

Over Arching Principals- OAPs

Overarching principles are concepts that guide:

- Coaches' planning
- Players' thinking
- Players' reaction to their opponents on the field

These concepts are 'universal':

- Tools to allow you to play effectively in any offensive or defensive system
- Concepts are Transferable – from team to team but must be taught in an age appropriate manner.
- Drills can be created to teach and learn the concepts found in OAPs.

Note: While many of these concepts are addressed in Lax IQ and Team Concept/Skills Matrices, it is helpful for coaches to see these OAPs organized together. They are designed to serve as areas of focus in practice and drills can be built to reinforce these concepts and improve specific aspects of team play.

Offense

- Offensive positioning and responsibilities are based on a player's relationship to the ball
- Players should be in constant motion
 - Catching, throwing and shooting should all occur while moving
 - Ball carrier should force defensive slides to gain numbers advantage and high percentage shot opportunities
 - Off ball players need to move without the ball to be a threat, create space, give help, and take a defender away from the ball
- Move the ball
 - Don't hold the ball or stay in the same place for more than three seconds
- Balance the field
 - Don't allow one player to cover two players on the field—always be a threat!
- Attack the defensive player to initiate your offense
 - Test your individual defender to generate movement
 - Find the weaker players on the opposing team
 - Use dodges and picks to create opportunities for your offense
- Attack the backside of the defense
 - Take advantage of aggressive defense that is over committing to the ball or a defense that is not recovering to the hole by moving the ball quickly to the backside (off ball side) of the defense

Defense

- Players must communicate
 - Ball position, who has ball, who is help, who is covering two, check sticks, clear, etc.
- Defensive positioning and responsibilities are based on your relationship to the ball
 - On ball (playing the ball carrier)- skills are Approach, Footwork, Checks and Holds
 - Off ball (help position) if one pass away, two passes away or covering the backside (farthest from the ball)- skills are communication sliding, crease coverage
- Play defense with your feet and head vs. stick and shoulders

- Move your feet and leverage your body position to direct the ball carrier where you want him to go (into your help/slide)
- Play from the “inside out” (stay home)/Extend and Recover
 - Cover the hole, extend (push out) on player receiving the ball
 - Recover back to the hole when your man passes the ball
- Attack bottom hand of the ball carrier
 - When approaching a ball carrier direct checks to his bottom hand to disrupt rhythm

Transition Play

- Ball motion faster than feet
- Draw the man then pass
- Offense stay spread to force longer slides to buy time
- Keep players and ball above GLE on fast breaks
- 5 on a die is not the best offensive set in 5 v 4, slide 5th man out and off crease to create a local overload
- Slow break means no clear numbers advantage

Transition Defense

- Get inside the crease and slide out (inside out defense)
- Stop the ball
- Recover to the middle when beat or after passes
- Know your setups on 3v2, 4v3, 5v4 and 6v5 (shape)
- Goal is to slow the break into a settled 6 v 6 (mens) or 7 v 7s (girls) or to force a bad play on offense
- Paint, Time, Pass- PTP- Get into the Paint (house), Buy time and Force Passes (PTP) until recovery

Clearing

- Get middies out for quick outlet
- Take advantage of the extra man on defensive end of the field
- Switch fields and pass back as needed
- Be aware of the offside player staying on-sides

Riding/Re-Defending

- First line of a great defense
- Riding/Re-Defending attack must be best hustlers and anticipate ball movement
- Present the quick transition
- Stop ball advancement, turn the ball carrier back and work the clock
- Force cross field passes by long poles (boys only)
- Account for all middies and attack
 - Force a defensive rotation (change who was “back” on D) with a pass

Extra Player/Man

- Move ball quickly- don't dodge (force defensive movement)

- Make defense rotate
- Resolve defense to a 2 v 1 and then 1 v 0
- Draw defender before passing
- Create advantages by looking for opportunities to skip passing
- Spread defense making slides long- opens passing lanes
- Understand flow between formation (1-4-1 to 1-3-2)
- Be quick- don't hurry
- Back up shots

Man/Player Down Defense

- COMMUNICATION is key to enable slides
- Protect the crease- prevent inside shots less than 10 yards- stay tight
- Sticks up and in passing lanes, discouraging passing lanes
- Patience
- Pressure ball, play 2 adjacent passes and split 2 players on backside
- Kill time
- Force easy passes to defend (prevent skip passes)
- Rotate to the ball or in opposite direction of the ball

Goalie Play

- See the ball, stop the ball
- Be in a ready position at all times when the ball is in the midfield areas
- Stay hip to hip with the shooter as they move
- Keep eyes on the ball at all times