

Ground BALLS

- Run thru the ground balls. Don't stop. If you stop, you are a "sitting duck".
- Do not dodge off the ground...move the ball instead. SNAP Head up instantly and look for open man. Don't run back into traffic.
- Use both hands to scoop. NO 1 handed scoops
- Crease man 10 yds behind ball so he can be an offensive threat
- No more than 2 players fighting for the ball...too many is a recipe for disaster. Farthest guy should position himself to be 2 passes away so he can score or be a threat
- At the mid line, attack should lift D stick and box out so D pole can't kick it back over
- "TUNA" If you are a middie...hustle. Keep them out of the box and from getting a touch. Off ball players recognize and shut off adjacent passes. Draw the Failure to Advance call.
- When on O, move the ball quickly/v cut
- When on D, run to open space/freedom...run back if needed. We have 20 seconds.
- DO NOT FLIP TO GOALIE IN PAINT unless you want to score on Cam or Brad
- On the sidelines- let the opponent pick up the ball and check his stick out of bounds. He touched it last.
- If D is pursuing, scoop with backhand close to pocket so he can't get your back hand
- Use your body to protect your stick from defenders while scooping thru
- Tell team mate where help is--- "help left or help right"
- Yell "GOOSE IT": Roll it/Kick it to open space in the direction of a teammate for an uncontested ground ball

Middies Offense

- Off ball players follow the slide. If your man is sliding, be the recipient of the next pass.
- beat your man to:
 - score
 - dish/feed
 - draw 2, then dish/feed
 - re-dodge your man while defense is recovering to catch them "fake sliding".
- ground balls- as soon as you pick it up, move the ball instantly or run to freedom, then move the ball
- when you split dodge, read their hips and shoot for net. You don't have to be totally open to shoot if you have a quick shot
- step back , throw back/ roll back, throw back- create passing room between you and the d man
- get separation by moving your feet to get your hands free
- beat your man, draw 2, throw back/ roll back= 2 passes= shot
- for going against fake slide- dodge, step back, square up, quickly re-dodge. Test your guy.
- follow the slide to score but create a passing lane

- if a team mate is dodging, get out of his way. Take your d man out of the play
- if you set a pick on ball, roll away and cut to crease or get the pass
- Give and Gos work. Period.
- If you are on the crease, set picks opposite of the ball.
- Constant movement on the crease. Do not crowd crease.
- SHOOT LOW AND AWAY or high bouncers. Stop hitting and passing it to the goalie. Make him work
- Sub on offense if you are tired
- Step in and take the shot...as long as it's a good shot.
- Set picks, then roll off to be a cutter.
- BALL CONTROL. Get a rest on Offense. Don't rush.
- Give our defense a break
- One of you better come off for the long stick middy or else
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Middy Defense

- head up, square up, taking away the middle of the field
- hips to end-lines, not sidelines
- stay on hips. Pushing too high will draw a flag. NO HIGH HITS.
- small choppy steps on D. Feet always moving
- feet first, then hands
- if your hands are low, you stay low too...good positioning
- GET LOW and be a presence...a physical presence
- sticks always to the middle of the field to eliminate the middle and to clip sticks on pursuit
- give them the sidelines. If you get beat, Trust that your help man will slide, trail them to eliminate a rollback, shot, or double team the ball
- the HOT GUY/SLIDE GUY yells, "MINE", then on ball D recovers to the crease
- the HOT GUY/SLIDE GUY yells "FIRE" when he is going to let his 2 and 3 slides know he is sliding
- furthest guy from the ball is the 2 slide ALWAYS

Close Defense

- pressure the ball with poke checks...they are EFFECTIVE
- protect the paint/introduce potential threats to the dirt...I am tired of getting dunked on.
- play defense from the inside-out.
- slide to the edge of the paint, no further. They'll just draw you out and use the field space to burn you.
- ground balls with both L and R hands
- pick up grounders and move the ball immediately or run to freedom, not across the middle
- attack ground balls...backhand lifts and pokes
- run through ground balls, then move the ball

- always run to sides or up the field, never to the goalie
- Goalie = tell them where to go
- Stay low and on hips. Control your guy.
- Sticks up and to the inside
- Have a call to get back to the paint on a turnover
- When you approach a man at X, must force him one way
- Take short, choppy steps---no lunges---move your feet/use your fists
- Take away the middle of the field
- Throw stick to middle of the field/clog passing lanes
- DROP STEP and beat them topside- go to where he wants to be
- DO NOT stop feet, stay low and on hips
- STAY LOW AND ON HIPS
- Your inside foot is topside, hips toward end-line
- Stick in attackman's armpit, not shoulders
- Keep hands on hips and move them out, fists on him the whole time, pushing him out
- When the ball is going towards your man (adjacent), you play your man closer
- When the ball is going away from your man, you crowd the crease, ready to help
- REASONS TO SLIDE: Slide to stop dodger and create turnovers
- Slide to the back of his head/backside; Turn man into double team
- HOT MAN is always in front of man, 2 slide is to the back of HOT guy's man, stick on him
- 2 slide yells "GO" to let slider know they are there
- Hot man yells "MINE"
- Original D man recovers to the crease until we recover
- Stay in paint
- TALK TALK TALK TALK TALK
- LISTEN LISTEN LISTEN LISTEN

Goalies:

- Make the save you can make. Don't worry about the ones that are supposed to go in...
- Stay big
- Attack the ball
- On clears, move the ball immediately to a middy who is cutting
- If there is no open matchup, move it up the field and draw a man to dish
- OVERHAND PASSES
- TALK/DIRECT/MOLD the defense...do not nag your support
- DO NOT DODGE. THROW THE BALL TO "JAMAICA" IF U GET IN TROUBLE.
- Make the save you can make....