

# Motion Offense



- Think of it like the triangle offense in basketball - straight forward system that's difficult to defend
- Through two triangle (one triangle is the midfielders and the other is the attack) the goal is to:
  - create space for a player to beat their defender to shoot or draw pressure to find an open teammate
  - create motion for teammates playing off the ball so defense can't cheat on dodger
- If, after dodge, there is nothing there – pass it to the next player who will then advance to the next player – who will make a move to the goal

# Motion Offense

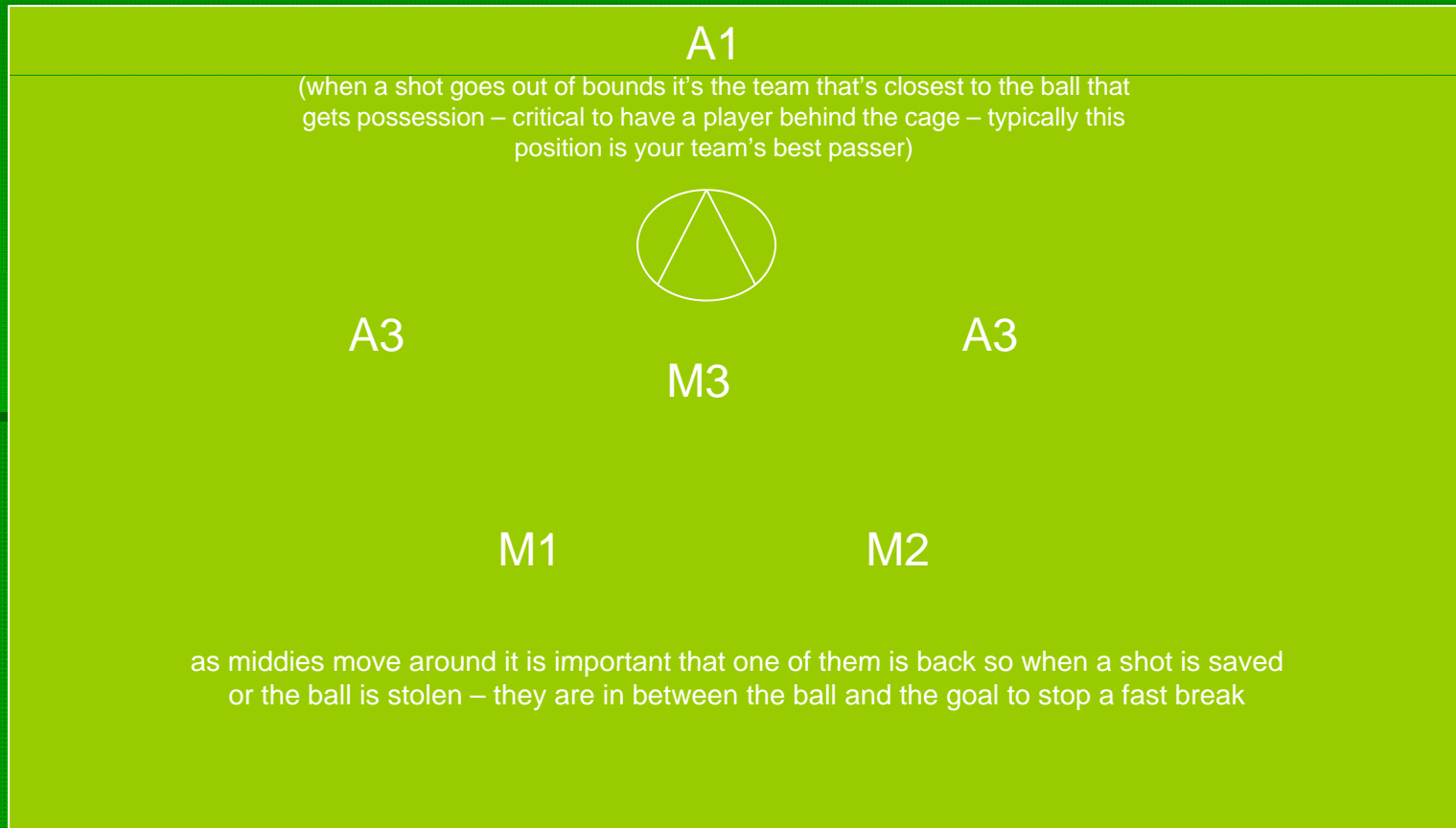
Initiating Drives to the Goal from  
Specific Positions

*teach players spacing to clear room to dodge  
off the ball – players need to have sticks ready if  
their defensemen slides to the ball*

# Basic Offensive Set

## 1-3-2

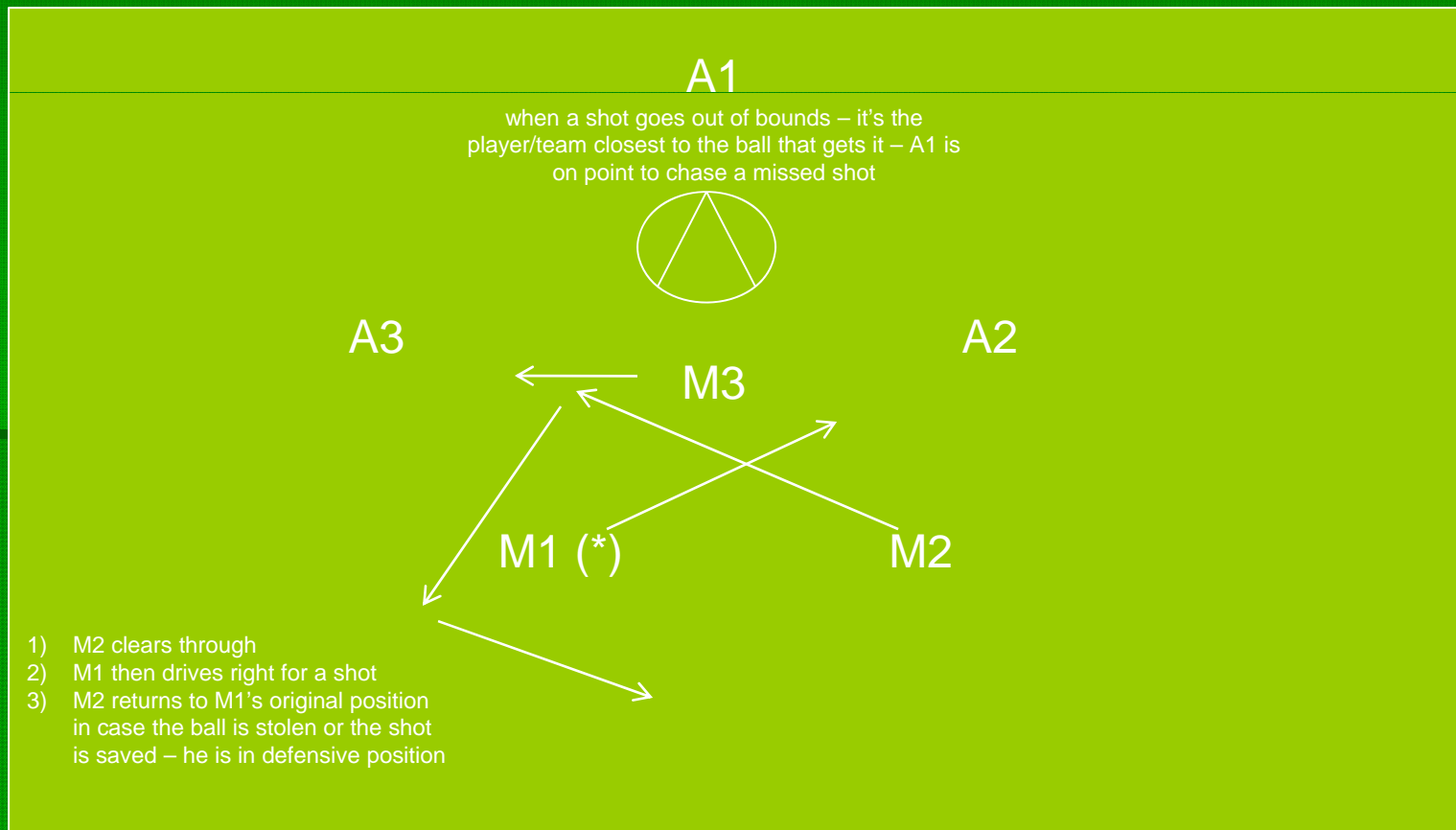
Spacing is critical - teach players to play their position and to backfill as guys move around



# Basic Offensive Set

## 1-3-2

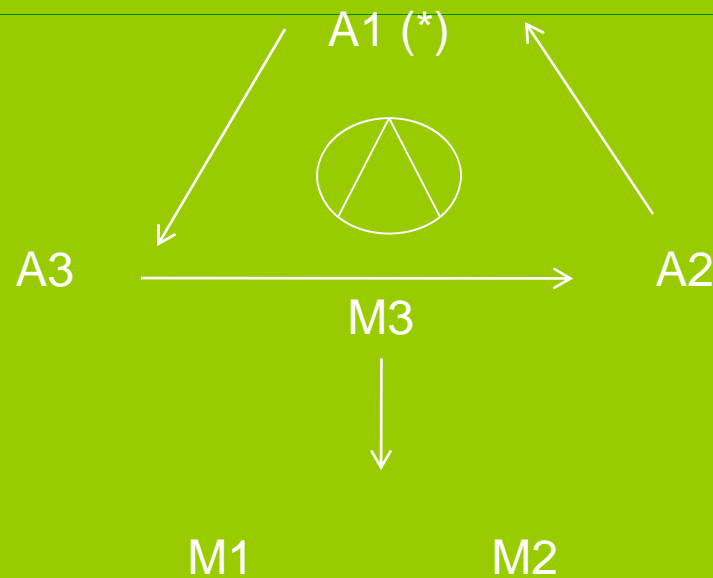
### The Sweep



# Basic Offensive Set

## 1-3-2

Get attack comfortable being interchangeable  
Point Behind (attackman behind cage) drive left or right side of cage

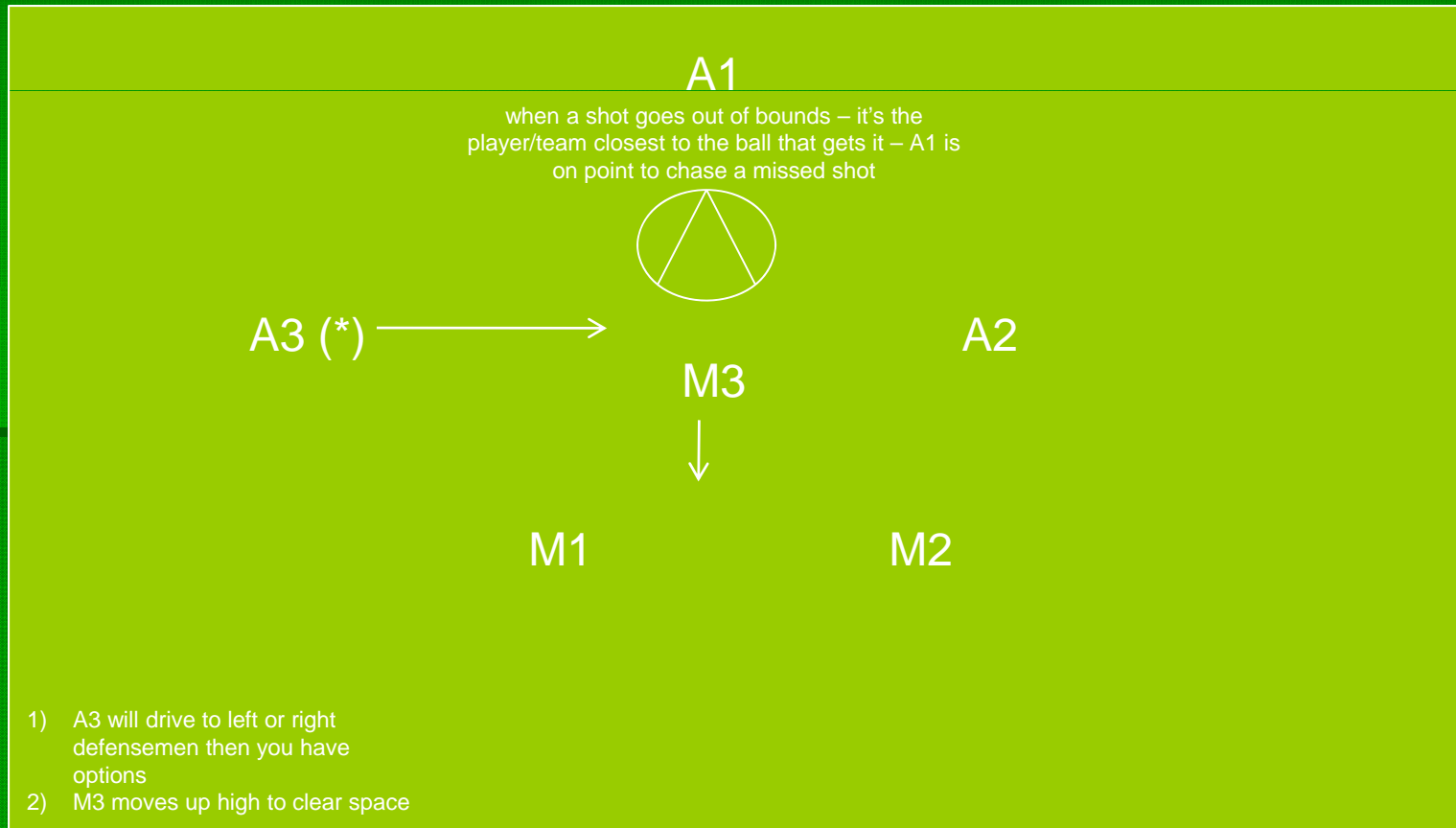


- 1) A1 drives right side
- 2) M3 moves toward middies
- 3) A2 replaces A1
- 4) A3 runs across the front of the cage to replace A2

# Basic Offensive Set

## 1-3-2

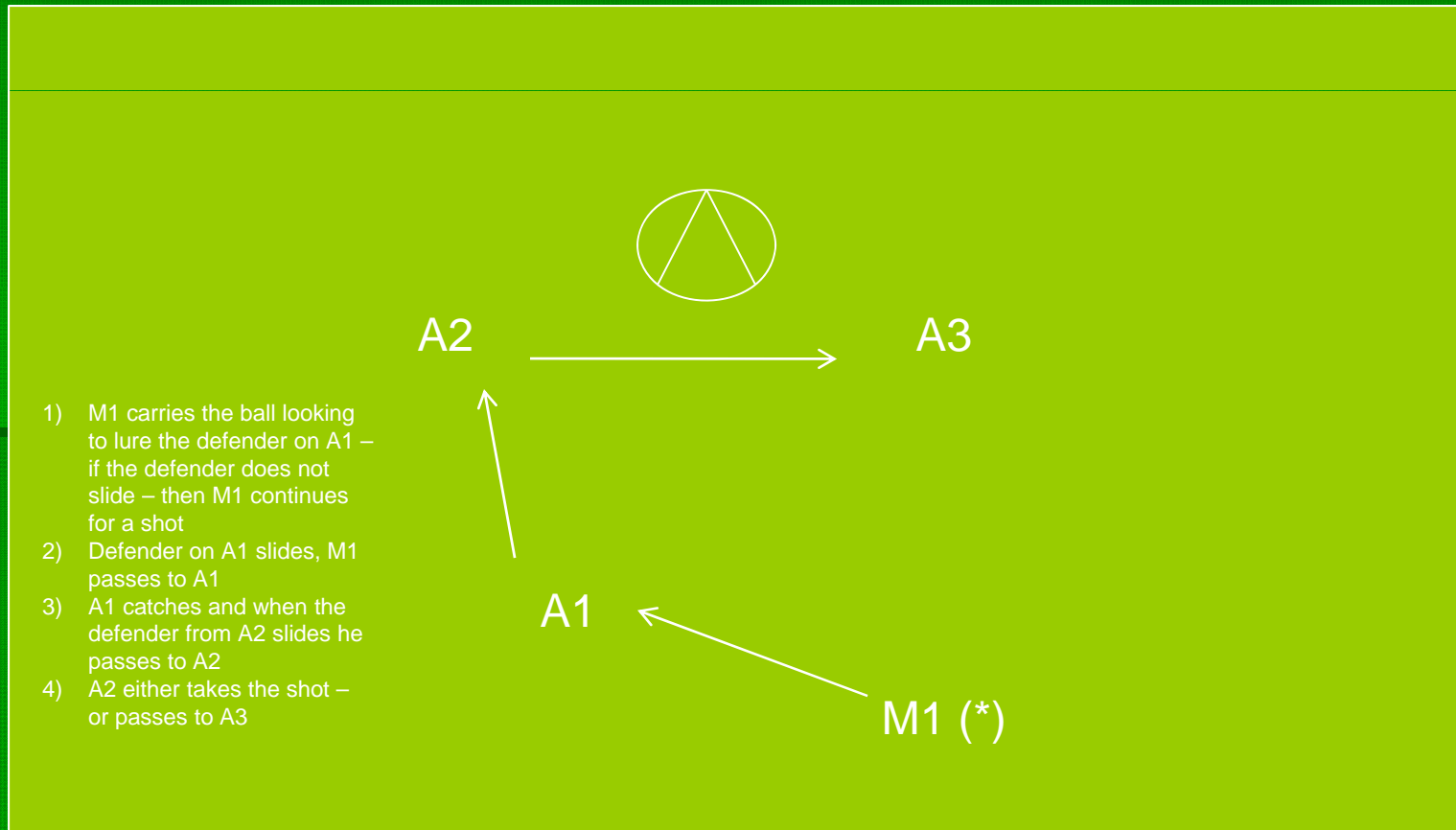
Play 1: Attack from the wings – right or left side



# Basic Offensive Set

## 1-3-2

### Fast Break



# Motion Offense

## Positions & Three Plays

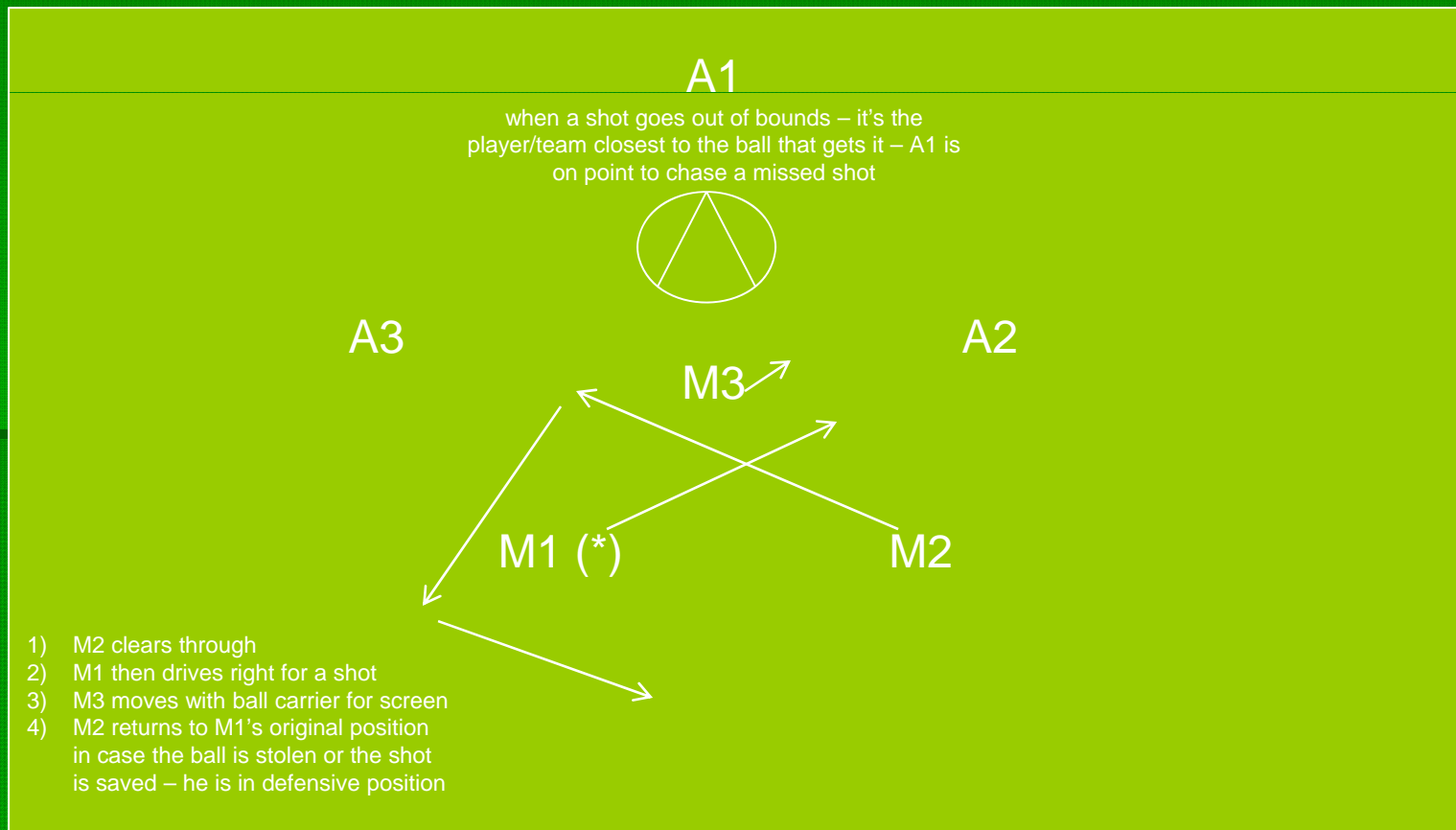
*after kids get a handle on spacing – you may want to introduce plays that involve picks away from the ball*



# Basic Offensive Set

## 1-3-2

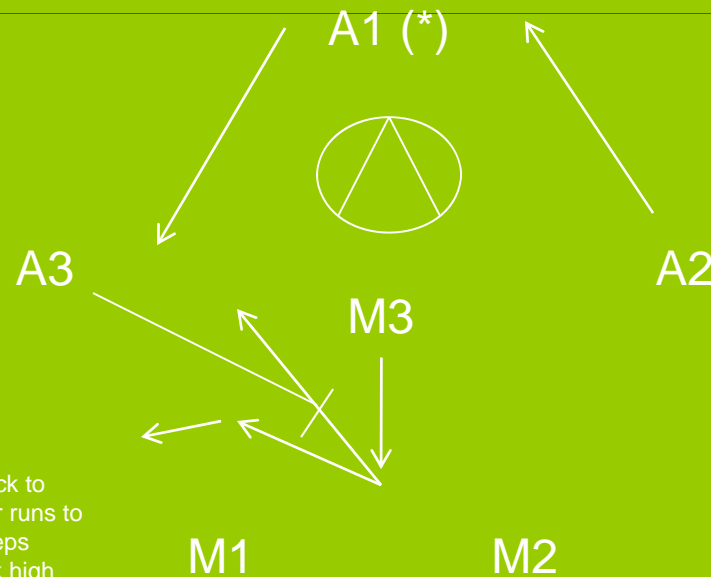
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# Basic Offensive Set

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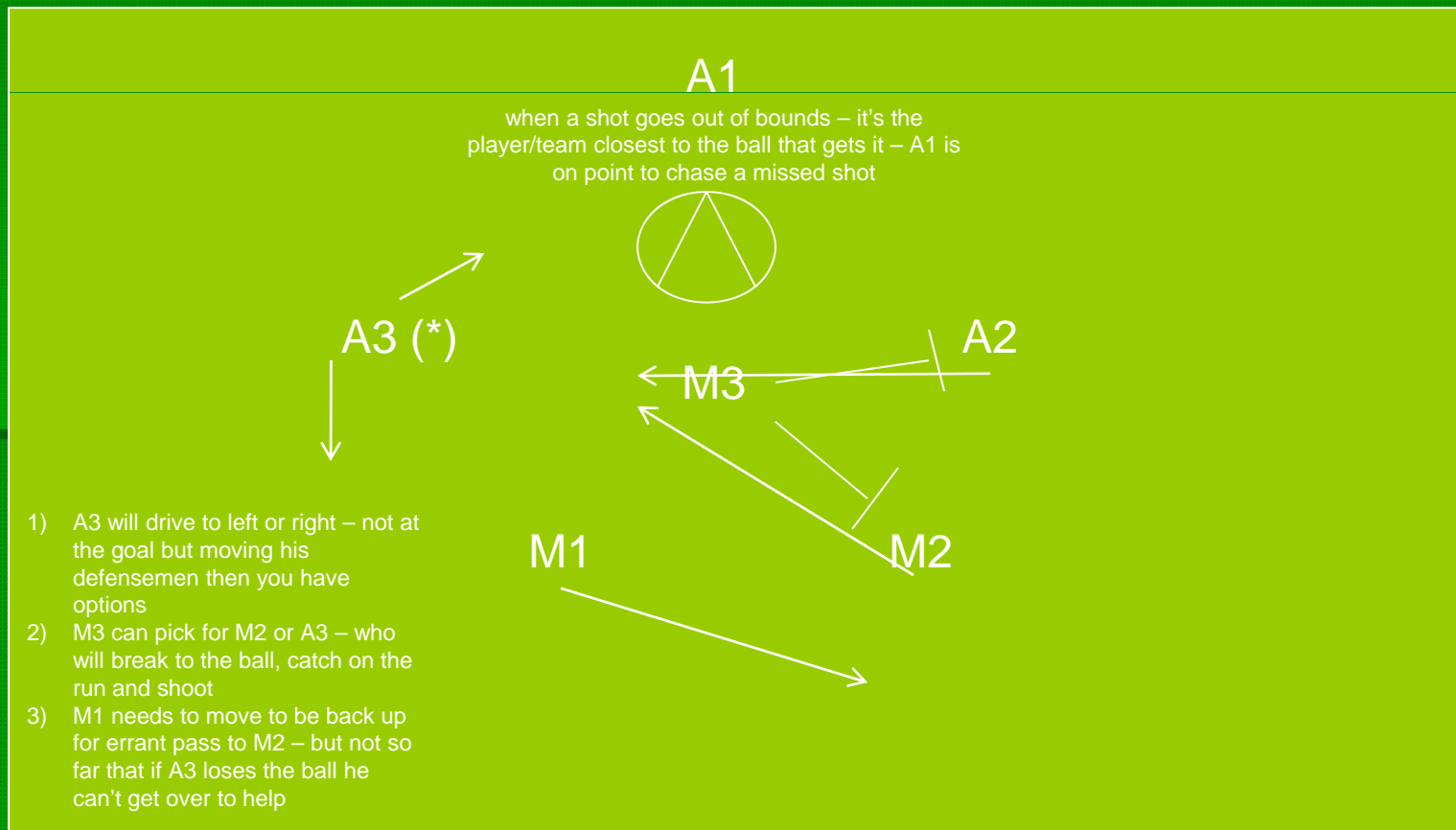


- 1) A1 drives right side
- 2) M3 moves to high screen
- 3) A3 can set a pick for M3
- 4) M3 either runs through pick to catch a pass and shoot or runs to the pick and takes two steps away from the pick – stick high looking for a pass and shoot
- 5) A1 either beats his man – or passes to M3 if open
- 6) A3 moves to point behind to back up shot
- 7) After pick – A2 moves to left side attack

# Basic Offensive Set

## 1-3-2

Play 1: Attack from the wings – right or left side



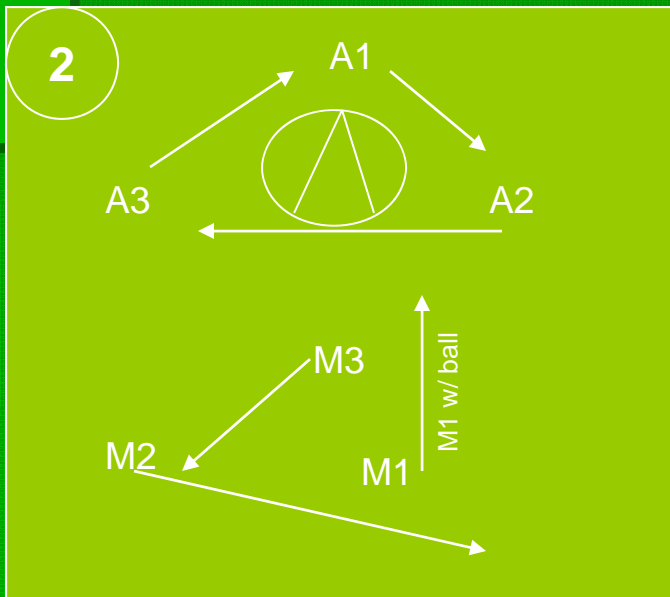
# Motion Offense

*this is the evolution to field independence where players understand how to move with and without the ball and fill spaces as players dodge.*

**Initiated from the midfield –  
dodge to right hand side of  
field.**

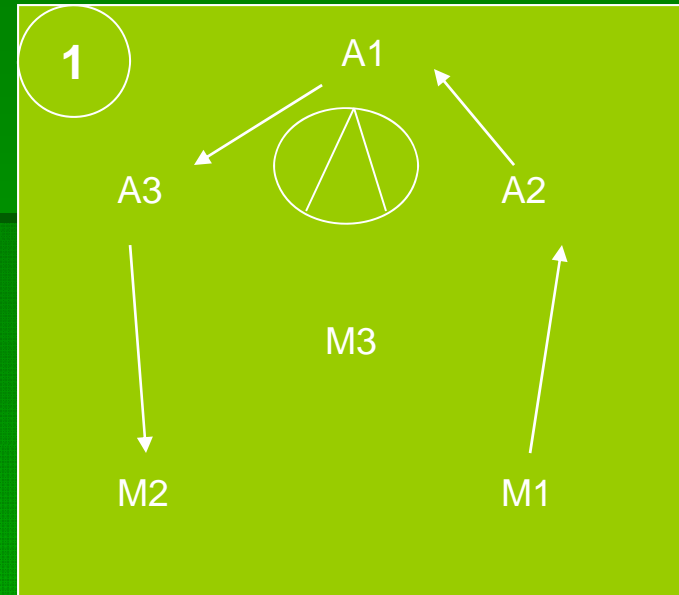
**Set up offense, work the ball  
around when M2 passes to  
M1 – begin motion.**

*As M1 Drives to goal; M3 moves to M2; M2  
moves to M1; A2 moves to A3; A3 moves  
to A1; A1 moves to A2*

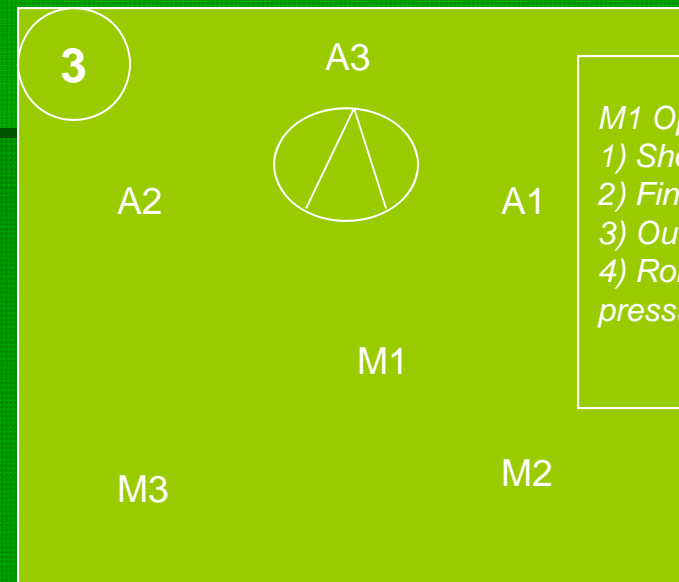


*Set up; M1 move ball counterclockwise*

*M2 passes the ball to M1 to start the action*



*After M1 drives this is the reset positions*

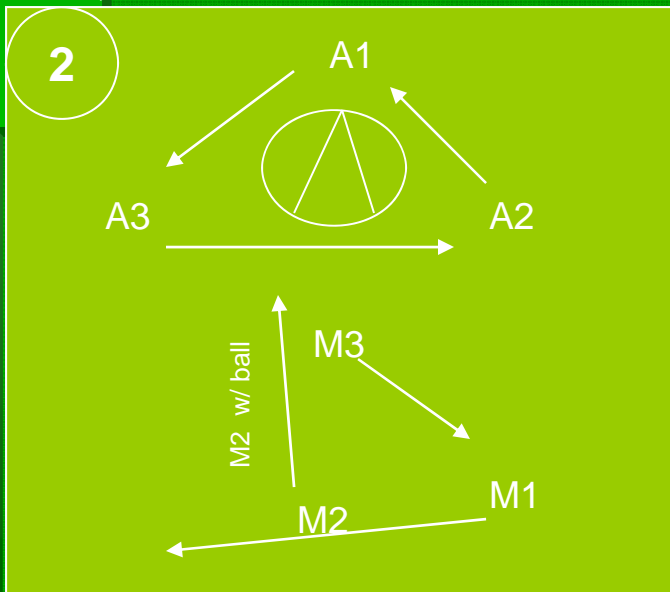


**M1 Options:**  
 1) Shot  
 2) Find open man  
 3) Outlet to A1  
 4) Roll away from pressure – get to M2

**Initiated from the midfield –  
dodge to left hand side of  
field.**

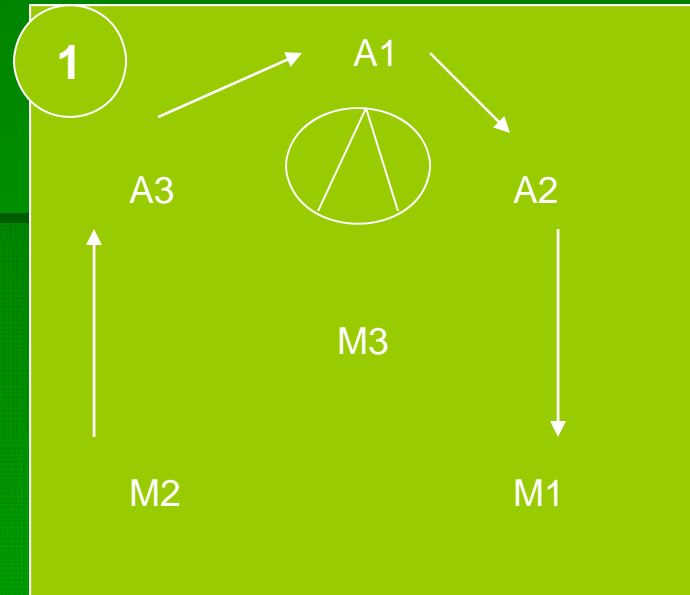
**Set up offense, work the ball  
around when M2 passes to  
M1 – begin motion.**

*As M2 Drives to goal; M3 moves to M2; M2  
moves to M1; A2 moves to A3; A3 moves  
to A1; A1 moves to A2*

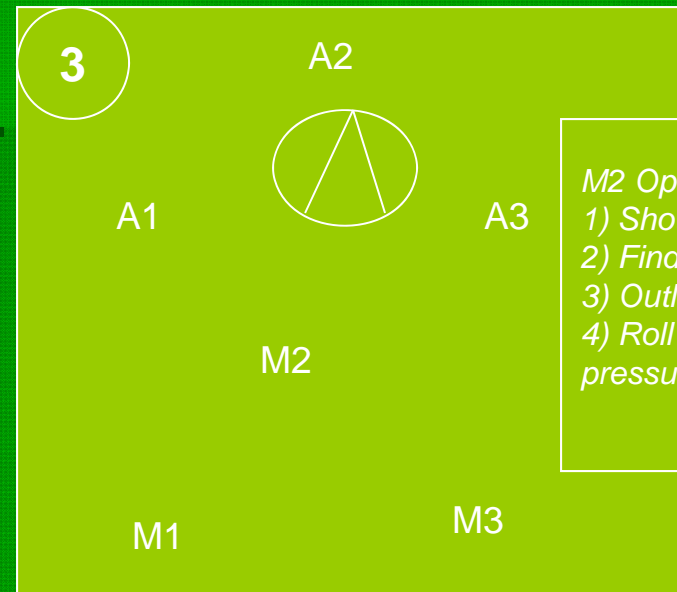


*Set up; M2 move ball clockwise*

*M1 passes the ball to M2 to start the action*



*After M2 drives this is the reset positions*



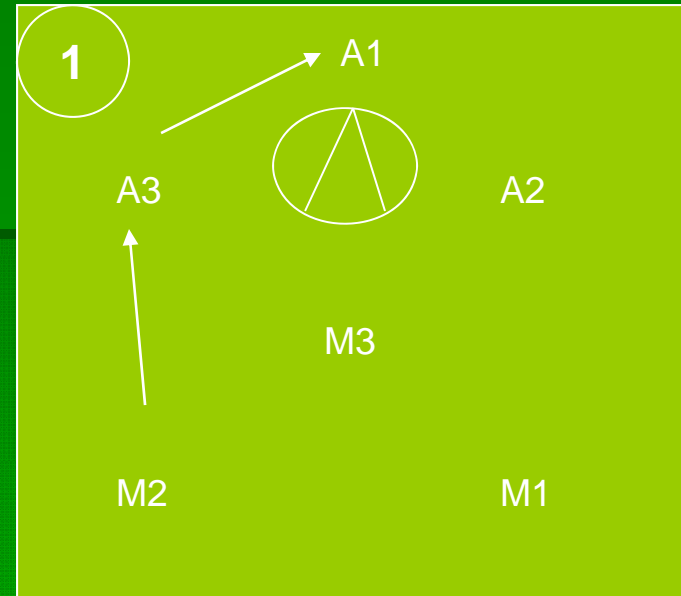
- M2 Options:*
- 1) Shot
  - 2) Find open man
  - 3) Outlet to A1
  - 4) Roll away from pressure – get to M1

## Initiated from the attack –

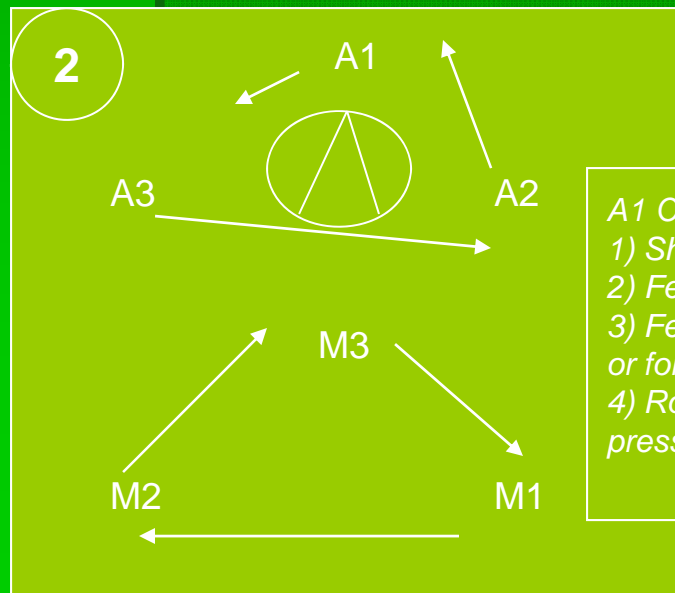
**Set up offense, work the ball around M2 or M1 passes back to wing attack to get the ball point behind to A1**

Set up; M2 move ball from counter clockwise to clockwise

A3 to A1 to start the action

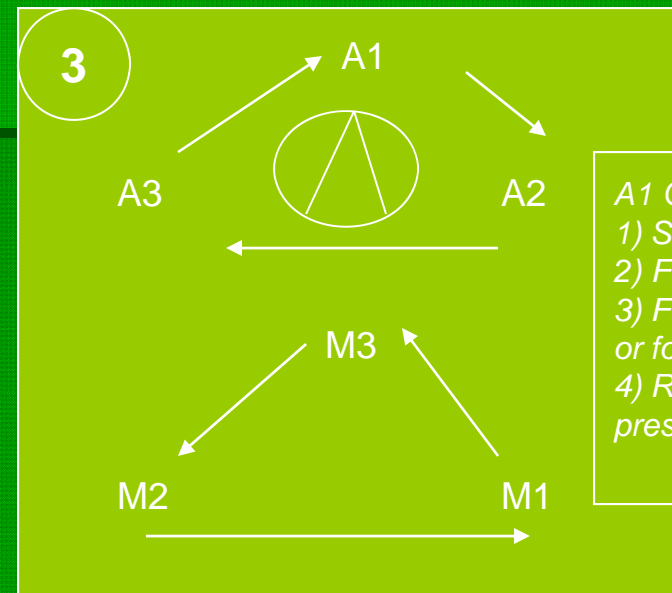


If A1 goes right



A1 Options:  
1) Shoot  
2) Feed M2 on cut  
3) Feed M1 for outlet or for outside shot  
4) Roll away from pressure – get to A2

If A1 goes left



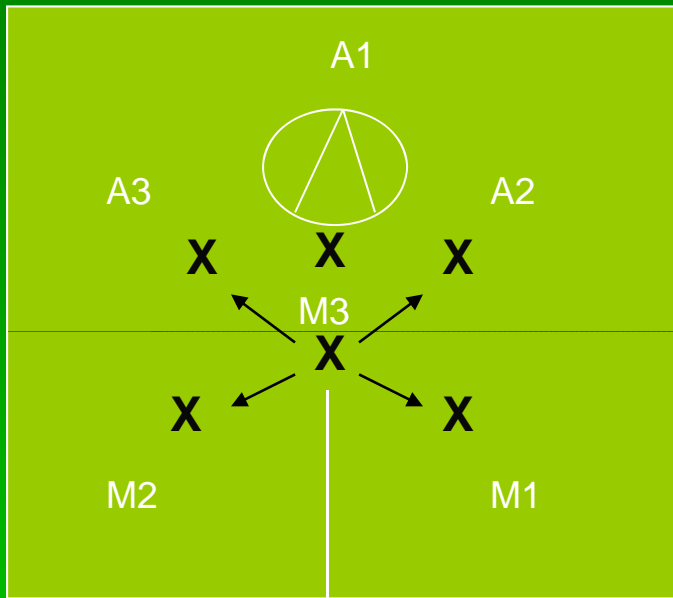
A1 Options:  
1) Shoot  
2) Feed M1 on cut  
3) Feed M2 for outlet or for outside shot  
4) Roll away from pressure – get to A3



# Defense



# Zone



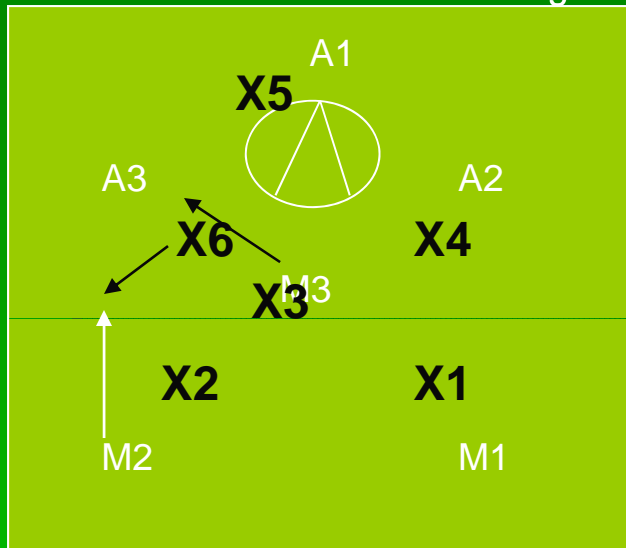
- Basics:

- Just like in basketball – you own an area
- Try to force your man outside
- Collapse into the middle
- Keep head on a swivel – need to know where the ball is to help
- Keep stick on opponents hands
- Do not cross your feet.

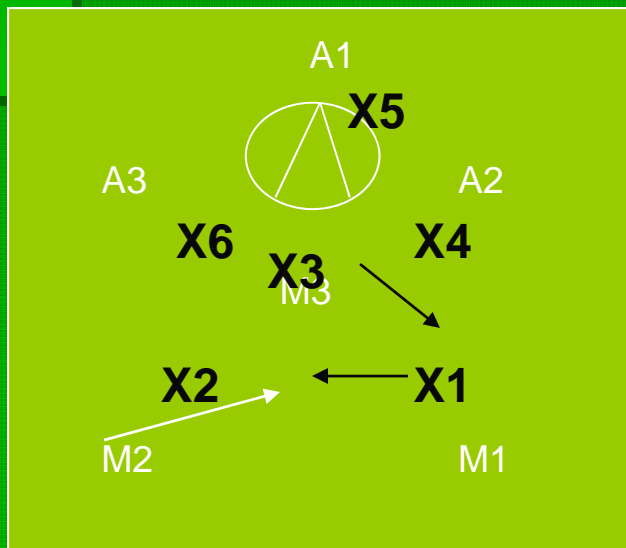
First Backer – is the first to slide on ball from any direction

# Man to Man – Up Top

- Basics: Just like in basketball – pick up a player. Help defense is important – as you want to help w/o leaving people in prime scoring position open. You want your defensemen to be positioned between the their man and the goal with sticks up in passing lanes.



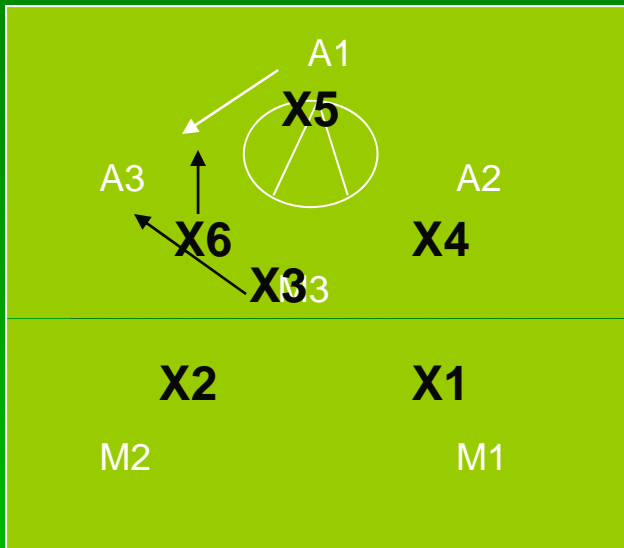
- If M2 Drives and beats his man to the left:
  - X6 slides on the ball
  - X3 slides on A3
  - X2 collapses to the middle



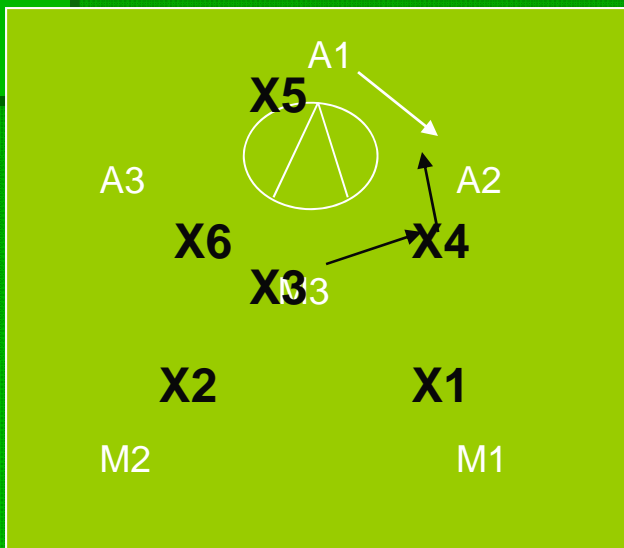
- If M2 Drives and beats his man to the right:
  - X1 slides on the ball
  - X3 slides on M1
  - X2 collapses to the middle

# Man to Man – Point Behind

- Basics: Just like in basketball – pick up a player. Help defense is important – as you want to help w/o leaving people in prime scoring position open.

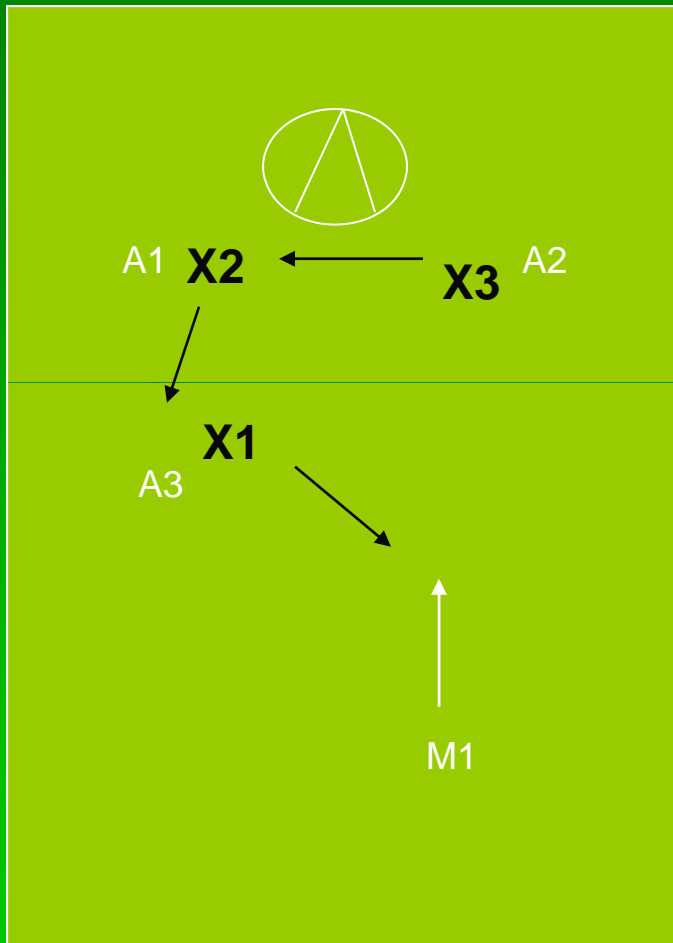


- If A1 Drives and beats his man to the right:
  - X6 slides on the ball
  - X3 slides on A3
  - X5 collapses to middle
  - X1 & X4 cheat to the middle for help



- If A1 Drives and beats his man to the left:
  - X4 slides on the ball
  - X3 slides on A2
  - X5 collapses to middle
  - X6 and X2 cheat to middle for help

# Fast Break Defense (and offense)



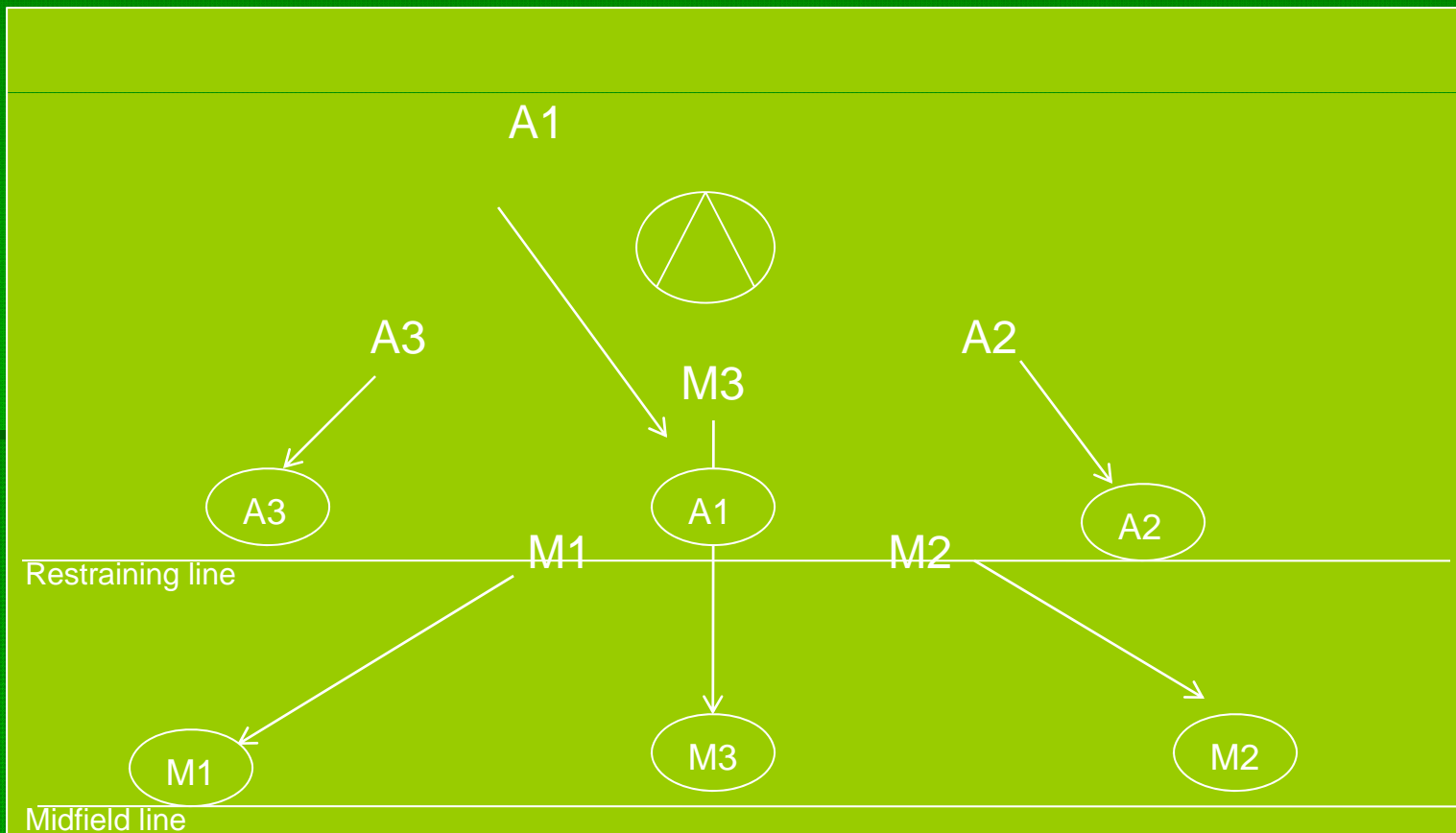
- Basics: Defensemen need to keep sticks in passing lanes to slow offense down and force the ball to the outside.
- Slides:
  - M1 has the ball creating a 4 on 3
  - X1 picks up M1 (15 yards away from the goal)
  - X2 slides on A3
  - X3 slides on A1
- What the Offense is trying to do
  - M1 goes in and takes the shot if no one picks him up
  - Usually, M1 draws X1 – M1 then passes to A3
  - A3 either:
    - Takes the open shot (or)
    - Passes to A1 if he's open (or)
    - Or passes across to A2 (if A2's defenseman cheated to far over)
  - A1 either
    - Takes the open shot (or)
    - Passes to A2 for the shot

# Rides and Clears

# Rides

The other team's goalie saves a shot or the ball is stripped by goal.

3 – 3 Zone – ball is saved – fast! drop back to your respective zone, keep opposing players in front of you, attack the ball when it comes into your zone whether by ball carrier or by pass.



# Clears

Goalie saves a shot or defense strips ball by the goal

Goalie has four seconds before he needs to leave the crease – use the time! Have defense and one middle break to the outside to create running lanes for the two middies who will break to the ball, catch toward the outside & NOT in the middle of the field.

