

Mesa Lacrosse

“Army” Defensive Playbook

Contain and Disrupt

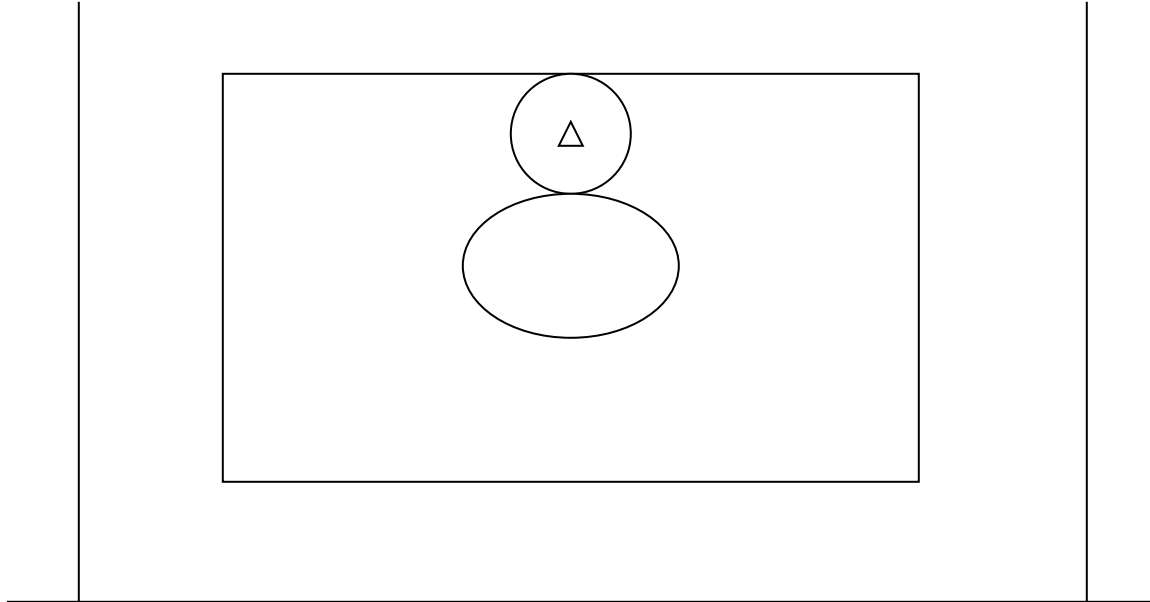
Terminology

“BALL”	Player on the ball declares that he is covering the ball. Broken Down and Ready to GO
“ADJACENT”	next to
“RIGHT”	Our defensive Player to the right of “BALL” going to “SHOW” off his player and back up “BALL” on his right side. Let our defender know you have his back, let the dodger see that you are ready.
“LEFT”	Player to the right of “BALL” going to “SHOW” off his player and back up “BALL” on his right side. Let our defender know you have his back, let the dodger see that you are ready.
“SHOW”	Adjacent defenders can leave their man and “SHOW”, so they are in a position to slide. You can “SHOW” as far as you want. We want to “SHOW” a mile and get back to our guy if we do not slide.
“GO”	Commitment to a slide where you leave your man and double the ball
“DOUBLE”	Putting two guys on the ball
“PANTHER”	Press out on the ball and pressure the ball carrier
“RED DOG”	A tactic we will use to be aggressive, especially if we are trailing late in a game and need to pick up the pressure. Usually on an end line restart. The goalie will come out of the goal to cover the closest man to the crease. Two defensemen line up to double the ball before the whistle and before the ball is put in play. Everyone else shuts off a man.
“TWO”	The indicator of where our <u>second</u> slide will come from. The player (or players) on the field with <u>second</u> slide responsibilities will make <u>repeated</u> “TWO” calls.
“BUMP”	A recovery term. A defender recovering to the crease should “BUMP” another defender to an open offensive player, to limit the time offensive players are left open after slides have occurred.
“EAGLE”	The indicator that we need an “EARLY” slide to a match-up, or if we get beat 1 v. 1 and need immediate help.
_____	No slide. We have a favorable defensive match up and do not need to be ready to slide.
_____	The term we will use when an opponent is substituting players in our defensive end of the field, and we temporarily have a 6 v. 5 advantage. In this situation, the on-ball defender can attempt to take the ball away. All adjacent defenders should extend out on their match-up to take away outlets. The defender not covering anyone has “HOT” responsibilities until the 6 v. 5 advantage is over.
“CHECK”	A Goalie call indicating a pass to the crease has been made. Defenders should automatically check their match-up’s stick hard, and all the way to the ground.

"RECOVERY"	Term used to indicate where defenders will go after we have slid to them. In the majority of instances, defenders "RECOVER" to the crease, and either "BUMP" another defender to an open offensive player or from the ball to match up on an open offensive player.
"BREAK"	A Goalie call indicating to all defenders to break out hard after a save or change of possession, to take advantage of a transition opportunity. If no transition occurs, defenders will now align to clear the ball.
"Right/Left foot"	A Goalie call indicating to the defender on the ball that he needs to " turn back " (take away the top side, force the inside roll, not get beat upfield, etc.) a dodging attacker who is approaching the plane of GLE, from behind the goal.
	Term used when we want to switch a match-up by placing a long pole on the ball, and replacing him with a short stick. We need to execute this as early as possible.
"COMA"	Term used to describe a cross-crease slide.
_____	We will shut off every offensive player and on ball defender pressures and tries to takeaway and force offensive player into a turnover. Normally used after a time out.
Ball Pressure	Getting pressure on the ball carrier, disrupt

“THE RED ZONE”

A 12-15 yard area surrounding the goal. 12-15 yards from the Goal Line Extended (GLE) out towards the restraining line, and 12-15 yards from the crease out towards the sideline. An offensive player becomes a scoring threat when he carries the ball into the “RED AREA.” Off ball defensive players should always have at least one foot in the “RED AREA” in order to offer crease support. Should be in the area for the second crease.



INDIVIDUAL DEFENSIVE CONCEPTS TO REMEMBER

- We will play the ball end line to end line, sideline to sideline. Try to avoid giving an offensive player the opportunity to run at you, or get a head start at you. Always step up to him, be an athlete.
- Close defensemen – Do not face guard your man at “X” when the ball is up top, unless specifically instructed to do so. When the ball is up top or on the wings, and your match-up is at “X,” your body should be sloughed above the plane or GLE to offer crease support.
- When the ball is up top, or near the restraining line, we want to force the ball carrier to go down the side, instead of across the top or down the middle. When playing the ball, position your body high and to the inside in order to force the offensive player to take the ball down the side – NOT ACROSS YOUR FACE.
- When sliding, always slide stick to stick, and follow with your body.
- We will apply relentless bottom hand pressure to the ball carrier.
- COMMUNICATION is PARAMOUNT. It should be constant, and clear. Remember that we cannot be successful if we do not COMMUNICATE

SKILL CHECKLIST INDIVIDUAL DEFENSE

On Ball-Close Defense

- Proper “APPROACH” to the ball – be athletic and get in “BREAKDOWN” position
- Stick in front. Establish a “CUSHION”
- Keep your stick up field
- Apply relentless bottom hand pressure with pokes and slaps
- Don’t step into poke or slap. Step back w/opposite foot. Keep it short and on the bottom hand
- Drop step every time the attacker changes direction
- BEAT THE ATTACKER TO THE PLANE
- TURN/DRIVE the attacker back low to the GLE. Never get beat top-side
- At the plane, stay a step ahead, GET YOUR TRAIL FOOT BACK and DRIVE YOUR LEAD LEG TO THE “CONE”
- Keep your hands down – stick parallel or slightly parallel to the ground, below the armpit of your defender – ATTACK HALF THE MAN – PUSH (FIRST) CHECK (SECOND)
- SQUEEZE the inside roll. Get your cross forearm or butt fist in the small of his back, and drive him into the crease. Keep your feet moving. Don’t lean, drive with your legs, LOCK YOUR ELBOW and stay balanced.
- We are a “footwork first” TEAM. Getting into the right position with our feet and hips takes priority over all else (i.e. Checks)
- DO NOT CHANGE HANDS WHEN COVERING THE BALL

On Ball-Defensive Midfield

- Proper “APPROACH” to the ball – be athletic and get in “BREAKDOWN” position
- Over play your man in order to take away the middle of the field
- DON’T LET YOUR MAN CROSS YOUR FACE
- Stay low and in a good athletic stance
- Force the midfielder down the side outside the shooting “V”
- SHORT STICKS – look to jam your man at his hip
- Keep your BUTT FIST ON YOUR MAN as he sweeps as he looks to shoot or pass move the head of your stick into his gloves or into his arms to LIFT him into an awkward shooting or passing position. Lift on gloves WITHOUT reaching around the man to allow ROLL BACK.
- You must stay balanced. Any lean too much one way will give your man an easier path to the goal

Off-Ball

- COMMUNICATE---COMMUNICATE---COMMUNICATE
- Always slough in. The hardest work you will do is going from on ball to the proper off ball position and back to covering the ball.
- Remember your “triangles” BALL---ME---MAN
- Keep your stick to the inside. Protect the passing lanes. CHANGE HANDS
- TAKE A GOOD APPROACH ANGLE TO THE BALL CARRIER. Remember where we want to direct the ball carrier. Making a good APPROACH and BREAKING down makes the job of covering the ball a lot easier.

When Sliding – Be EARLY rather than late

- COMMUNICATE---Make the “BINGO” call, make the “FIRE.” Sound off when you are sliding and slide with a purpose.
- Slide stick to stick, and follow with the body.

- Slide with your stick parallel to the ground. You will get there faster, you have a better chance to make something happen, you are less likely to get face-dodged.
- Slide under control. When we slide, we have a temporary double team. Don't let them split the double
- Hold the double until the ball carrier fades away or passes the ball.
- Recover to the proper area and "LOOK AWAY" or "BUMP" a teammate.

Pick Play

- **Picks on/off the ball:**

-COMMUNICATE- We have to hear "PICK RIGHT/LEFT" or "SWITCH"

-**We would prefer to stay with our match-up's when possible**, especially when playing the ball around the perimeter of the field. Picks set on/off the ball should not present major problems if we communicate effectively. COMMUNICATION IS KEY.

-To cover picks set for the ball carrier, the defender whose man is setting the pick must step back and shade to the side the ball is going. This will allow the defender covering the ball enough space to get through the pick, while also providing us with the ability to "switch" cleanly if the on ball defender is caught in the pick.

- **Picks on the crease:**

-COMMUNICATE- We have to hear "PICK RIGHT/LEFT" or "SWITCH"

-We must always have a man to a man and a stick to a stick to cover picks set on the crease. If you can fight around the pick – fight through. If you have to switch, then switch. We have to avoid situations where offensive players are temporarily open because we react to a crease picks poorly. DON'T BE INDECISIVE.

MESA LACROSSE

“ARMY”

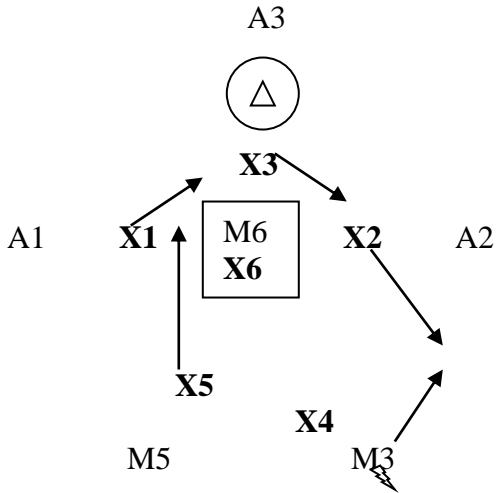
Things to know:

As with all of the defensive schemes we use the effectiveness of our “ARMY” DEFENSE will depend on our personnel being successful in our individual match-ups. In our “ARMY” DEFENSE, when we are sliding COMA, we absolutely can NOT get beaten up-field, or beyond the plane, by an attacker dodging from behind the goal (the 1 or 2 spots on the field). We must also attempt to funnel all midfield dodges down the side of the restraining box, as opposed to across the top or down the middle (3, 4 & 5 spots). If dodgers are successful in penetrating the “RED ZONE” we will slide from the following pre-determined areas:

When the ball is up top or out in front:

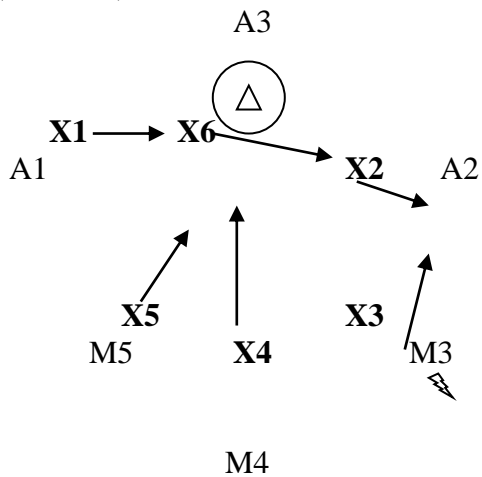
- The on ball defender must force the dodging midfielder down the side. DO NOT let him cross your face and sweep across the top of the RED ZONE. Funnel him down a side so that he loses his shooting angle the closer and wider he gets to the goal. DO NOT let the midfielder ROLL BACK to the center of the field. Get him to a side and then FORCE him down it.
- Our “HOT” slide will come from the ADJACENT or “NEAR MAN” (the 1 or 2 wings spot). This most likely will be a close defenseman. It does not matter who is the slide man. The slide should be timed as to intercept the ball carrier as he penetrates the “RED ZONE.” Don’t create offense by sliding out too early and too far, but also better to be early than to be late. Find the balance.
- If we are facing a single crease, the “COLD” slide will come from the next NEAR defender covering the closest offensive player from the ball. On the slide the “COLD” slides will ROTATE to the next open offensive player to the right or left of the SLIDE. We will LOCK the crease and ROTATE around it.
- ***After a slide has occurred, we should have a temporary double team opportunity with the original on ball defender and the “HOT” slide. **We want to stay on the double until the ball has been pushed once, or it is clear that the ball carrier is attempting to over-stretch the double.** After the ball has been pushed, the original on ball defender recovers to the crease; if possible BUMPING the “COLD” slides back to their original match-ups. If there is no one on the crease as you recover, LOOK AWAY from the ball to the next open offensive player. The “HOT” slide stays on the ball. And we may have to ROTATE to the next offensive player to the right or left of the SLIDE.

“NEAR MAN” vs. dodge from up top (1-3-2)



- X4 forces M3 to drive down the side
- X2 (HOT) slides **NEAR** (BINGO) to M3
- X3 (COLD-1) covering the man behind should be above the GLE shaded ball side ready to move to A2
- X6 locks the crease
- X1 shifts over to cover A3
- X5 steps down to the crease as the ball moves away to cover A1
- **Recovery** – X4 stays on the double with X2 until the ball has been moved, or M3 overstretches the double. X4 then recover back to the crease and “LOOKS AWAY” to M5
- **Note** – vs. a throw back to M5; X5 will rotate back to M5 and X4 will recover to the crease and “LOOK AWAY” to the open offensive player

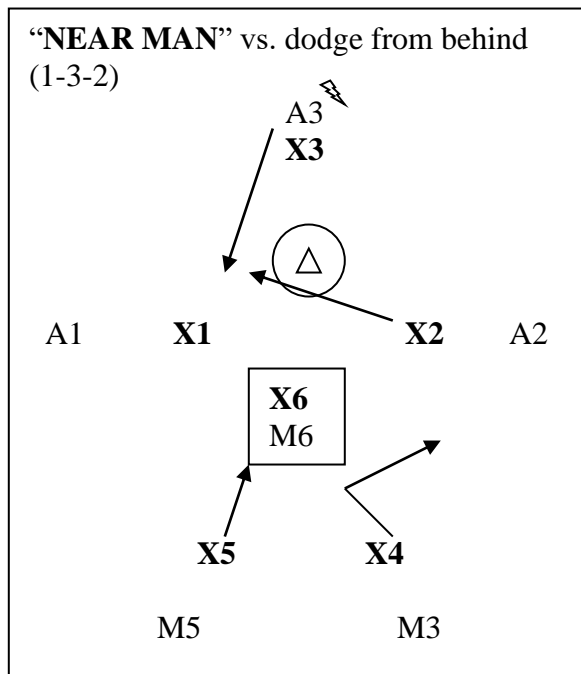
“NEAR MAN” vs. dodge from up top (CIRCLE)



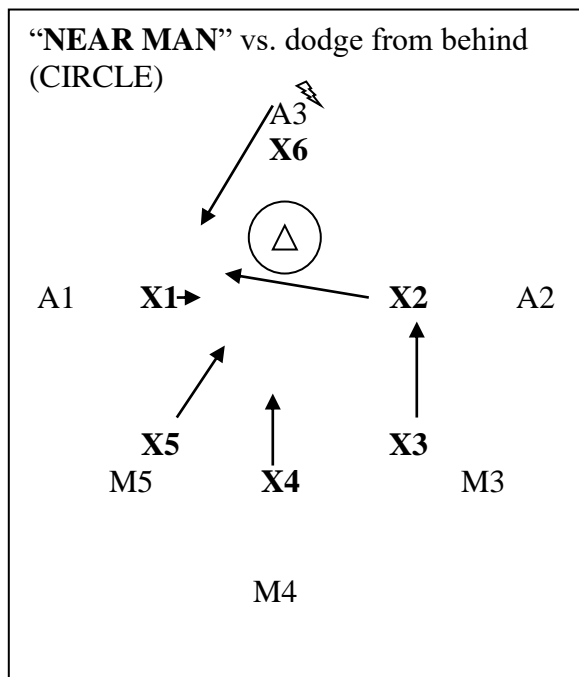
- X3 forces M3 to drive down the side
- X2 (HOT) slides **NEAR** (BINGO) to M3. Clog the lane
- X6 (COLD-1) be above the GLE be ready to rotate hard to the adjacent wing
- X1 (COLD-2) sloughs in to split A1 & A3
- X4 & X5 step down to the crease as the ball moves away to help with cutters
- **Recovery** – X3 stays on the double with X2 until the ball has been moved, or M3 overstretches the double. X3 then recovers back to the crease and “BUMPS” X1 back to his match-up or “LOOKS AWAY” to the farthest open offensive player

When the ball is Behind the Plane (GLE):

- The on ball defenseman must turn the attacker back at the PLANE/GLE. We CANNOT get beat up field, when we are sliding COMA.
- In situations where the attacker is able to get above the PLANE/GLE and has entered the “RED ZONE” our “HOT” slide will come from the ADJACENT or “NEAR MAN” (the 1 or 2 wings spot). (This most likely will be a close defenseman, but it does not matter who is the slide man.) The slide should be timed as to intercept the ball carrier as he penetrates the “RED ZONE.” Don’t create offense by sliding out too early and too far, but also BETTER TO BE EARLY than to be late. Find the balance.
- The “COLD” slide will come from the ball side midfielder dropping down. It is very important in this situation for the ball side midfielders to be sloughed in the RED ZONE. If the DMID is sloughed down, he will be able to make the ball side slide in a timely fashion. If he is not sloughed down, then the slide WILL be late and we will be left vulnerable on the backside. DO NOT CHASE THE BALL BELOW THE GLE. Hold at the GLE, if the offense pulls out, we might be able to “RANGER” and avoid a SS DMID being stuck on an attackman.
- ***After a slide has occurred, we should have a temporary double team opportunity with the original on ball defender and the “HOT” slide. **We want to stay on the double until the ball has been pushed once, or it is clear that the ball carrier is attempting to over-stretch the double.** After the ball has been pushed, the original on ball defender recovers to the crease; if possible BUMPING the “COLD” slides back to their original match-ups. If there is no one on the crease as you recover, LOOK AWAY from the ball to the next open offensive player. The “HOT” slide stays on the ball. And we may have to ROTATE to the next offensive player to the right or left of the slide.



- X3 forces A3 to inside roll at the GLE
- X2 (HOT) slides COMA (RED) to A3 as he inside rolls
- X6 LOCKS the crease – unless he is only option to slide
- X4 (COLD-1) comes hard down the back side to cover A2. If A2 pulls behind and receives a pass from A1, X4 continues to the GLE to pick up A2 if he threatens
- X5 (COLD-2) sloughs in and splits M5 & M3
- X1 must honor A1 on any cut through, stay sloughed in to clog dodging lane
- **Recovery** – X3 stays on the double with X2 until the ball has been moved, or A3 overstretches the double. X2 then recovers back to the crease and “BUMPS” X4 back to his match-up or “LOOKS AWAY” to the next open offensive player as he recovers and matches up. X5 should be telling X3 where the open man is.

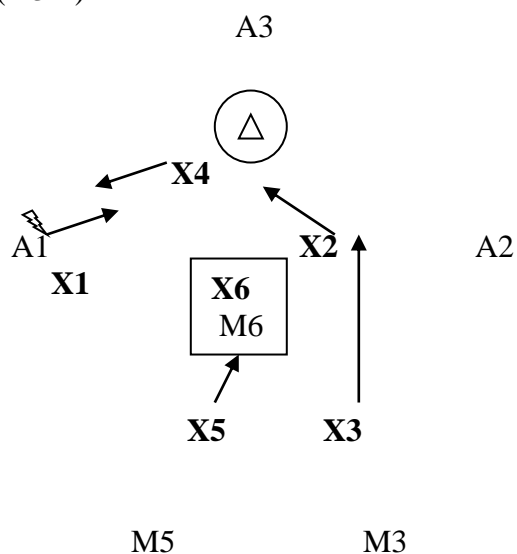


- X6 forces A3 to inside roll at the GLE
- X2 (HOT) slides COMA (BINGO) to A3 as he inside rolls
- X1 covers front side wing – sloughs in to clog dodging lane
- X3 (COLD-1) rotates hard to the adjacent wing
- X4 & X5 step down to the crease as the ball moves away to help with cutters and are ready to rotate if necessary
- **Recovery** – X6 stays on the double with X2 until the ball has been moved, or A3 overstretches the double. X6 then recovers back to the crease and “BUMPS” all help back to their match-ups or “LOOKS AWAY” to the farthest open offensive player

When the ball is on the Wing:

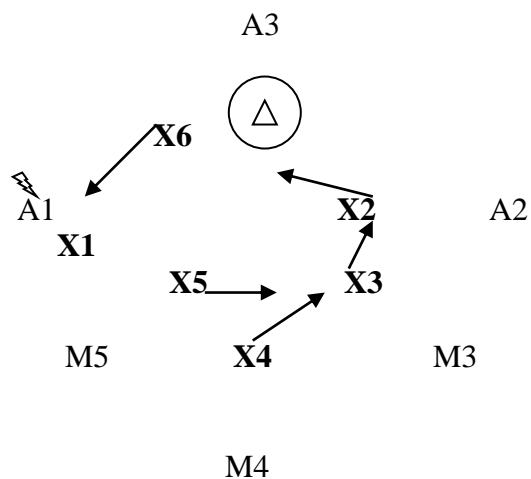
- We will treat dodges from the wing areas (1 wing and 2 wing spots) like dodges from up top or out in front.
- Our “HOT” slide will come from the nearest man on the perimeter.
- Our “COLD” slide will come from the backside midfielder sloughing in. The backside defenseman can also give crease support by sloughing in as well.
- If we are facing a double crease (multiple offensive players) our “COLD” slide will come from the next closest man on the crease (bump heavy to the ball). Additionally, we should have backside help (also a “COLD” call) from the defender covering the furthest offensive player from the ball.
- If we are facing a single crease, the “COLD” slide will come from the defender covering the furthest offensive player from the ball.
- ***After a slide has occurred, we should have a temporary double opportunity with the original on ball defender and the “HOT” slide. **We want to stay on the double until the ball has been pushed once, or it is clear that the ball carrier is attempting to over-stretch the double.** After the ball has been pushed, the original on ball defender recovers to the crease, if possible BUMPING the “COLD” slide back to his original man. If there is no one on the crease as you recover, LOOK AWAY from the ball (where you just came from) to the next open offensive player. The “HOT” slide stays on the ball.

“NEAR MAN” vs. dodge from wing
(1-3-2)



- X1 squeezes A1 underneath and inside at along GLE
- X4 (HOT) slides (BINGO) to A1 before he becomes a scoring threat
- X2 (COLD-1) covering the opposite wing attack steps in to the crease to cover A3
- X3 (COLD-2) covering the opposite high rotates down hard to cover A2
- X5 (COLD-3) steps down to help w/ M6
- X6 hold on the crease unless you are the last option
- **Recovery** – X1 stays on the double with X4 until the ball has been moved, or A1 overstretches the double. X1 then recovers back to the crease and “BUMPS” X5 and X3 back to their match-ups or “LOOKS AWAY” to the farthest open offensive player

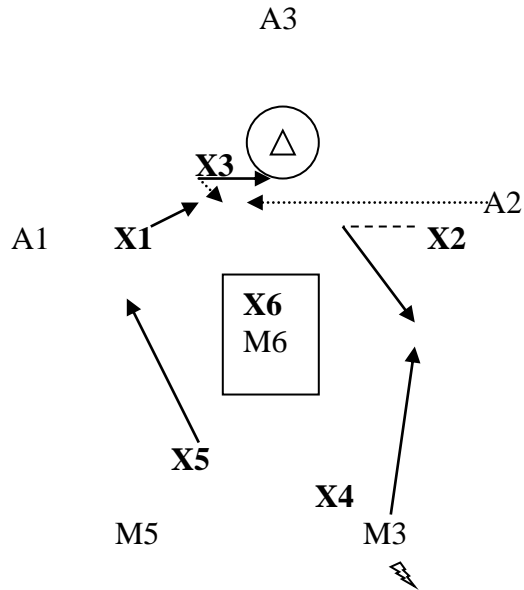
“NEAR” vs. dodge from the wing
CIRCLE



- X1 forces A1 underneath
- X6 (HOT) slides NEAR (BINGO) to A1
- **IDENTIFY THE HOT MAN AND BE EARLY**
- X2 (COLD-1) bumps heavy to the top of the crease to A3
- X3 (COLD-2) crashes down hard to A2
- X4 (COLD-3) steps down to split M4 & M3
- X5 steps down to split M5 & M4
- **Recovery** – X1 stays on the double with X6 until the ball has been moved, or A1 overstretches the double. X1 then recovers back to the crease area and “BUMPS” X3, X4 and X5 back up to the midfield or “LOOKS AWAY” to the farthest open offensive player. X4 and X5 should be communicating to X1 who to pick up.

“NEAR MAN” vs. Cutters

“NEAR MAN” vs. dodge from up top
(1-3-2) w/ cutters



- X4 forces M3 to drive down the side
- X2 (HOT) slides **NEAR** (BINGO) to M3 before he becomes a scoring threat
- X3 (COLD-1) covering the man behind should be above the GLE shaded ball side ready to move to A2 as he cuts or receives the ball
- X6 locks the crease
- X1 shifts over to cover A3
- X5 steps down to the crease as the ball moves away to cover A1
- **Recovery** – X4 stays on the double with X2 until the ball has been moved, or M3 overstretches the double. X4 then recovers back to the crease and “LOOKS AWAY” to M5
- **Note** – vs. a throw back to M5; X5 will rotate back to M5 and X4 will recover to the crease and “LOOK AWAY” to the open offensive player

If the adjacent wing cuts through

X2 follows the cut to the crease – then passes the cutter to the backside help (**X1 & X3**)

X2 Make the (HOT) slide

X3 Now has the (COLD) as the adjacent defender

X1 sloughs in on the backside – Ready to rotate to X to cover A3 if needed

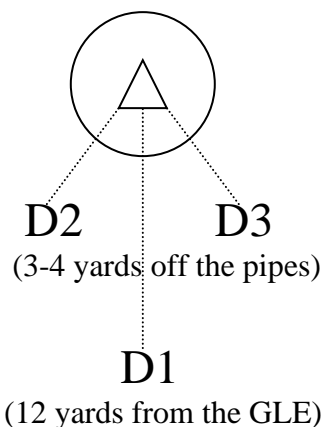
X5 sloughs down – prepares to rotate down if needed

MESA LACROSSE

“TRANSITION DEFENSE”

Defending the fast break:

Against a pure 4 vs. 3 fast break. We are at a numerical disadvantage. We want to set up in a triangle to defend the goal.



THINGS TO REMEMBER

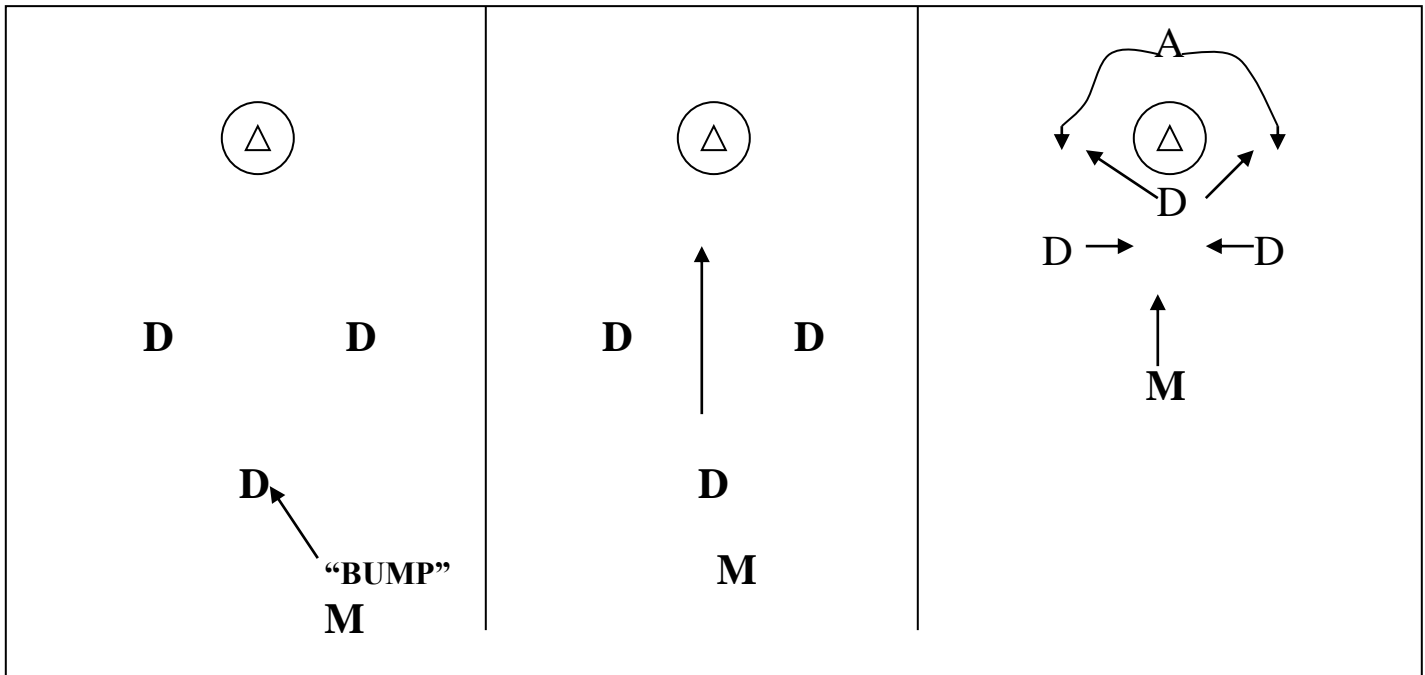
1. Keep the triangle tight. The defenders need to be down far enough to keep all attackers in front of you.
2. The point man in the triangle should be set up 12 yards above the GLE and 8 yards from the restraining line. Being this low will allow us to maintain a tight triangle, even after we rotate.
3. “HOLD” as long as possible. Don’t rotate unless we have to. COMMUNICATE this. When we do rotate, **rotate into** the direction of the ball.
 - **POINT MAN** don’t slide up field Slide---EAST WEST (sideline to sideline)
 - Slide under control—BREAK DOWN—Be athletic
 - Vs. CARRY ACROSS restraining line= “BINGO” or ROTATE
 - Vs. PASS BEFORE restraining line= “HOLD”
 - DON’T TURN YOUR BACK TO THE BALL
4. Stop the ball carrier – make him throw the ball
5. All defenders need to have their sticks INSIDE. Low defenders remember to take one (1) big step towards the middle before rotating. This will allow us to cut off the passing lanes through the middle and force the offensive to throw the ball around the outside of the triangle.
6. YOU CANNOT GET DODGED IN A TRANSITION SITUATION. Rotate under control. Break down when you get there. FINISH YOUR CHECK.
7. Your job in defending the fast break is to make the offense either take a bad shot (far away) or make as many passes as possible in order to get a shot. If you can force 3-5 passes in a hurried situation,

you increase the chances of them throwing the ball away, while allowing our middies a chance to get back on defense. **Remember to stay tight.**

8. Execute as well as you can. Don't make mental mistakes. Remember the offense has an extra man. Force them to play quickly and make mistakes.
9. Take away the wing attackmen by holding underneath as long as possible. Never give the direct pass to wing attackmen from the fast breaking midfielder.
10. If wing "D" men can anticipate a middie getting into the hole, let the "M" take the point position.

DEFENDING THE SLOW BREAK:

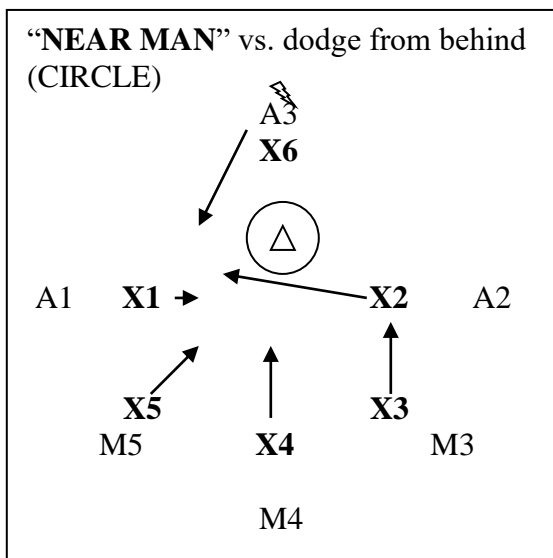
Against a 5 v. 4 slow break, where we have a defensive chaser, we want to defend the slow break in a **DIAMOND.** We go from **TRIANGLE (4 v. 3)** to **DIAMOND (5 v. 4)** by simply having **the chase midfielder push or "BUMP" the point defender down to the top of the crease.**



THINGS TO REMEMBER:

1. **Stay tight.** Try to hold as long as possible without rotating. In transition, whether 2v1, 3v2, 4v3, 5v4 or 6v5 we have to protect the middle of the field until we can get even numbers back. Keep the DIAMOND tight.
2. The low point on the diamond (or low defender) will pick up the ball at the GLE regardless of which side the attacker drives. That is the benefit of the DIAMOND.

3. The wing defenders (or side corners of the DIAMOND) are responsible for crease support and stopping the wing shots on their respective sides.
4. The point defender or chase midfielder (high point of the DIAMOND) plays heavy to the ball side. Watch for cutters and be ready to pass cutters off to the wing defenders if you have multiple cutters.
5. SEE THE BALL. DON'T STARE AT IT. HEADS ON A SWIVEL.
6. Keep your stick up and on the inside to block off the passing lanes. Make them pass the ball on the perimeter not through the middle.
7. When playing the ball, finish your check. You have a better chance of forcing bad passes with finishing hard checks on hands.
8. **YOU CANNOT GET DODGED IN TRANSITION.** Break down, be athletic and stay under control.
9. Just like a fast break, they have an extra man. Execute as well as you can. Don't make mental mistakes. Force them to play quickly, make mistakes or give our midfielders a chance to get back and play defense.

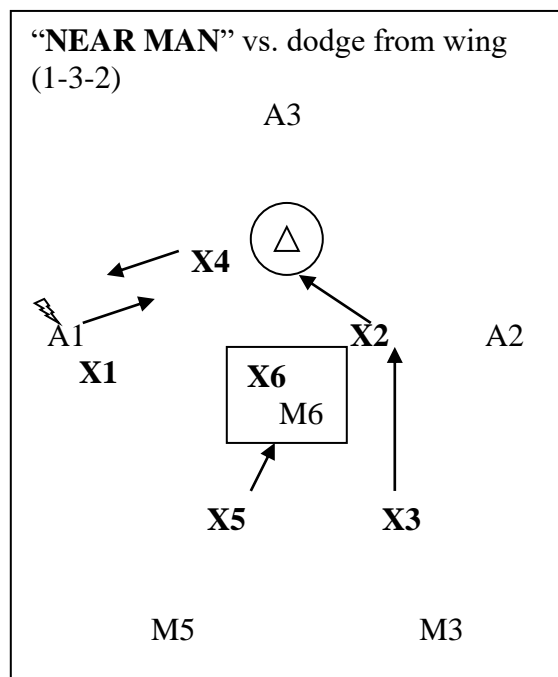


- X6 forces A3 to inside roll at the GLE
- X2 (HOT) slides COMA (BINGO) to A3 as he inside rolls
- X1 covers front side wing-sloughs in to clog dodging lane
- X3 (COLD-1) rotates hard to the adjacent wing
- X4 & X5 step down to the crease as the ball moves away to help with cutters and are ready to rotate if necessary
- **Recovery** – X6 stays on the double with X2 until the ball has been moved, or A3 overstretches the double. X6 then recovers back to the crease and “BUMPS” all help back to their match-ups or “LOOKS AWAY” to the farthest open offensive player

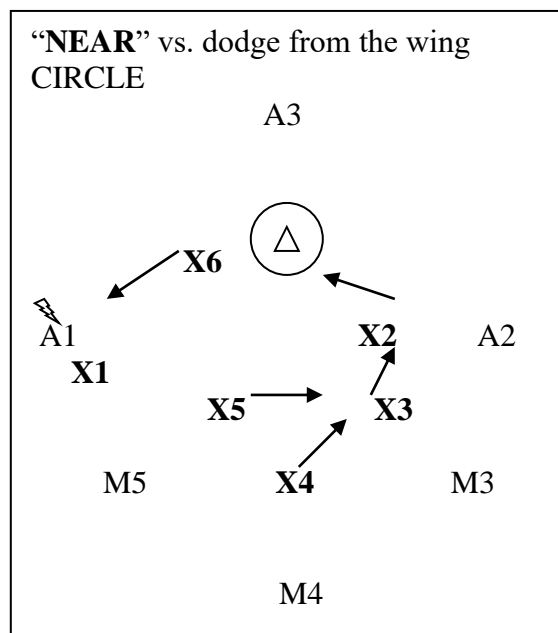
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- If we are facing a double crease (multiple offensive players) our “COLD” slide will come from the next closest man on the crease (bump heavy to the ball). Additionally, we should have backside help (also a “COLD” call) from the defender covering the furthest offensive player from the ball.

- If we are facing a single crease, the “COLD” slide will come from the defender covering the furthest offensive player from the ball.
- ***After a slide has occurred, we should have a temporary double opportunity with the original on ball defender and the “HOT” slide. **We want to stay on the double until the ball has been pushed once, or it is clear that the ball carrier is attempting to over-stretch the double.** After the ball has been pushed, the original on ball defender recovers to the crease, if possible BUMPING the “COLD” slide back to his original man. If there is no one on the crease as you recover, LOOK AWAY from the ball (where you just came from) to the next open offensive player. The “HOT” slide stays on the ball.

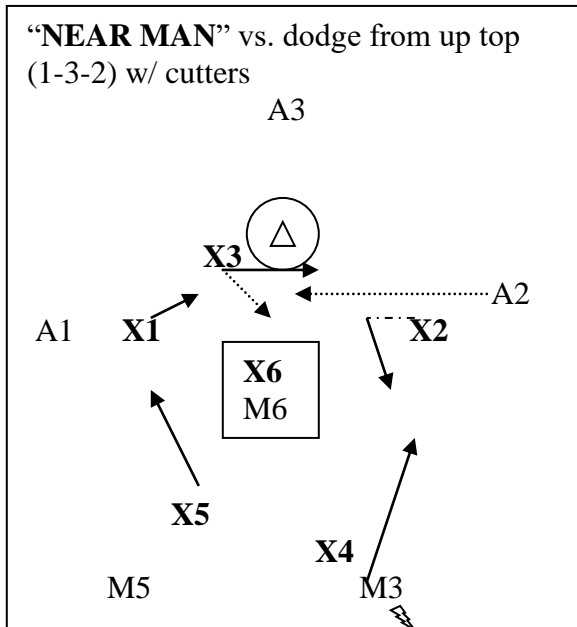


- X1 squeezes A1 underneath and inside at along GLE
- X4 (HOT) slides (BINGO) to A1 before he becomes a scoring threat
- X2 (COLD-1) covering the opposite wing attack steps in to the crease to cover A3
- X3 (COLD-2) covering the opposite high rotates down hard to cover A2
- X5 (COLD-3) steps down to help w/ M6
- X6 hold on to the crease unless you are the last option
- **Recovery** – X1 stays on the double with X4 until the ball has been moved, or A1 overstretches the double. X1 then recovers back to the crease and “BUMPS” X5 and X3 back to their match-ups or “LOOKS AWAY” to the farthest open offensive player



- X1 forces A1 underneath
- X6 (HOT) slides NEAR (BINGO) to A1
- **IDENTIFY THE HOT MAN AND BE EARLY**
- X2 (COLD-1) bumps heavy to the top of the crease to A3
- X3 (COLD-2) crashes down hard to A2
- X4 (COLD-3) steps down to split M4 and M3
- X5 steps down to split M5 and M4
- **Recovery** – X1 stays on the double with X6 until the ball has been moved, or A1 overstretches the double. X1 then recovers back to the crease area and “BUMPS” X3, X4 and X5 back up to the midfield or “LOOKS AWAY” to the farthest open offensive player. X4 and X5 should be communicating to X1 who to pick up.

“NEAR MAN” vs. Cutters



- X4 forces M3 to drive down the side
- X2 (HOT) slides **NEAR** (BINGO) to M3 before he becomes a scoring threat
- X3 (COLD-1) covering the man behind should be above the GLE shaded ball side ready to move to A2 as he cuts or receives the ball
- X6 locks the crease
- X1 shifts over to cover A3
- X5 steps down to the crease as the ball moves away to cover A1
- **Recovery** – X4 stays on the double with X2 until the ball has been moved, or M3 overstretches the double. X4 then recovers back to the crease and “LOOKS AWAY” to M5
- **Note** – vs. a throw back to M5; X5 will rotate back to M5 and X4 will recover to the crease and “LOOK AWAY” to the open offensive player

If the adjacent wing cuts through

X2 follows the cut to the crease – then passes the cutter to the backside help (X1 & X3)

X2 make the (HOT) slide

X3 now has the (COLD) as the adjacent defender

X1 sloughs in on the backside – ready to rotate to X to cover A3 if needed

X5 sloughs down-prepares to rotate down if needed