



141 Offense

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Mesa Lacrosse

Power Point and Video
available on

MesaLacrosse.com coaching
resource page



- **Offense Soundbites**

1. Hit Singles
2. Keep the ball hot
3. Less You, More Us
4. Add some Hot Sauce
5. Smart and Aggressive
6. Play Fast = Play Fluent
7. Two outlets for the ball
8. “One More”, hit the open man
9. Read the defense, play your man
10. What does the word “Turnover” mean?
11. Technically sound, Fundamentally sound
12. Don’t choke the dodger, get thru, pick, push back
13. Beat Your man, score a goal – Puncture the defense
14. If you make a mistake, hustle and make up for it, don’t make the same mistake twice
15. We want Dunks, not three pointers – where are we shooting from? make the extra pass



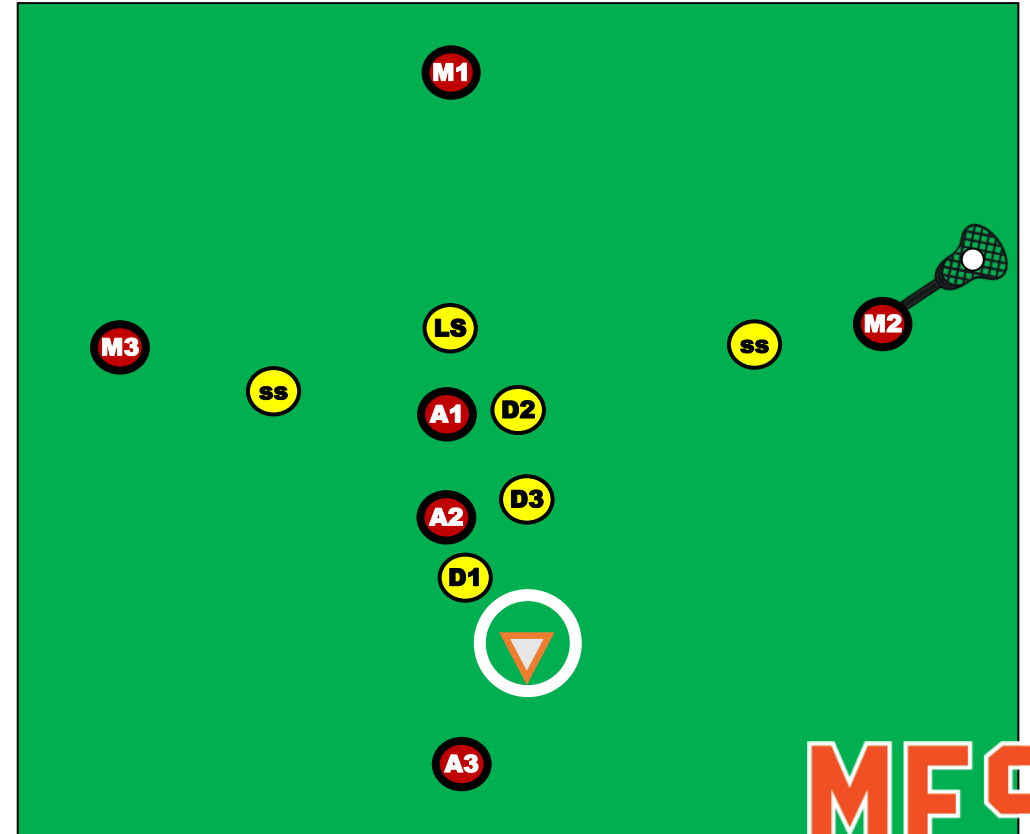
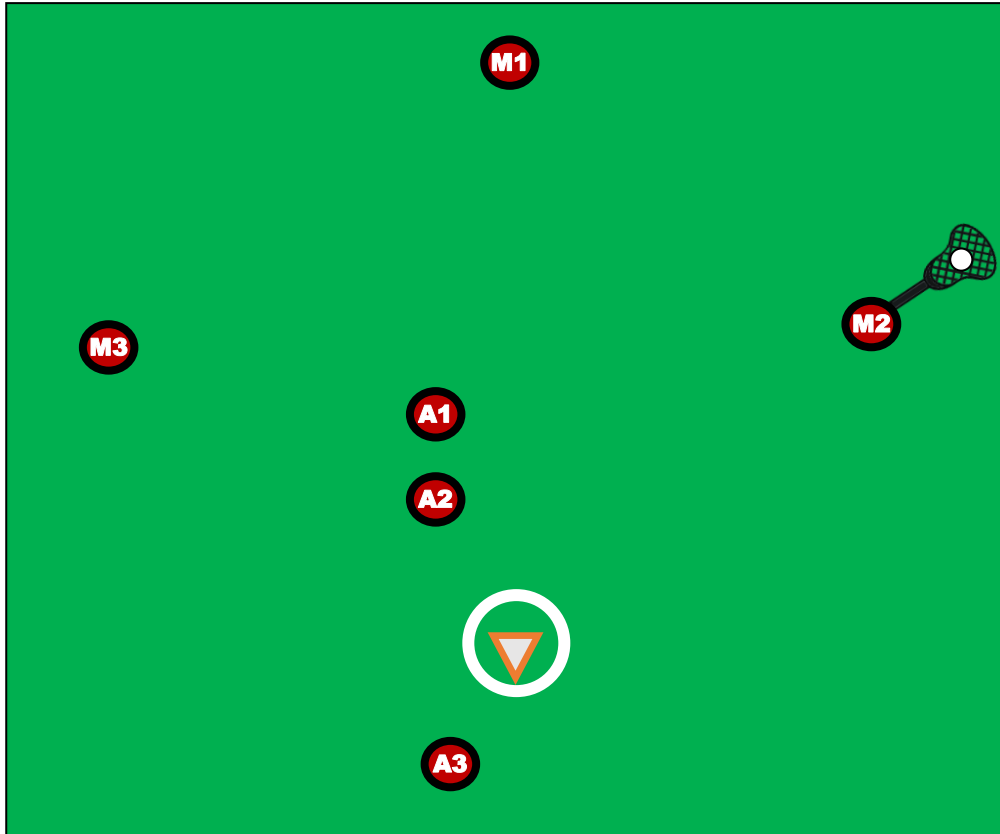
14 vs Man: Step 1 – The Line Up

Wing Dodger: vs SSDM on wing

Adjacent: Pinched

Farthest away: Read your man

Crease: Stacked, back pipe



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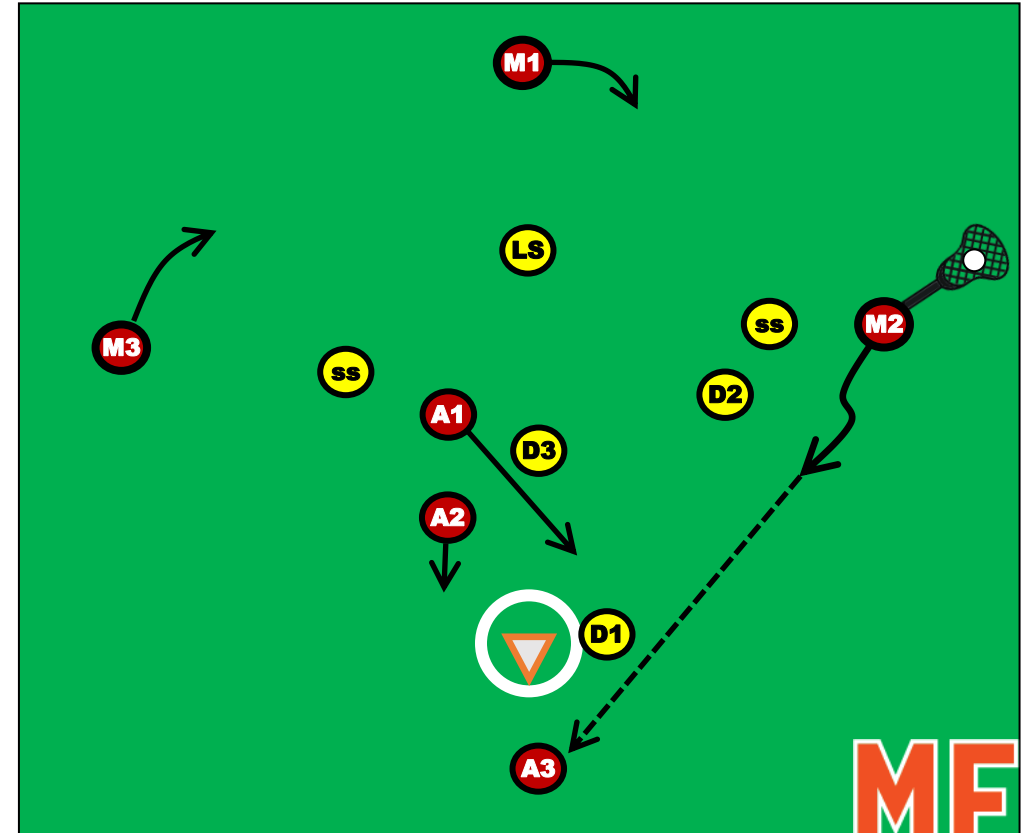
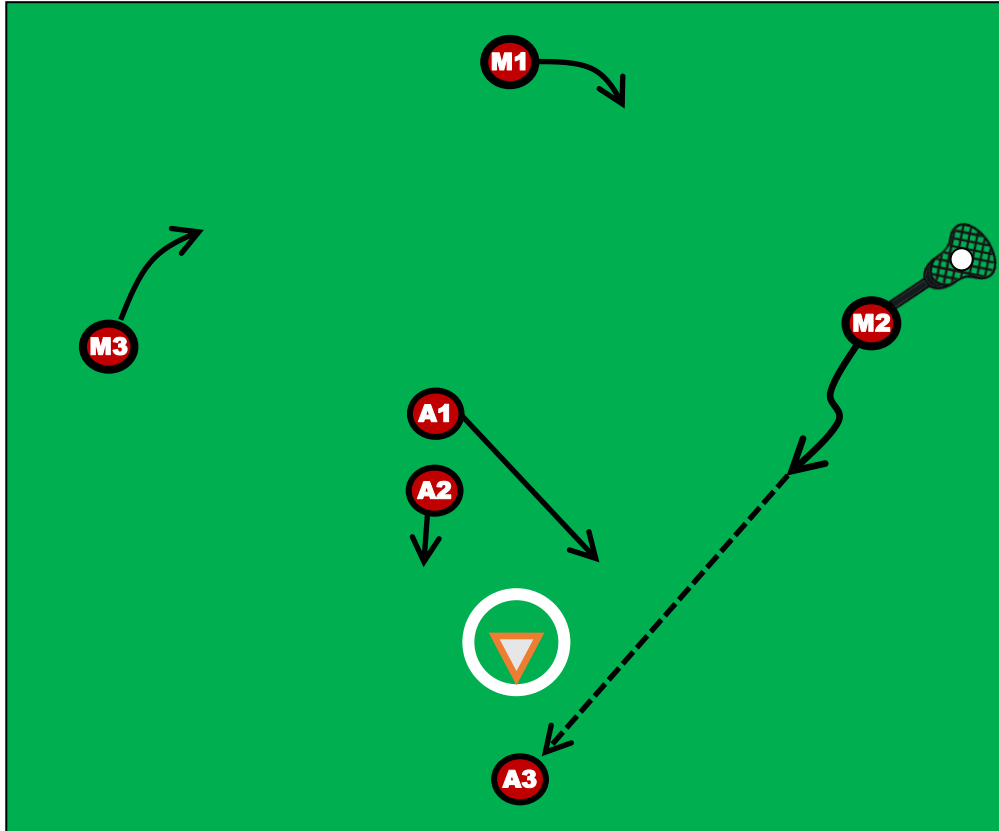
14 vs Man: Step 2 - The Dodge

Wing Dodger: Catch and Go under

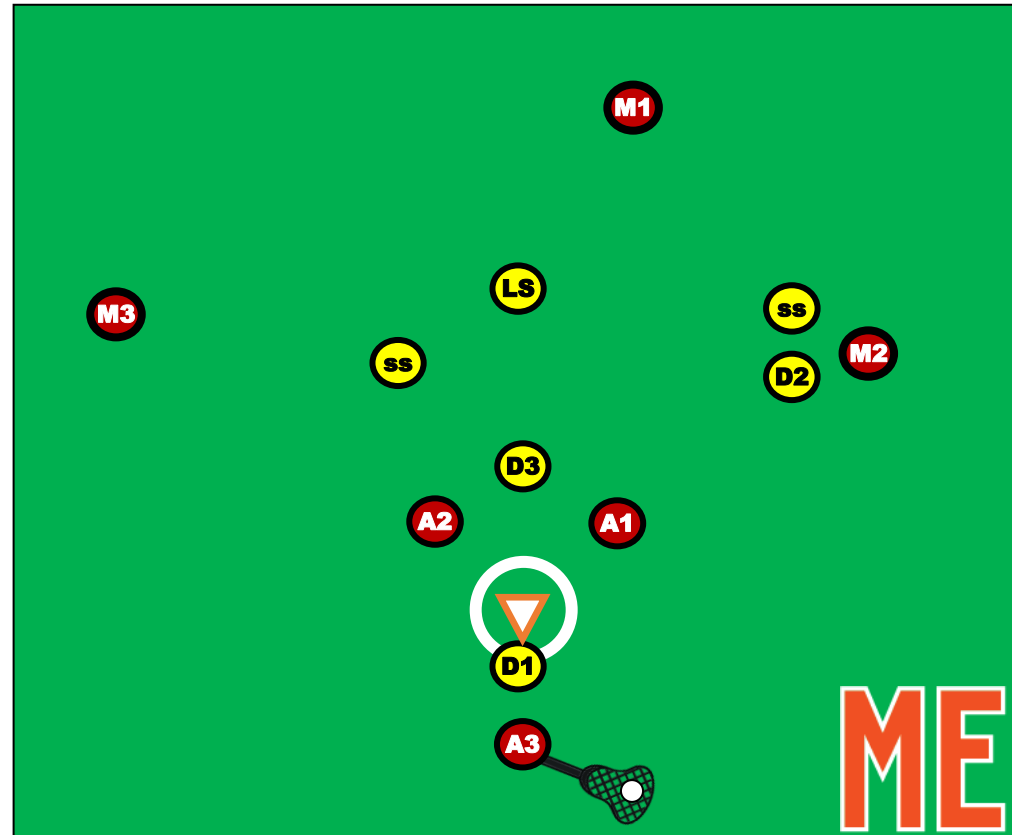
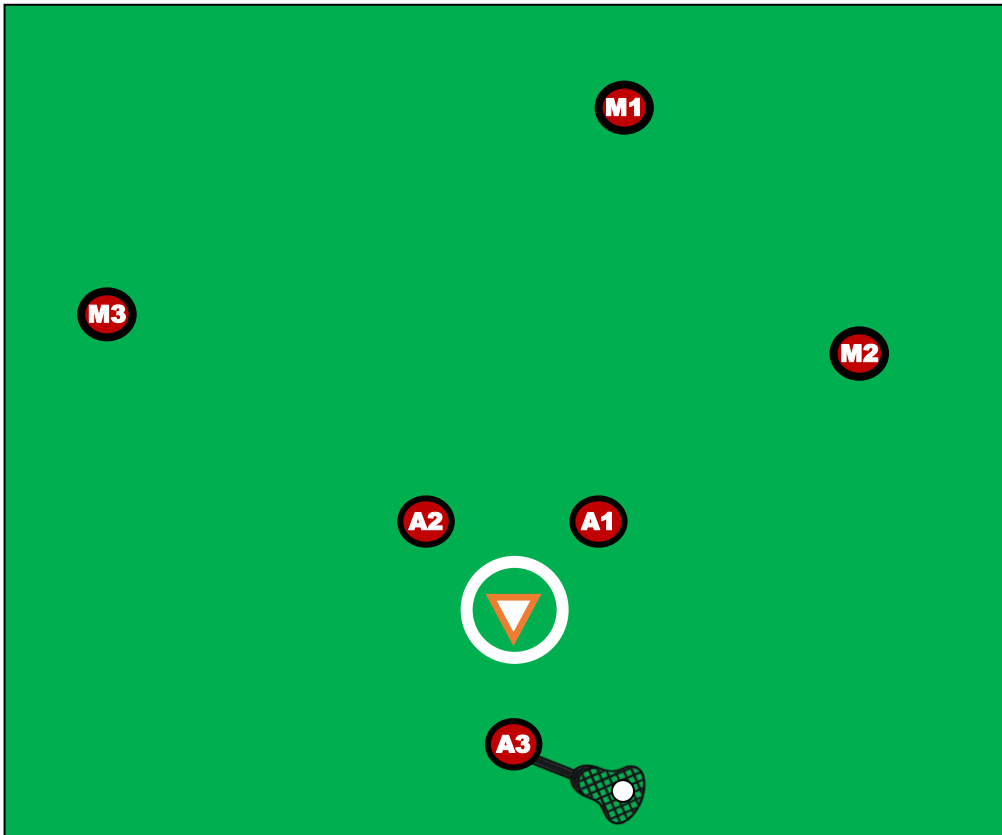
Adjacent: X is outlet, Top is follow

Farthest away: skip lane

Crease: Split right and left



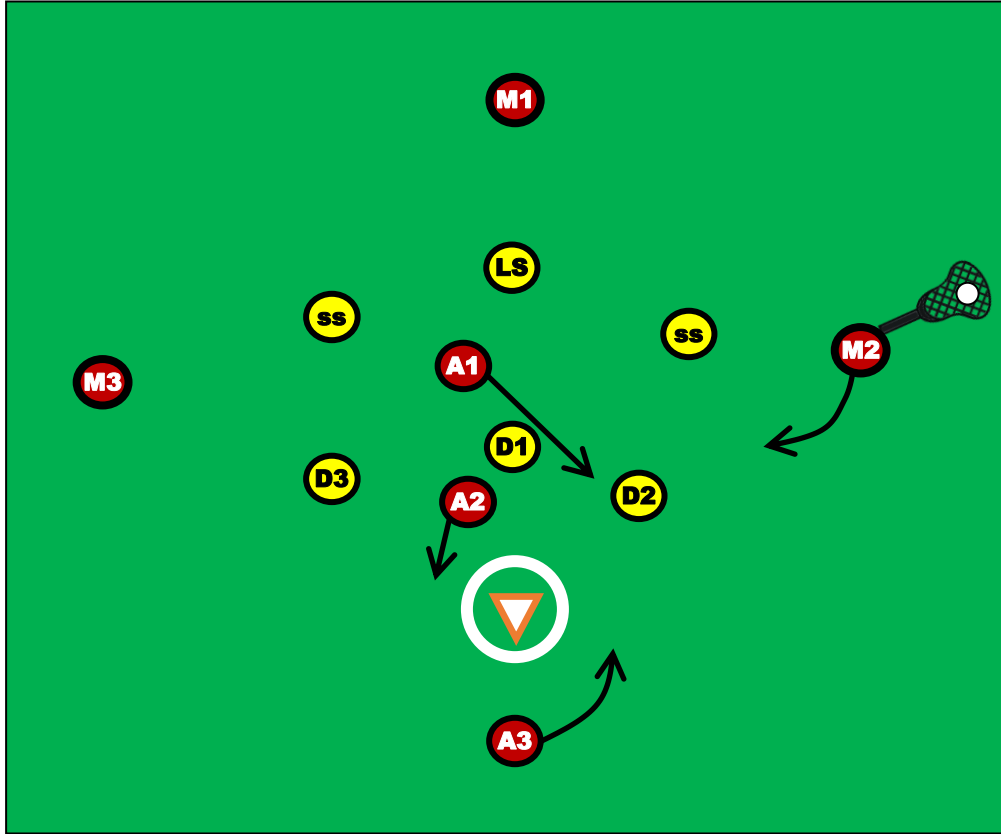
14 vs Man: Step 3 - find the open man, hit the open man
X – clear your stick, free your hands, impulse control



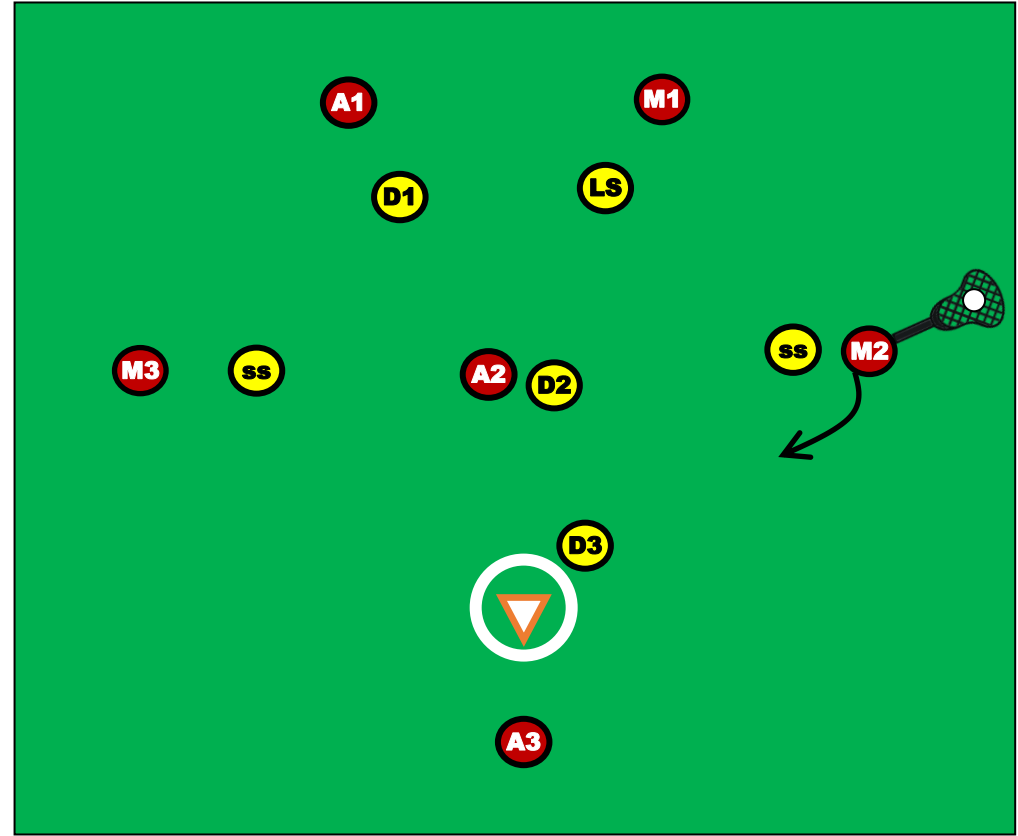
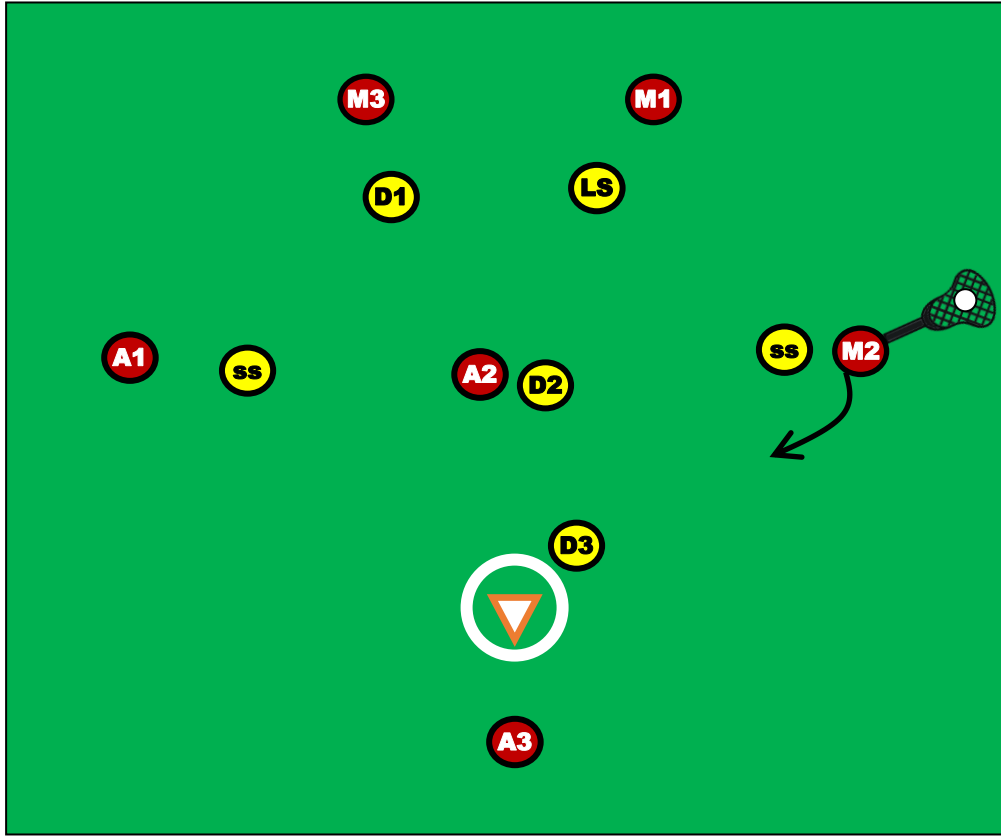
14 Vs Zone

Dodge the gaps

Fit and Sit



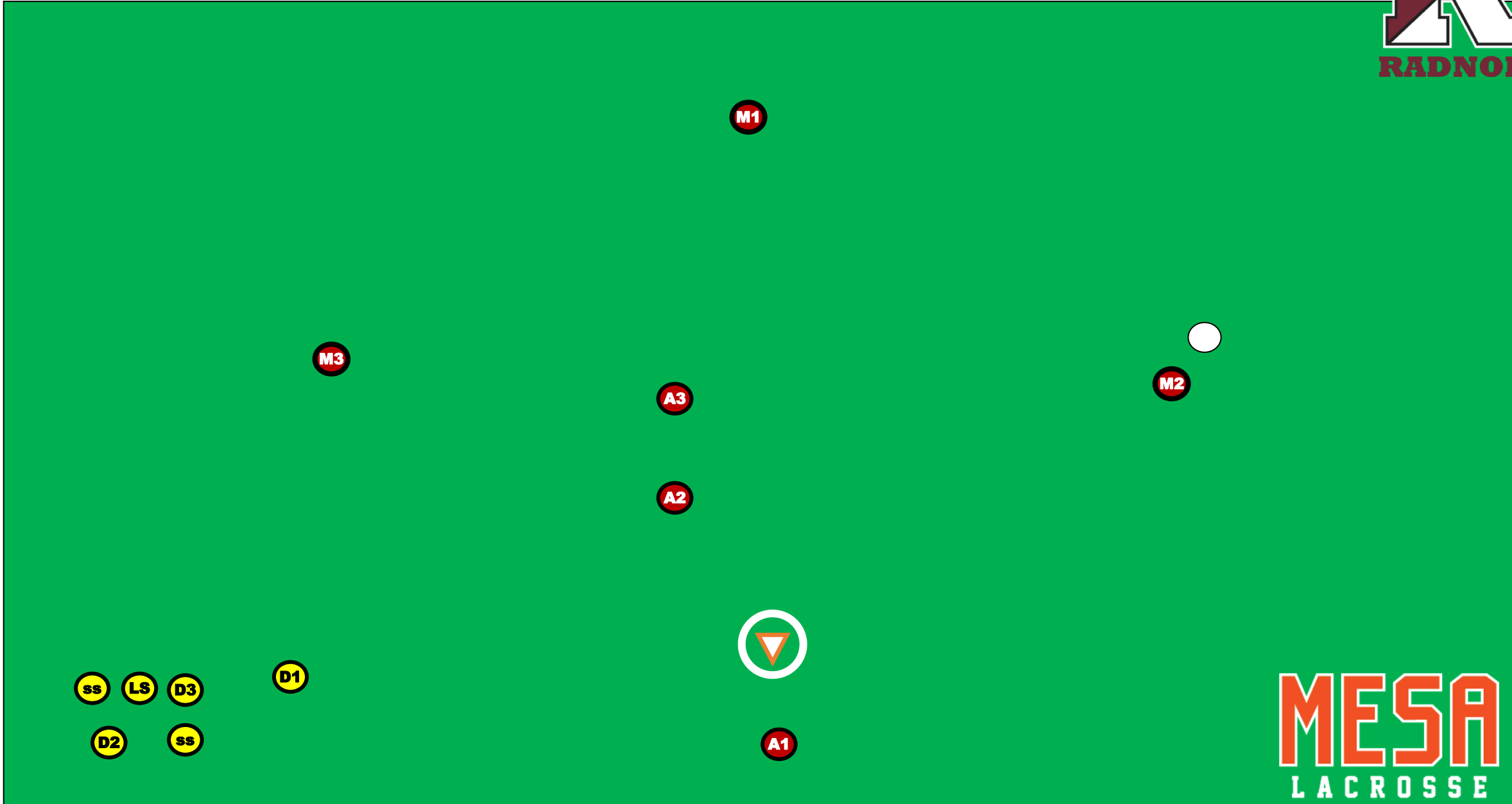
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Film



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Adjustments / Counter Punches



1. Defense is playing Zone = ICE, dodge the gap
2. Defense is playing soft, tight = skip it
3. Defense is Shutting off at X = play 55 throwback, get him shut inside, pin him, motion play
4. Defense is sliding AJ = sneak or follow
5. Defense is pressing out = pick and roll into wing dodge or into 14 invert
6. Their SSDM is on an attackmen = 300
7. Their Long pole steady wing = go opposite, invert
8. Defense is forcing us opposite = wings start lower, reverse crease, skip it
9. We Can't run by their SS's = Try a different angle, Invert
10. Defense has a takeaway defender = get him on the crease
11. Defense has an LSM that Leaks out on the breakout = make him play X
12. Defense is Fake sliding = dodge, bounce, redodge
13. We don't have a feeder = set mid picks
14. Defense is helping off the top = follow him down



- Practice
- Ad nauseum – can you do it under pressure? At full speed?
- The game is 90% 6 v 6 so your practice should have a lot of 6 v 6

- Drills
- 141 skeleton stickwork
- 1 v 1 & 4 v 4 in diamond formation
- Advantage / Disadvantage: Only the crease guys can score
- Scout team
- Good on Good
- Play for points

M1

M3

M2

A2

A3



A1



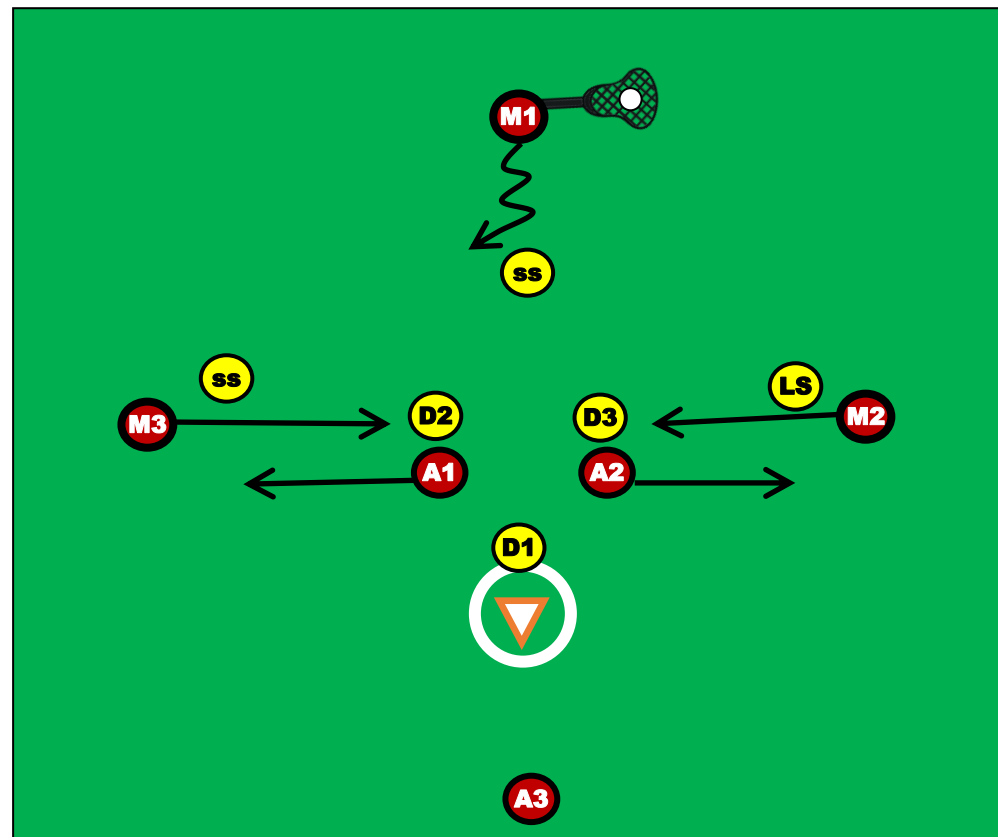
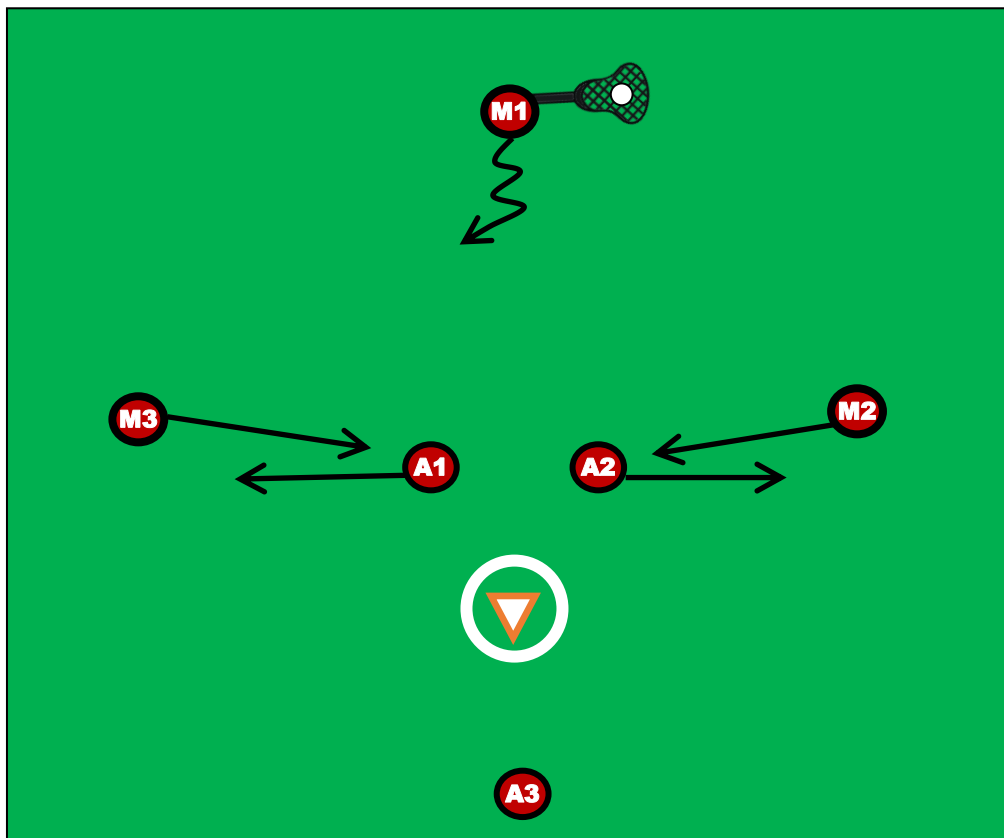
141 Set Play: Double mumbo

Outside screen for inside

Set screens simultaneously

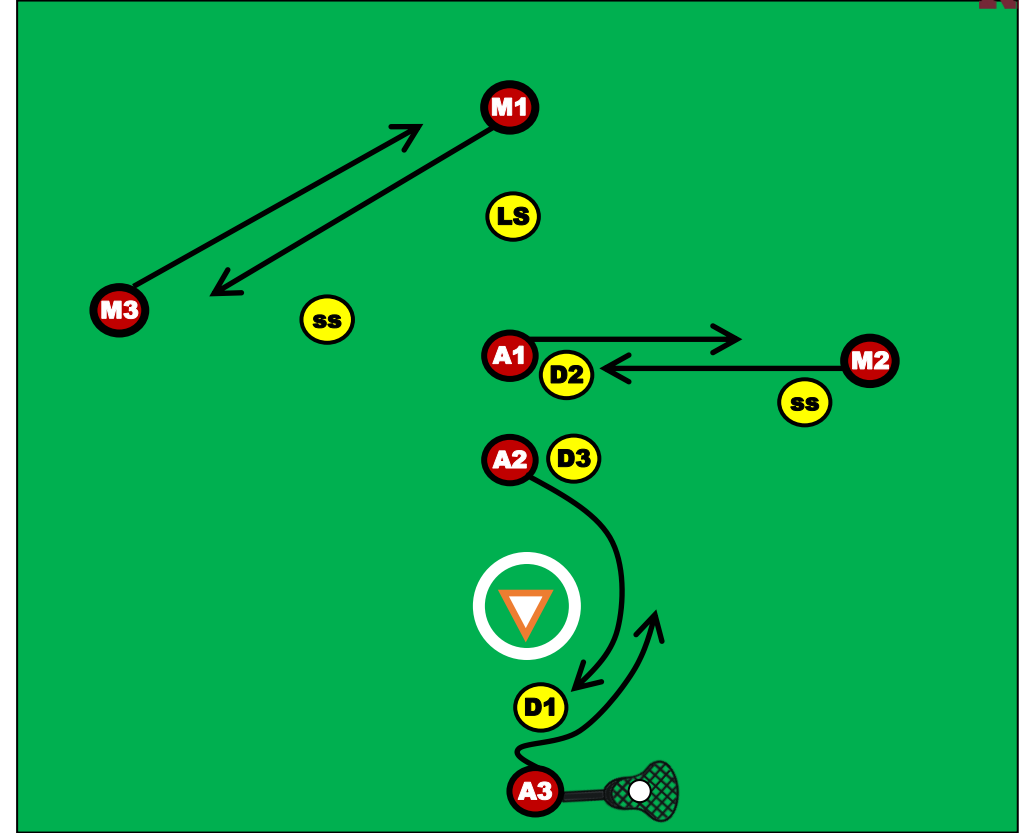
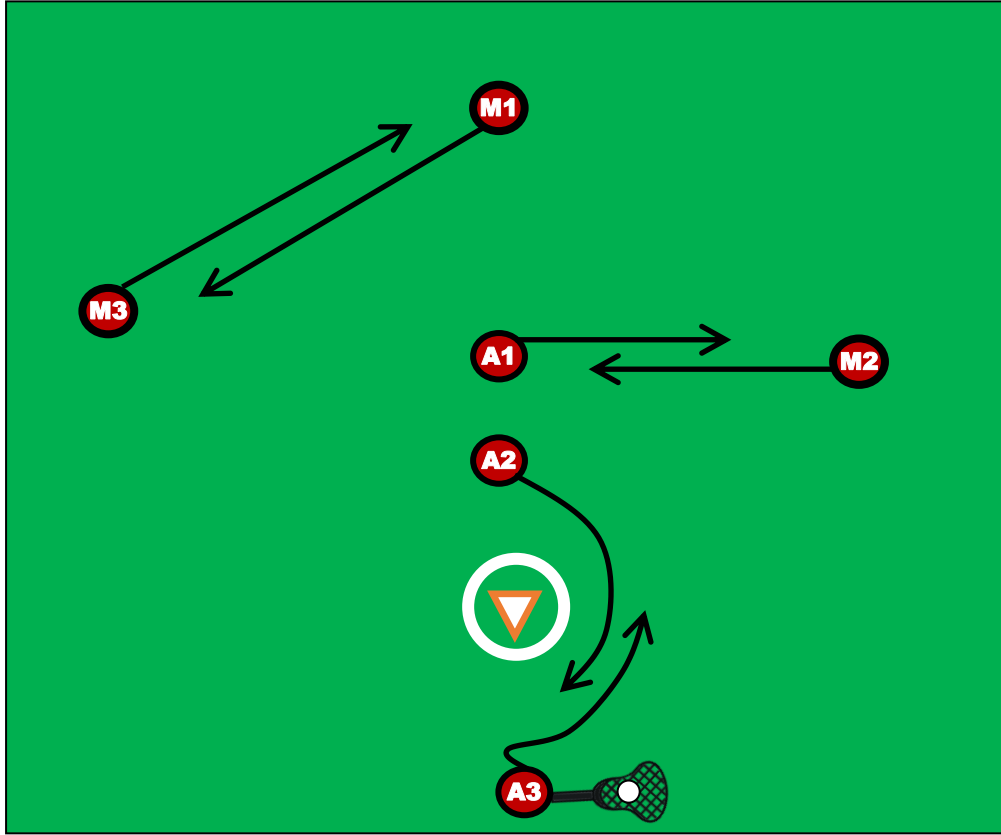
curl both sides and look wing to wing for shot or sneak

A3 goes opposite of the side the ball is passed to and tries to SNEAK!



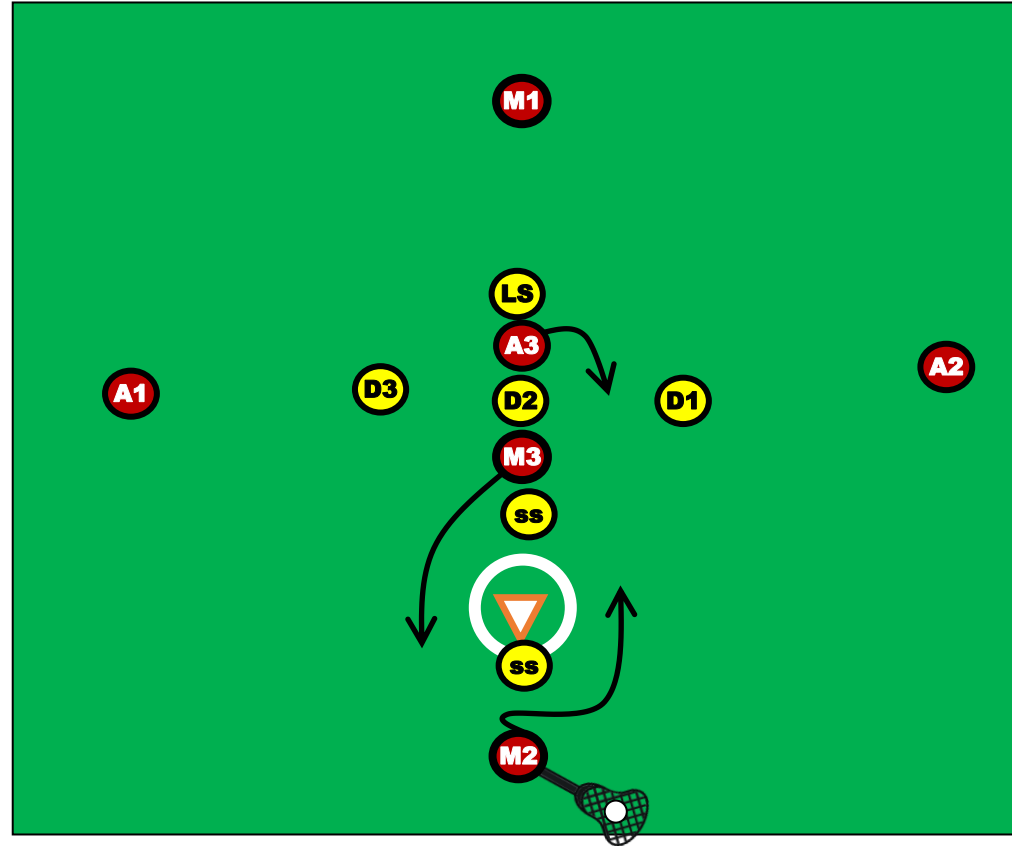
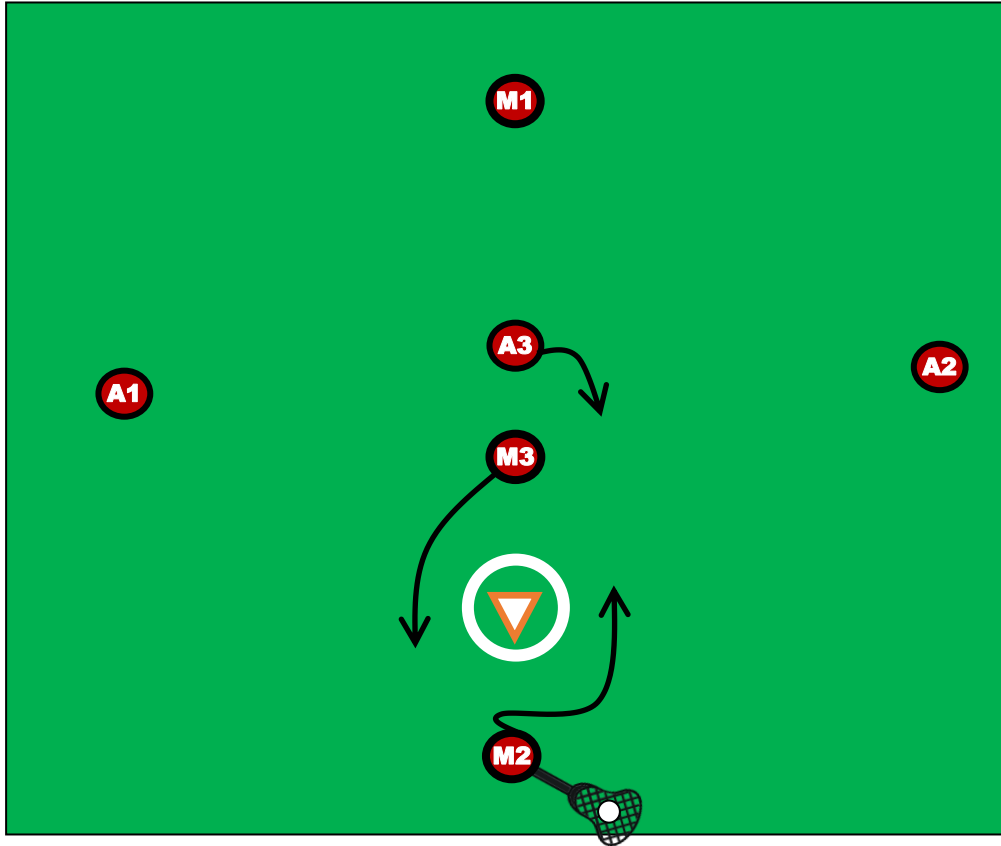
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141 Endline Play



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Invert



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Advantages of 141

- ✓ **It's all weather**
- ✓ **Anyone on offense can score**
- ✓ **Players get to do what they do best**
- ✓ **Tougher dodging angle and sliding angle**
- ✓ **Riding advantage – 5 in front of the cage**
- ✓ **Groundball advantage from turnover**
- ✓ **Skips are easier to see**
- ✓ **Interchangeable parts**
- ✓ **Can hide 2 players in the crease**
- ✓ **Wing dodges offer better spacing**
- ✓ **Score Fast! Quick strike capability**
- ✓ **Quick Adjustment vs. any defense**
- ✓ **Learn to use the space they get – move with a purpose**
- ✓ **Looks the same but acts different**