

We wanted to remind everyone that planning ahead of time makes the games a ton more fun. When the game goes sideways with the officials or questionable decisions by your players, it helps to have your line-up scripted out. Change the starting line-up each game.

Mesa is a player development club – do your best to play everyone the same amount of time. Try to play different middies on the wing of the face-off, rather than always having the same middle in the box waiting to sub for the pole. That being said, feel free to have a consistent man-up/man-down and play your best guys at the end of a close game. These are all just suggestions, as you may have your own system.

Lastly, be positive - as some of the boys will be nervous, especially in the beginning. Leave the refs alone – they will make mistakes. Try to pull guys aside after they sub out and coach them up one-on-one. Please wear Mesa gear.

Mesa Substitutions....

Goalie

2 goalies, half, and half, let them figure who starts first game and alternate.

Middy's

9 middy rotation

Make 3 equal lines, sub equally line 1, 2, 3

Start each game with different middy line:

Game #1: line 1,2,3

Game #2: line 2,3,1

Game #3: line 3,1,2

7 or 8 middy rotation - number middies 1-7/8 for tournament.

Each line should be equal

One solid driver on each line and possibly 1 lefty on each line.

1 Crease man or GB kid that runs field well etc.

Try and balance so there is no threat to overplay 1 line.

*1,2,3 start game, next shift: 4,5,6 next shift,: 7,8,1 next shift 2,3,4 etc.

*game#1: start 1,2,3 game #2 start 4,5,6 game #3 start 7,8,1 etc.

Face offs

If you only have 2 good draw players, have them alternate draws then sub when Mesa is on offense and he will run his full shift when time comes

Long Pole Middys

2 long poles: try and pull 1 close middle off going back on defense every shift.

Rotate LP middies each shift including face offs. This should be a very hi energy position.

Defense and Attack

6 of each - rotate every 5 or 10 minutes.

Number them 1-6

Set in lines 1,2,3 and 4,5,6

5 of each - divide game up into 5 equal parts. Each player gets 3 of the 5 shifts. Example below:

Number players 1-5.

First 8 minutes: 1,2,3

Second 8 minutes: 3,4,5

Last 4 minutes of first half 1,2,4

First 4 minutes of second half: 1,2,4

Next 8 minutes: 2,3,5

Last 8 minutes: 1,4,5

Attackmen

6 attackman rotation –

1, 2, 3 start the first half

4, 5, 6 start the second half

4, 5, 6 start the first half of the second game

5 attackman rotation – number them 1-5

1, 2, 3 start the game and play the first 10 minutes

4, 5, 1 play the second 10 minutes

Man-Up and Down

Alternate each penalty

Man up #1...attack 1,2,3 Middies 1,2,3

Man up #2...attack 3,4,5 middies 4,5,6

Man down #1...defense 1,2,3... plus long pole #1, plus middies 7,8,9 take turns in last spot

Man down #2...defense 4,5,6...plus long pole #2, plus middies 7,8,9 take turns for last spot

*When man-up or down is over, players sub back to rotation where they were. ie....if attacker is on man-up 1 but is not in at the time of penalty, they would sub right back out after it's over.

Face offs:

Face off personnel: Draw man, best gb middle on line or in normal rotation, 1 LP middle

*Sub draw man if he this is not his line after Fever gets ball on offense.

*sub long pole when ball is on offense, settled.

25 players...2 goalies, 6 close defense, 2 LP middies, 9 middies, 6 attack 5 games a tournament means they all get appx 2.5 games of solid time. Make a difference when they are in.

*No players should get tired in a game and there will never be an excuse for not running full speed anywhere and everywhere.