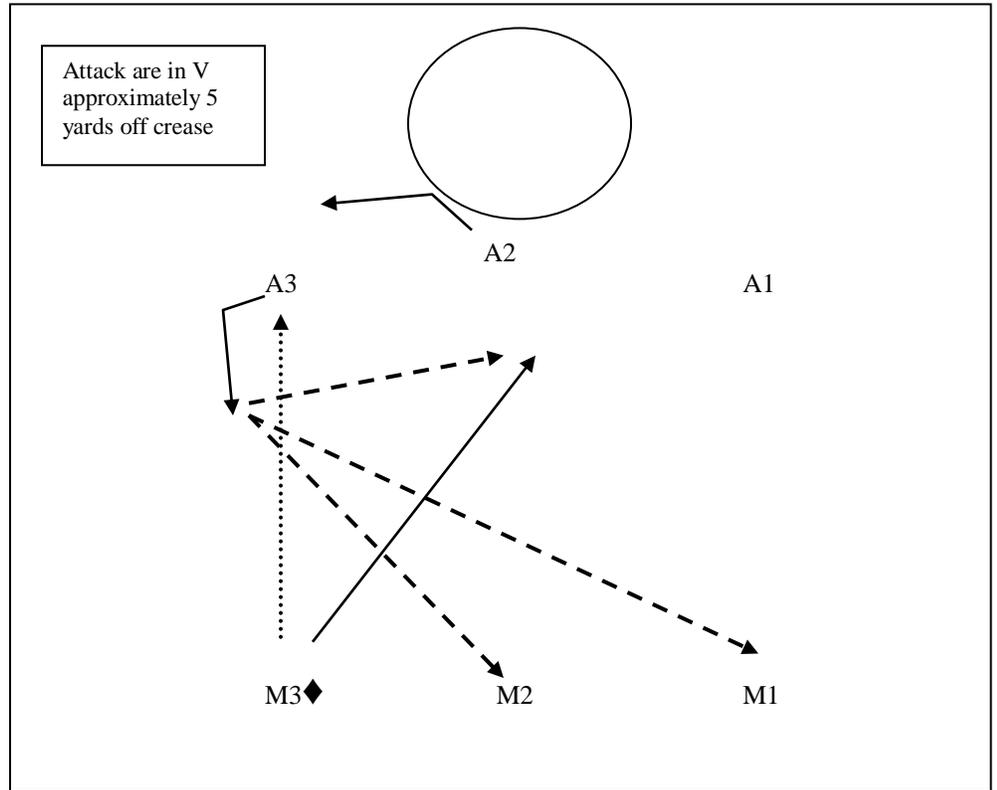
#### Goal:

To understand the options on a 6 v 5 fast break.

#### 3 Man Description:

- If one of outside middies M3 (or M1) is bringing the ball down his first look is down the alley to A3 (A1 if M1).
- This leads to a 3 man rotation. Only the ball triangle rotates. The off ball triangle holds looking for a 2 v 1 on the backside.
- After passing to A3, M3 will cut to the cage looking for a quick give and go.
- A3 is to curl up upon receiving the pass from M3.
- A2 curls to A3 original spot.
- A3 should look to M3 or A2 on the doorstep. If neither are open move the ball to the backside (attack weak side) looking for the 2 v 1.

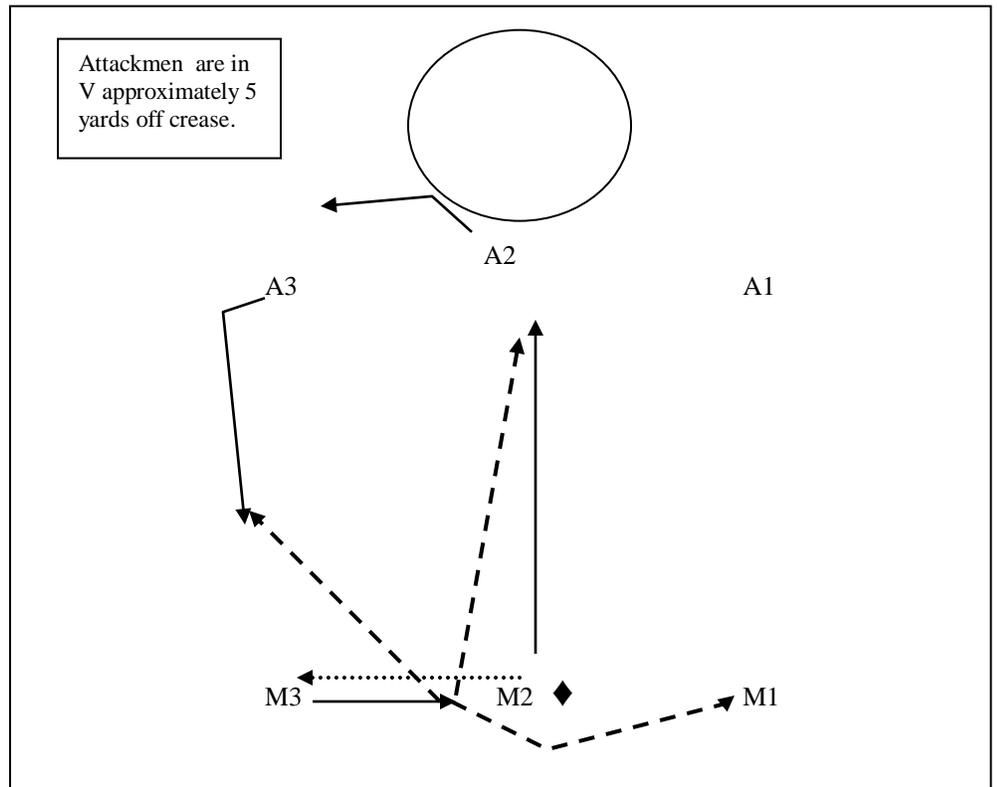
## 3 Man Rotation



#### 4 Man Description:

- If the center middle M2 is bringing the ball down his first look is to pass the ball to the side of the d-man that picks him up.
- This leads to a 4 man rotation.
- After passing to M3, M2 will cut to the cage looking for a quick give and go.
- M3 is to curl up towards the middle of the field upon receiving the pass from M2.
- A3 is to curl up into the open space created by M3.
- A2 curls to A3 original spot.
- M3 should look to M2, A3 or A2 on the doorstep. If none of these are open look to move the ball to the backside (attack weak side) looking for the 2 v 1.

### 4 Man Rotation (Whenever ball is in Middle)



## 6 v 5

### (3, 4, 5 Man Rotation)

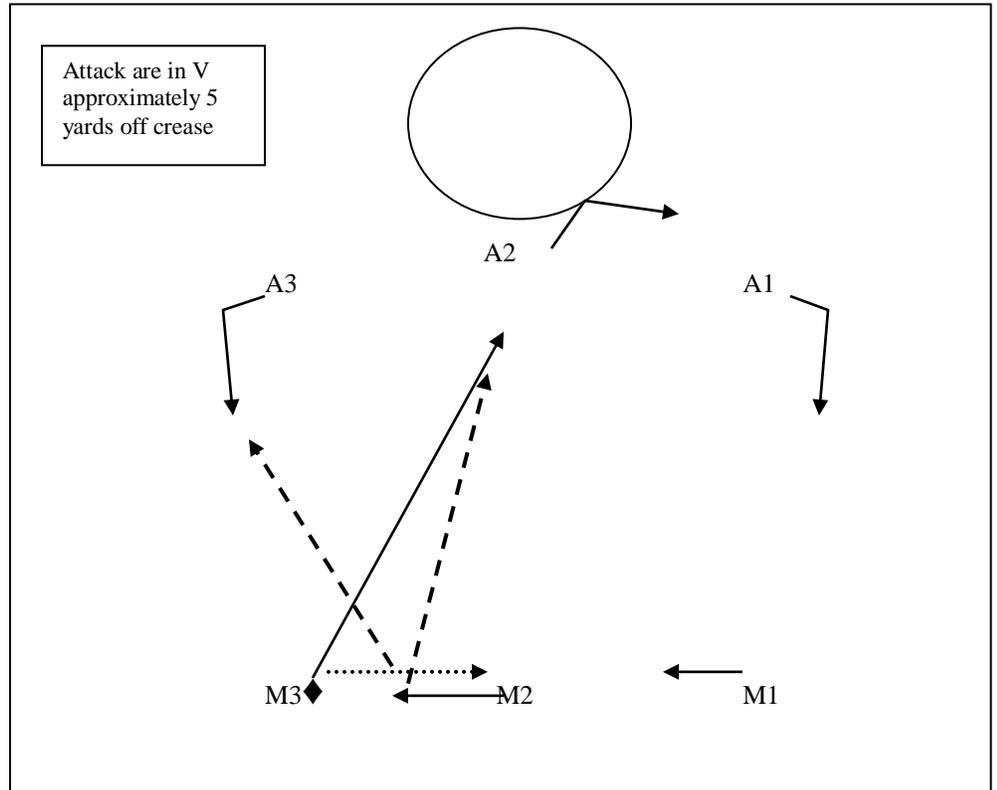
#### Goal:

To understand the options on a 6 v 5 fast break.

#### 5 Man Description:

- If one of outside middies M3 (or M1) is bringing the ball down and the defense is shutting off his first look of down the alley.
- This leads to a 5 man rotation.
- After passing to M2, M3 will cut to the cage looking for a quick give and go.
- M2 is to curl up towards the side of the field he received the pass from.
- A3 is to curl up looking for a quick feed down low.
- M1 cuts to the middle of the field, A1 curls to M1 original spot, A2 curls to A1 spot.
- M2 should look to M3 or A3. If neither of these is open look to move the ball to the backside M1 (attack weak side) looking for the 2 v 1.

### 5 Man Rotation (If the Defense is shutting off alley)



## Unsettled Defense

### 4 v 3 Traditional

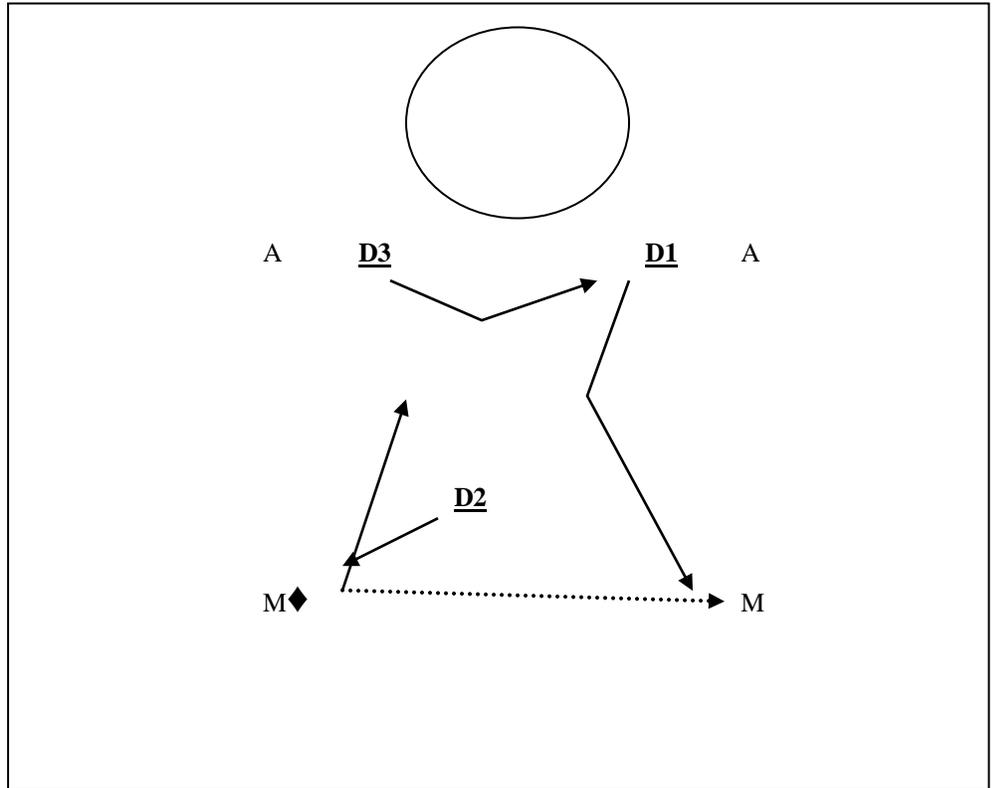
**Goal:**

To understand the responsibilities on a 4 v 3 traditional fast break.

**4 v 3 Traditional (Box)**

- 1) Form a triangle with point defenseman 12 yards out and aligned with backside pipe
- 2) Base defensemen set up 5-8 yards from goal and at 45% to posts (inside/out slides)
- 3) Stay tight, let them take the outside shot.
- 4) Point man calls hold or go.
- 5) **Key -** If the ball is thrown before it enters box we hold, If the ball enters box we rotate.
- 6) On "Hold" no one slides and everyone stays on their man.
- 7) On "Rhino" everyone slides in a rotation.
  - a) **Bang the drum**
- 8) On pass near man covers ball, far man slides across. Point man rotates down. (Open to inside)

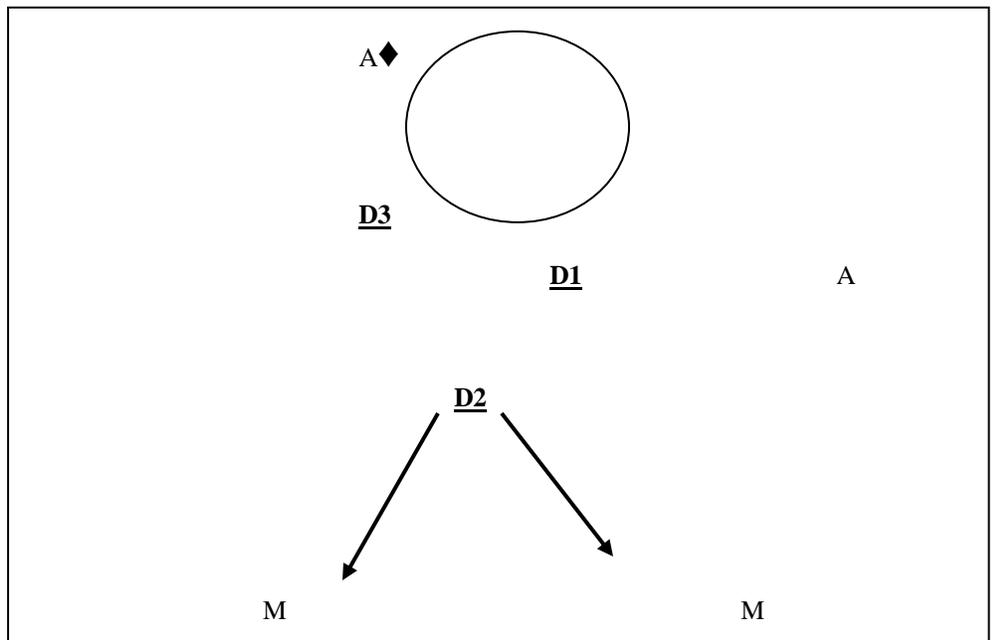
### Traditional 4 V 3 Man Rotation



**If they move the ball to "X"**

- 1) Existing point man must turn his back to the ball (face upfield) and locate first cutter.
- 2) Offside pipe defenseman moves into 2<sup>nd</sup> crease to cover second cutter.
- 3) Near side pipe defenseman plays passive (hold the crease) until we number up.

### Traditional 4 V 3 Man Rotation ball at X



## 4 v 3 Inverted

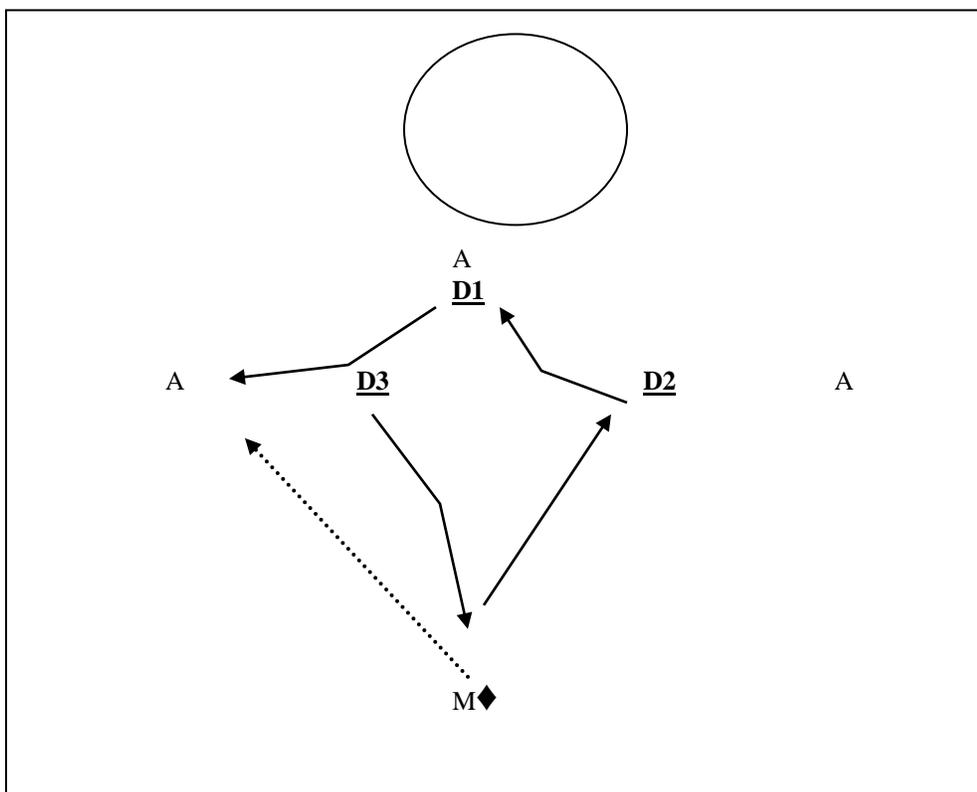
### Goal:

To understand the responsibilities on a 4 v 3 inverted fast break.

### 4 v 3 Inverted

- 1) Form an inverse triangle
- 2) Point defenseman sets up on the crease
- 3) Base defensemen set up 10 yards from goal and at 45% angle to posts (inside/out slides)
- 4) Stay tight, let them take the outside shot.
- 5) Point man calls hold or go.
- 6) Key - If the ball is thrown before it enters box we hold, if the ball enters box we rotate.
- 7) On "Hold" no one slides and everyone stays on their man.
- 8) On "Rhino" everyone slides in a rotation.
- 9) On pass point man rotates to ball, backside wingman rotates down (open inside)

## Inverted 4 V 3 Man Rotation



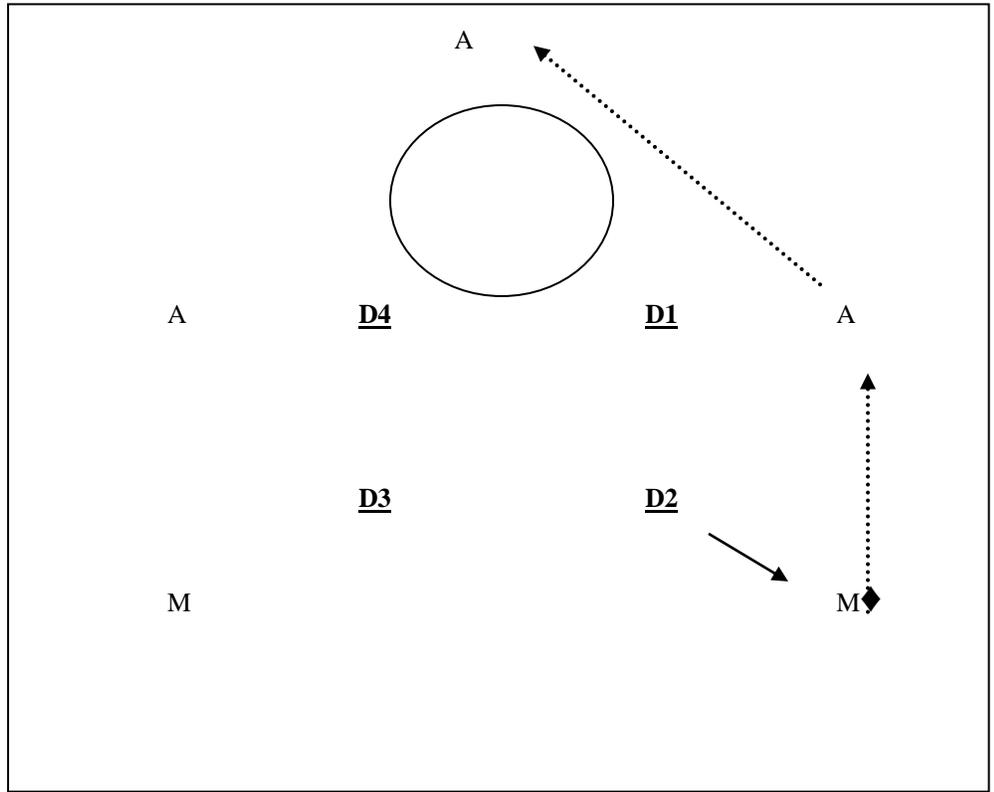
## 5 v 4

### Goal:

To understand the responsibilities on a 5 v 4 slow break.

- 1) Form a box
- 2) Top defenseman sets up 10-12 yards (2<sup>nd</sup> crease) out and aligned with outside of crease
- 3) Base defensemen set up 5-8 yards from goal and at 45% angle to posts
- 4) Stay tight, let them take the outside shot.
- 5) Force the ball down the side to X
- 6) If they move the ball to "X"
- 7) Bottom men must turn face the ball
- 8) Top men cover cutters
- 9) Offside pipe D moves into 2<sup>nd</sup> crease to cover cutters.
- 10) Near side pipe defenseman plays passive (hold the crease) until we number up.

## 5 v 4 Man Rotation



## 6 v 5

### Goal:

To understand the responsibilities on a 6 v 5 slow break.

- 1) Form five on a die within the 2<sup>nd</sup> crease
- 2) Top defenseman sets up 10-12 yards (2<sup>nd</sup> crease) out and aligned with outside of crease
- 3) Base defensemen set up 5-8 yards from goal and at 45% angle to posts
- 4) Center defenseman sets up just off the crease aligned with the backside pipe.
- 5) Stay tight, let them take the outside shot.
- 6) Force the ball down side to X
- 7) If they move the ball to "X"
- 8) Bottom men must turn face the ball
- 9) Top men cover cutters
- 10) Near side pipe defenseman plays passive (hold the crease) until we number up.
- 11) Near side pipe defenseman plays passive (hold the crease) until we number up.

## 6 v 5 Man Rotation

