

2-3-1 #600

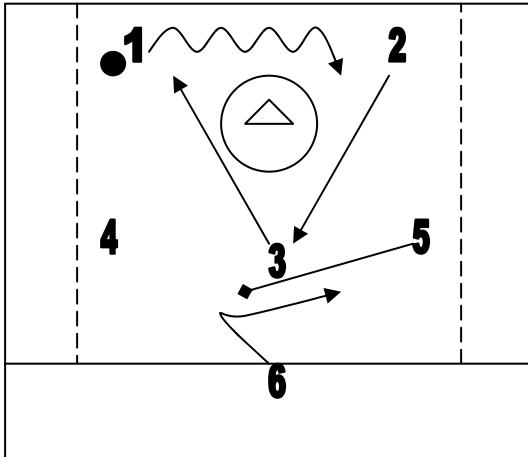


Diagram A

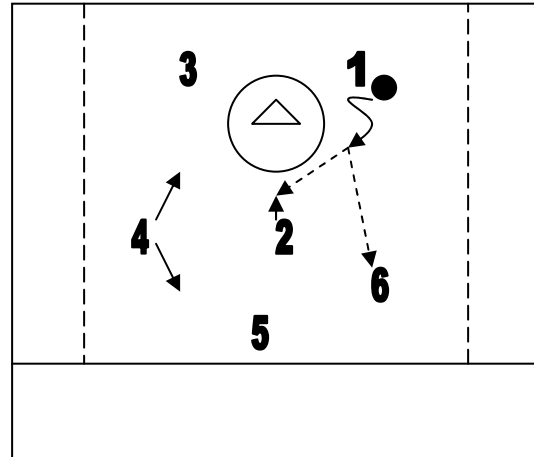


Diagram B

Objective

To use speed on a dodge from behind to score or find the open man after a slide occurs.

Set Up

This play is initiated out of a 2-3-1 formation. Players 1, 2 and 3 represent the attack and players 4, 5 and 6 represent the midfielders.

Instructions

Diagram A

1) The ball begins with player 1. He will start a dodge behind the goal trying to beat his defender with pure speed.

2) When player 1 dodges, player 3 will replace him and player 2 will cut to the crease being sure to position himself at least five to seven yards above the goal crease.

3) When the attack begins to rotate, player 5 will start to cut to the center of the

field to set a pick for player 6. Player 6 will bring his defenseman down to the top left of the crease. This will give him the top right side of the crease to cut into off the pick.

Diagram B

4) Player 1 will continue his hard dodge around the crease. If he is ahead of his defender he will most likely find player 2's defender waiting to slide to him.

5) As player 1 dodges he should look for player 6 cutting off the pick, possibly player 2 if the defense slides from the crease or player 1 should look for player 4 in a skip-pass lane on the other side of the field. Of course player 1 should try and score if no one slides toward him.

6) If player 1 has no options he should either turn back and pass to player 3 supporting him at "X" or turn away from all the pressure and look to

pass to player 6 who will continue his cut wide to support player 1.

Coaching Tips

1) This play will work best if player 1 is fast and capable of running by his defender. He will create an automatic odd man situation which will create a good scoring opportunity.

2) Be sure to instruct player 2 to cut high. If he cuts low to the crease then he will jam up the corner for player 1. This will leave player 1 running into an immediate slide and it may be harder to execute an easy dump pass off player 2's backdoor cut.

3) Player 6 needs to cut directly across the top of the crease. This will prevent him from running into a switch with player 5's defender.

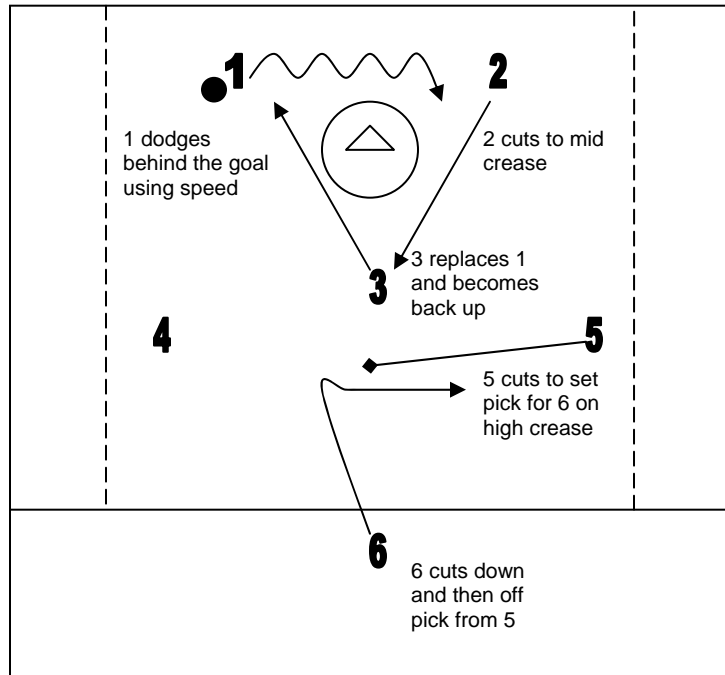
2-3-1 #600 Diagrams

The Play

1) Player 1 begins with a quick dodge from behind the goal. He is trying to beat his man with pure speed.

2) Player 3 will replace player 1 at "X" and be the back up. Player 2 will cut to the middle of the crease.

3) Player 5 will cut to the top left of the crease and set a pick for player 6 who draws his defender down and then cuts off the pick across the top of the crease.



4) Player 1 continues his strong dodge and he hopefully has used his speed to gain the corner.

5) If player 1 is ahead of his defender he will most likely draw a slide from player 2's defender. Player 2 should back door cut his defenseman as player 1 turns the corner. He should also be aware of player 3's defender.

6) Player 1 will look to pass to player 2, player 6 cutting across the top of the crease or player 4 in the skip lane unless he is able to turn the corner and score.

