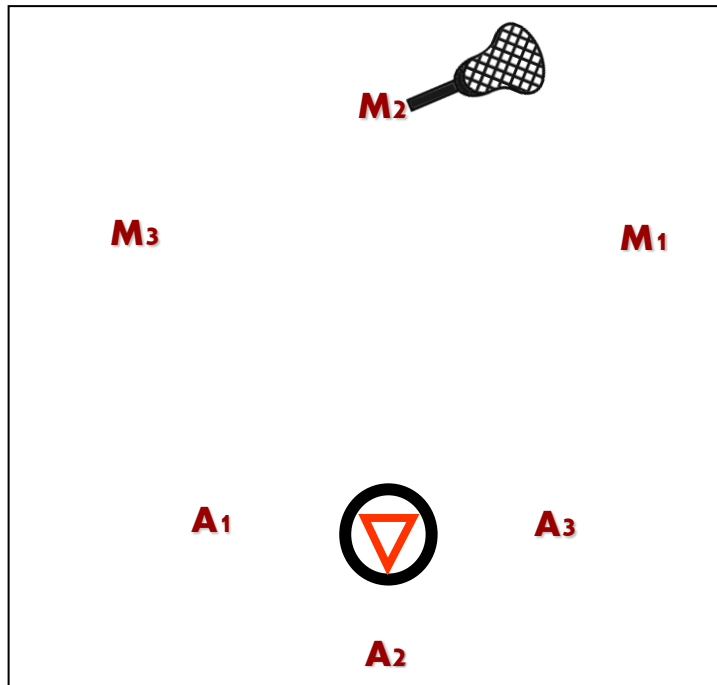


TRIPS

3 middys up top and spread
1 steady crease attackman
2 attackmen behind the cage can
play deep or shallow

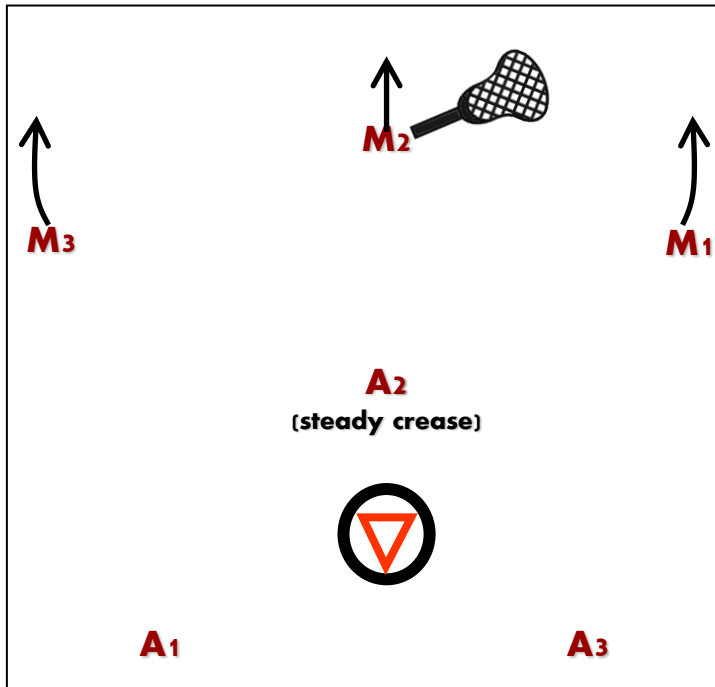


TRIPS OPEN

Can also use an open look with
no crease player

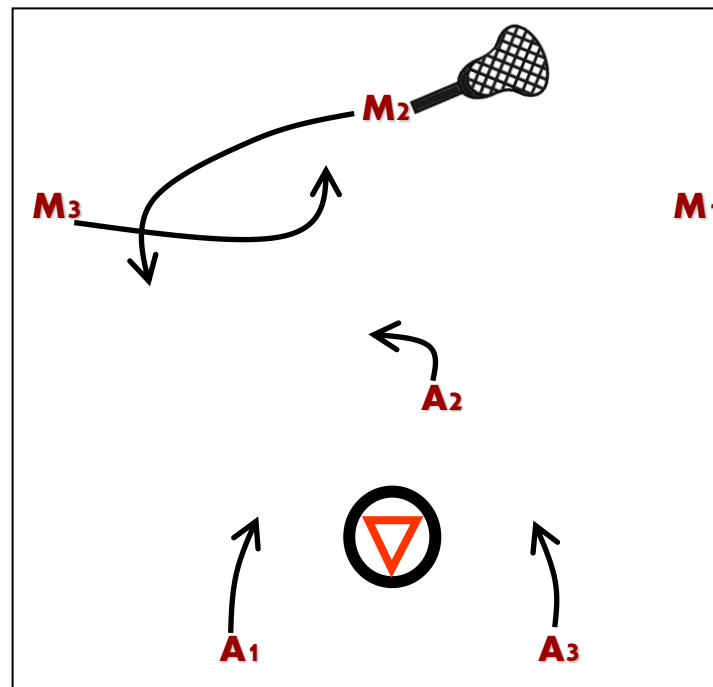
TRIPS

“RED” call is used to start the possession, stall, chill, reset, substitute, slow down. The top 2 middies pull the ball up to the 45-yard line.



TRIPS FREE

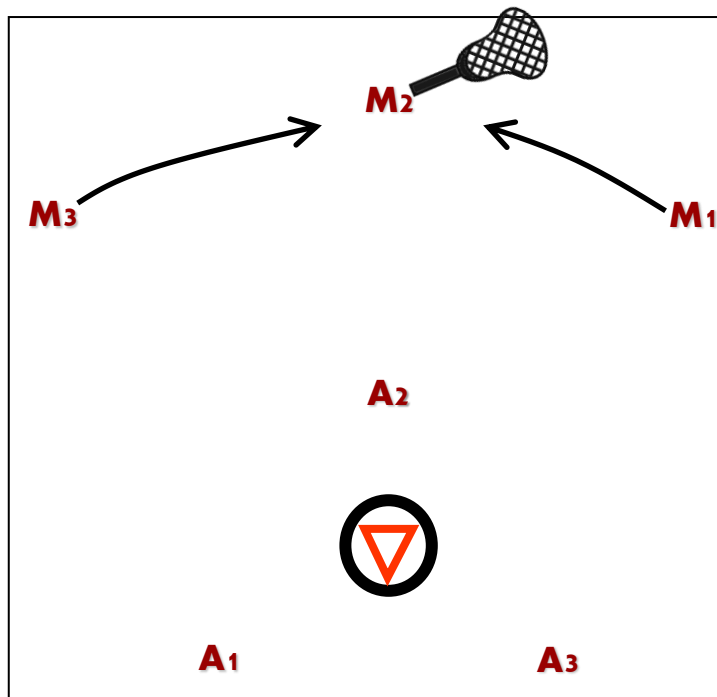
Just let the middys play



TRIPS

“HORNS”

Picks on right and left



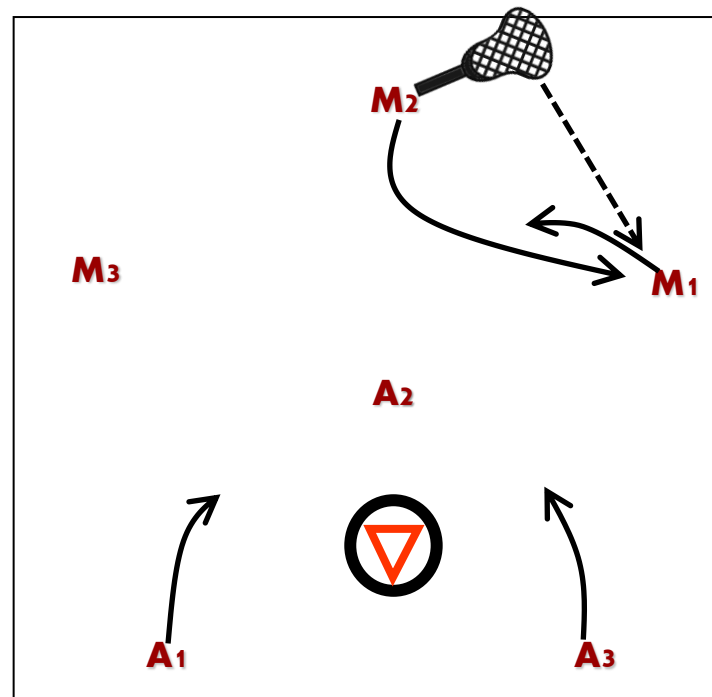
TRIPS

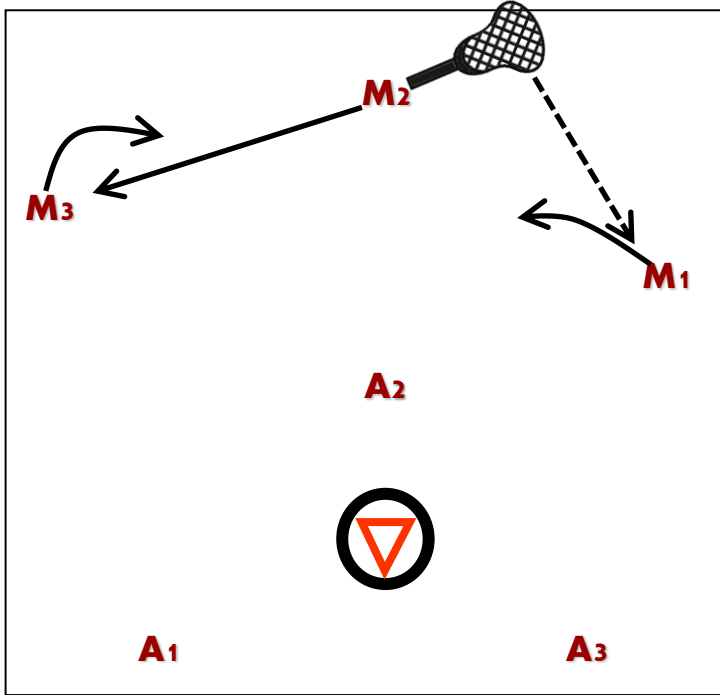
“Pass and Pick For”

3 middys up top and spread

1 steady crease attackman

2 attackmen behind the cage can play deep or shallow





TRIPS

“Pass and Pick For”

3 middys up top and spread

1 steady crease attackman

2 attackmen behind the cage can
play deep or shallow

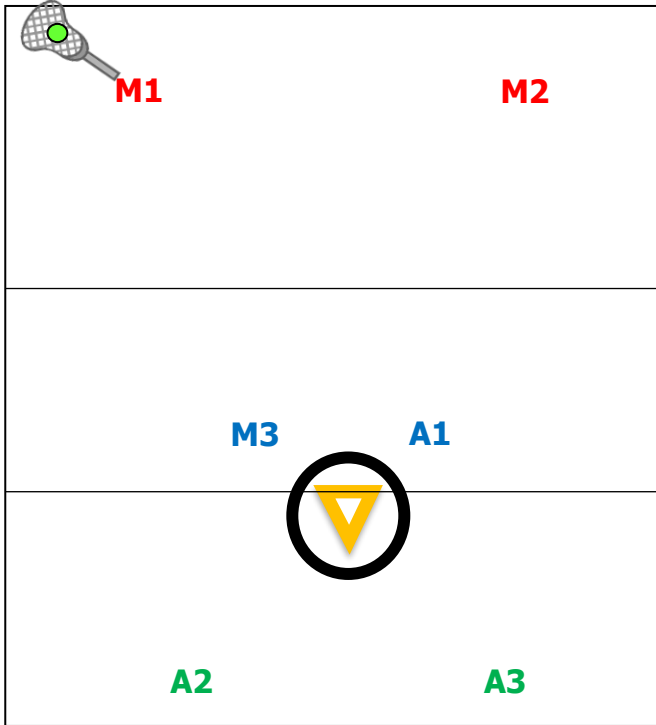
MESA

MESA

20 Offense

3 horizontal two-man games

MESA



Middy with the ball

- downhill alley dodge
- sweep
- come off pick

Middy w/o the ball

- pinch
- shallow cut
- follow
- pick
- switch on attack dodge

Crease pair

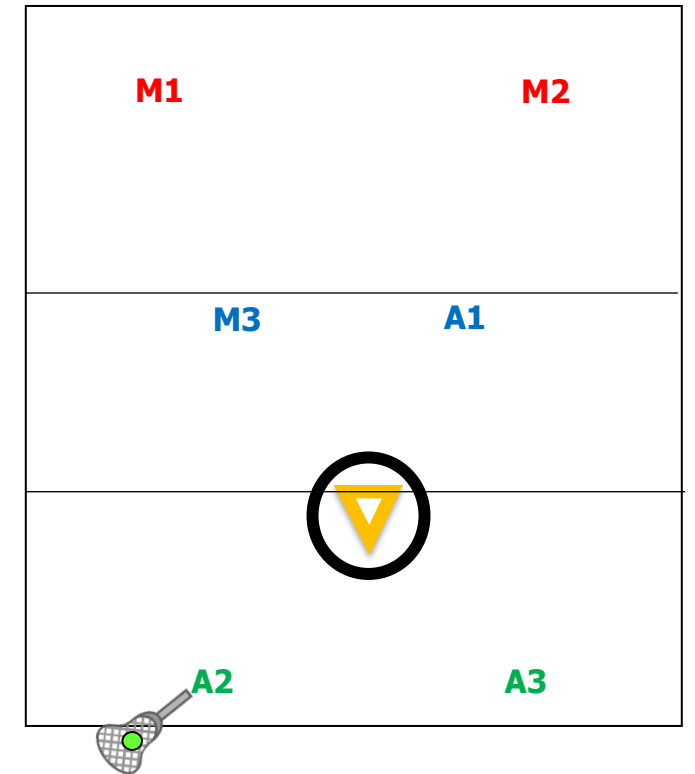
- stay opposite of ball
- switch on the dodge and leak or go north, south, east, west

Attack with the ball

- wraparound dodge
- dodge and rollback
- dodge from X

Attack w/o the ball

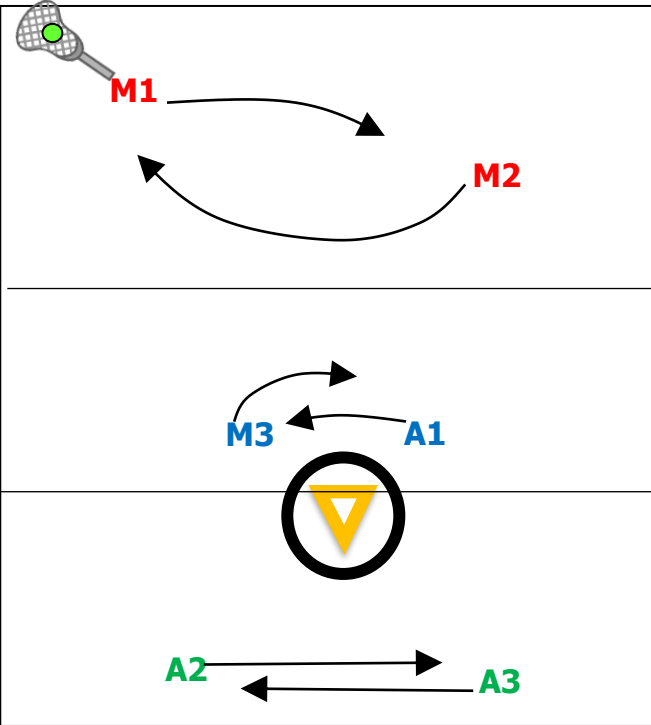
- can play deep
- can play on GLE
- can play on one side
- switch on middy dodge
- outlet for middys



MESA

20 Offense 3 horizontal two-man games

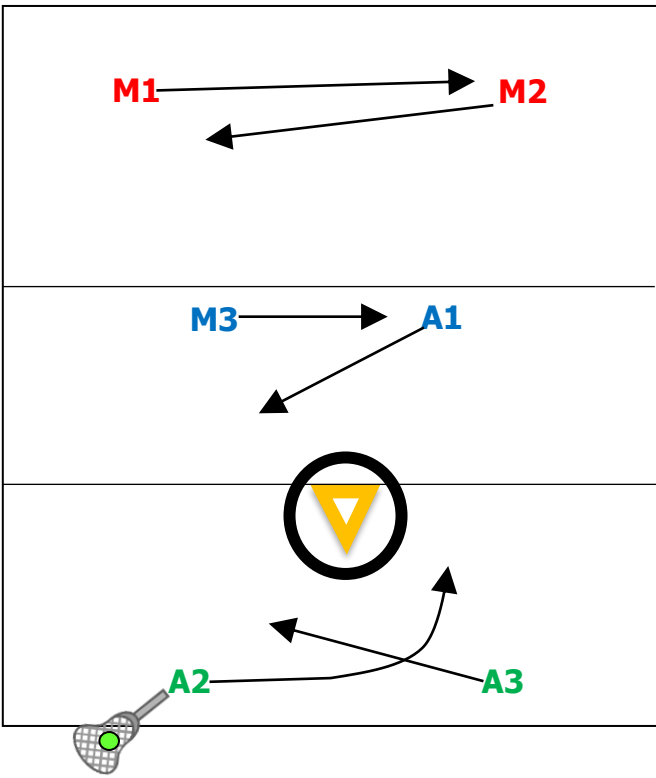
MESA



Middy with the ball <ul style="list-style-type: none">-downhill alley dodge-sweep-come off pick	Middy w/o the ball <ul style="list-style-type: none">-pinch-shallow cut-follow-pick-switch on attack dodge
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Crease pair <ul style="list-style-type: none">-stay opposite of ball-switch on the dodge and leak or go north, south, east, west
--

Attack with the ball <ul style="list-style-type: none">-wraparound dodge-dodge and rollback-dodge from X	Attack w/o the ball <ul style="list-style-type: none">-can play deep-can play on GLE-can play on one side-switch on middy dodge-outlet for middys
---	--



30 OFFENSE

Terminology

Red - pull the ball up underneath the midline and reset your offense

Sweep – middy dodge over the top

Alley – middy dodge down the alley

One More – I'm open

Win the Whistle – prepare yourself to get a quick restart before the next whistle

Ajax – get through

MESA

30 OFFENSE

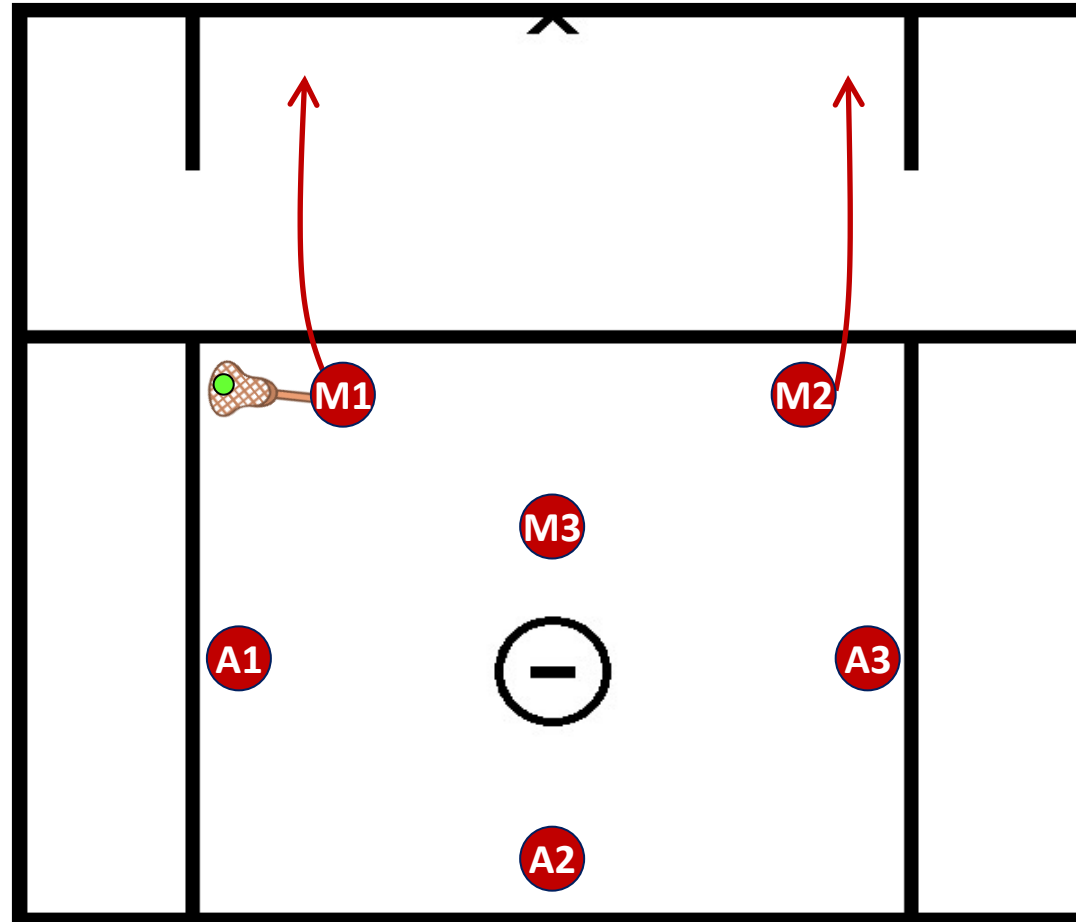
“RED” call is used for a couple of different things

Physically, “RED” means to that the top 2 middies pull the ball up to the 45-yard line.

Mentally, “RED” is used to start the possession

“RED” also alerts the offense to stall, chill, reset, substitute, slow down, spread out

MESA



30 OFFENSE

“SWEEP”

Middys

M2 dodges to his strong hand across the top of the formation

M1 gets thru and dives to the crease

M3 fades out of the crease to replace the dodger

“AJAX”

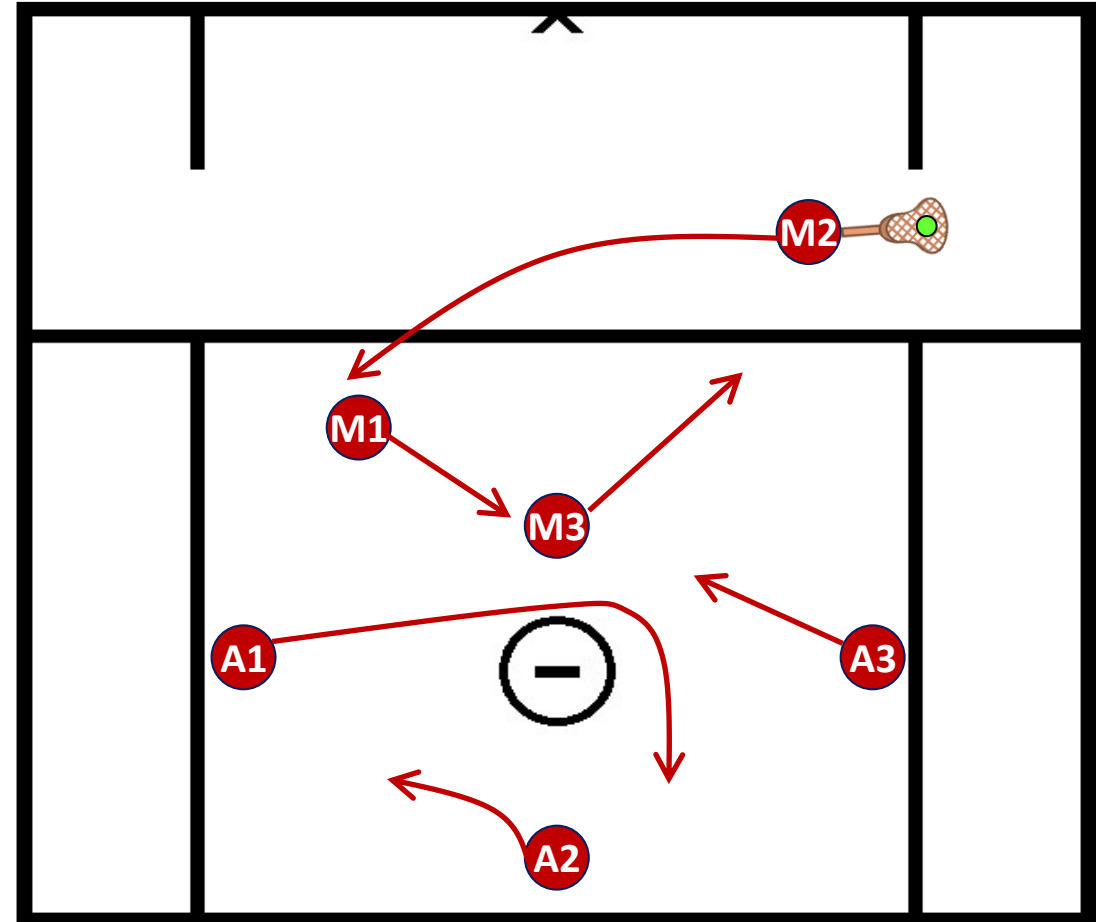
Attack

A1 gets through (OTS over the shoulder) and to X

A2 outlet for dodger

A3 Nester

MESA



30 OFFENSE

“ALLEY”

Middys

M2 dodges to his strong hand across the top of the formation

M1 gets thru and dives to the crease

M3 fades out of the crease to replace the dodger

“AJAX”

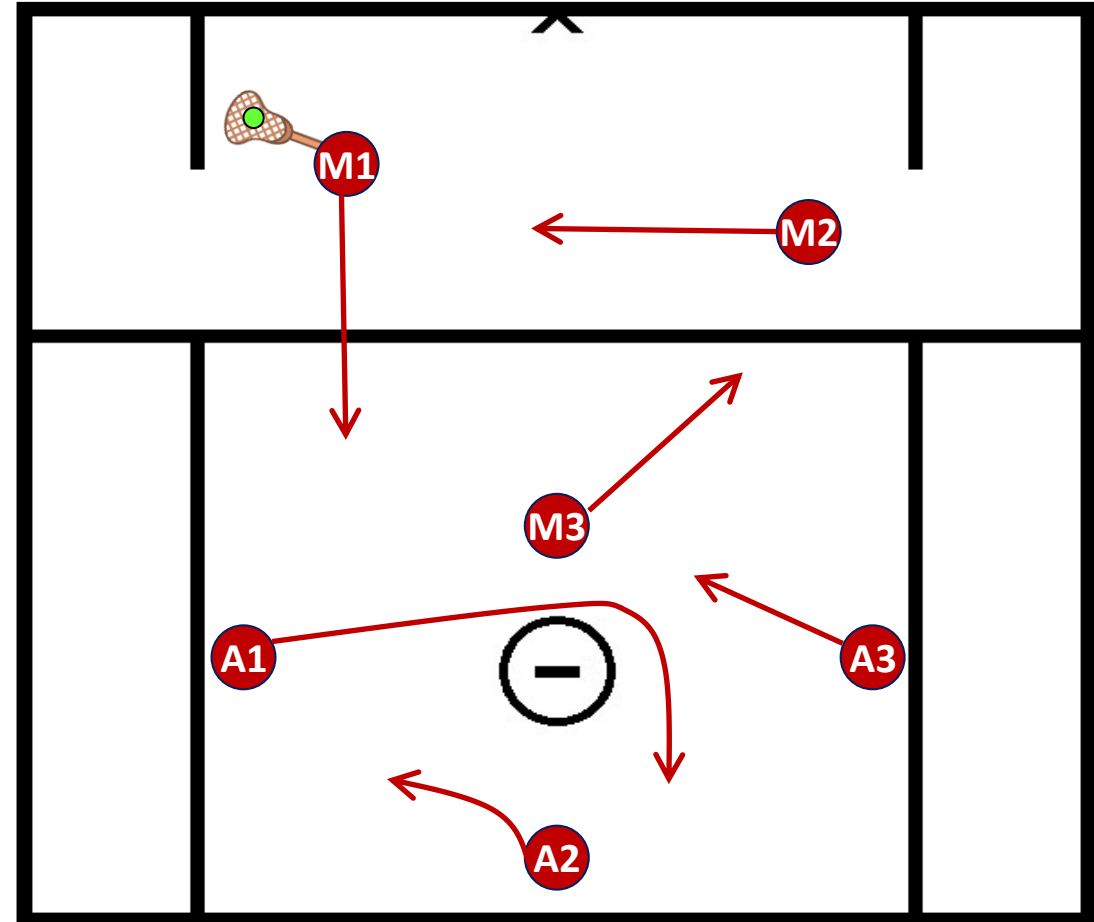
Attack

A1 gets through (OTS over the shoulder) to far pipe and to X

A2 outlet for dodger

A3 Nester

MESA



30 OFFENSE

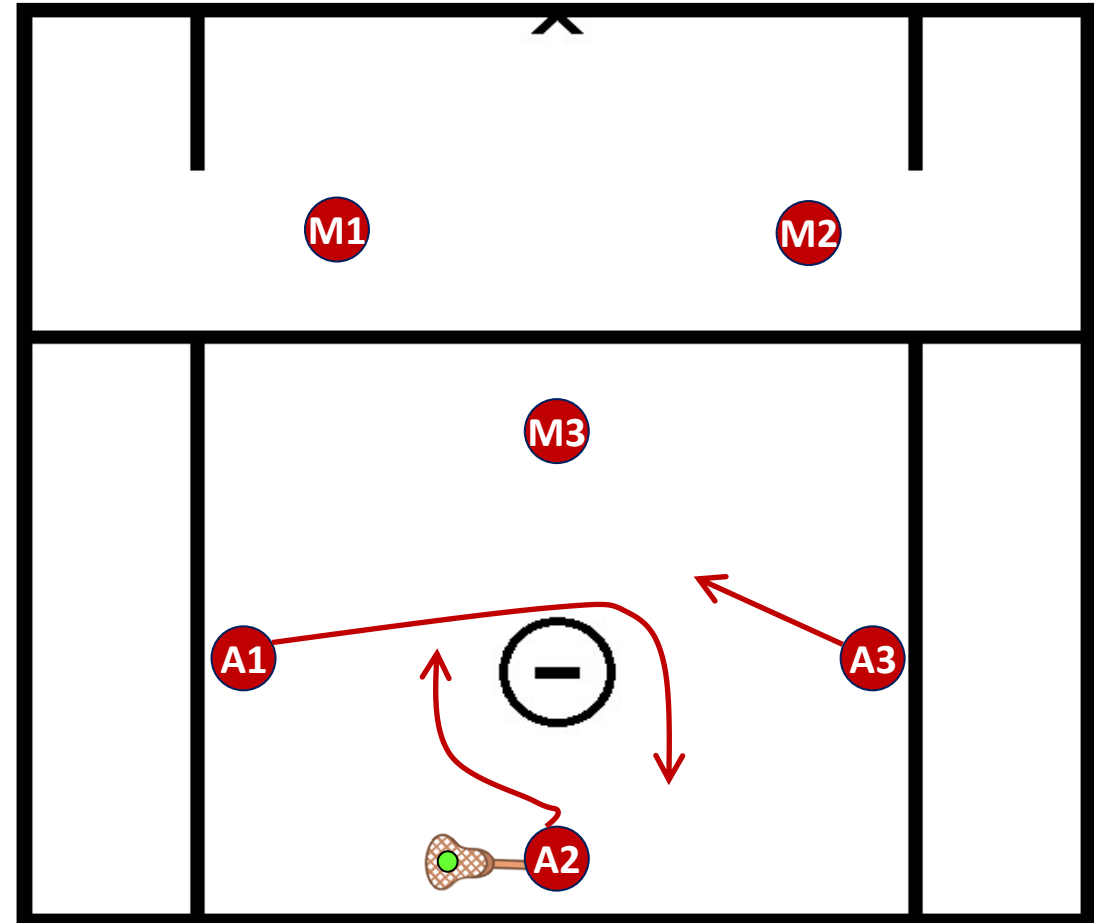
“AJAX” Endline Play

A2 dodge to the goal

A1 get through for dodger, present stick, and get to X

A3 nester

MESA

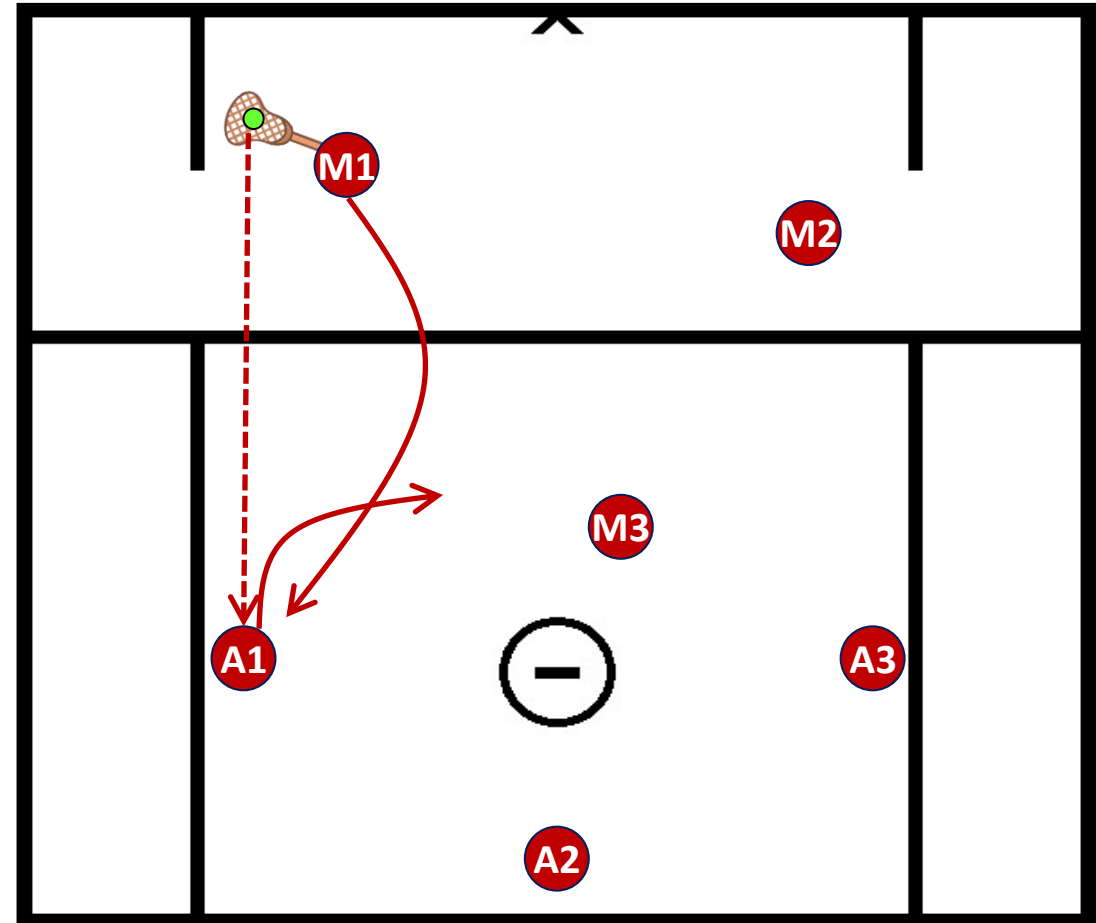


30 OFFENSE

“DOWNTOWN”

M1 throw down and pick down
A1 come off of the pick and play

MESA

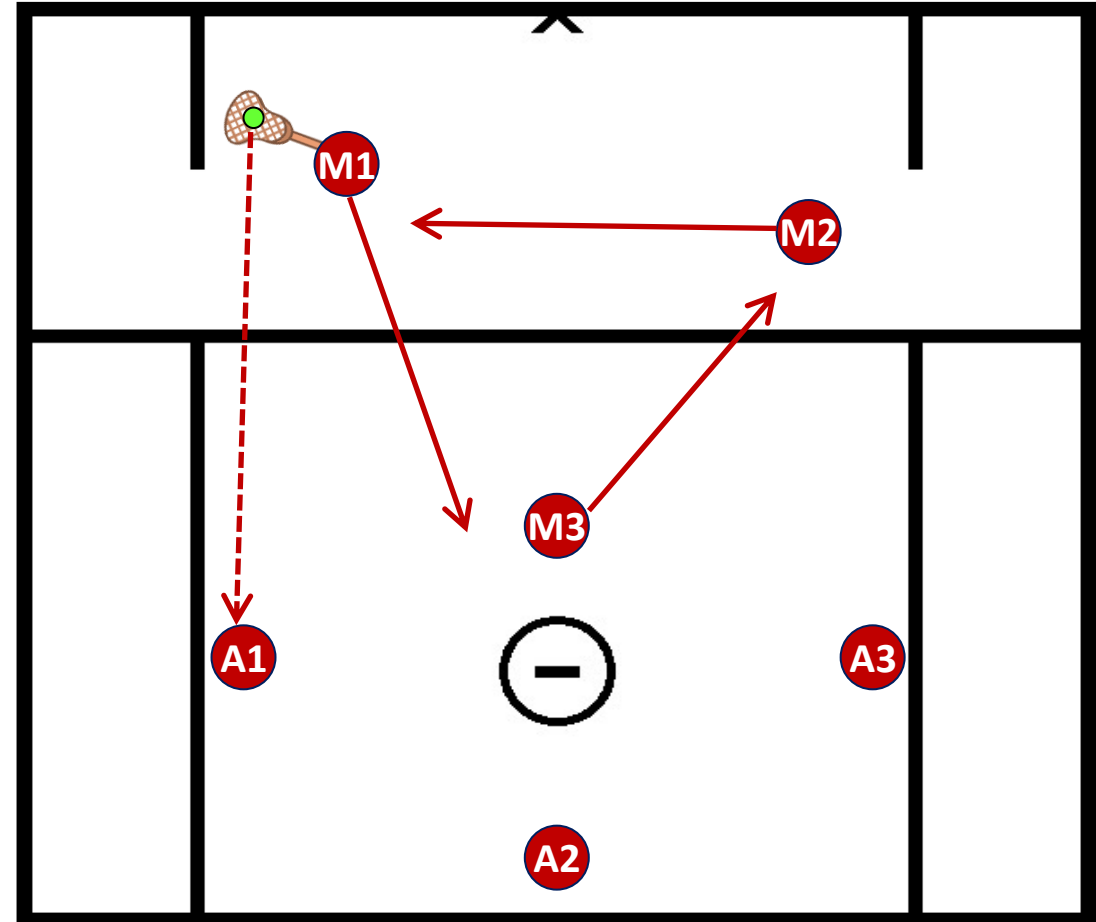


30 OFFENSE

“CYCLE”

off ball middy triangle motion

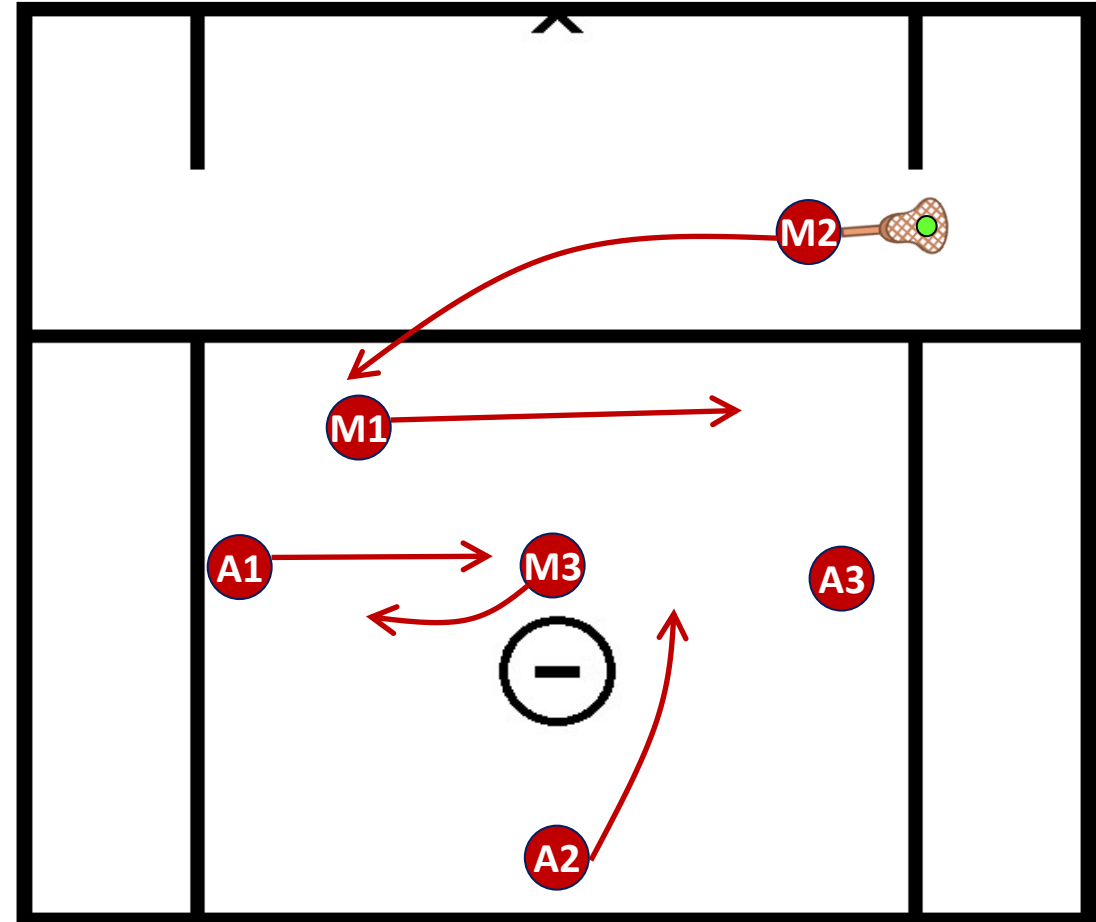
MESA



30 OFFENSE

Set Play
"SPIKE"

MESA



30 OFFENSE

Middys

"ALLEY"

M2 dodges to his strong hand across the top of the formation

M1 gets thru and dives to the crease

M3 fades out of the crease to replace the dodger

Attack

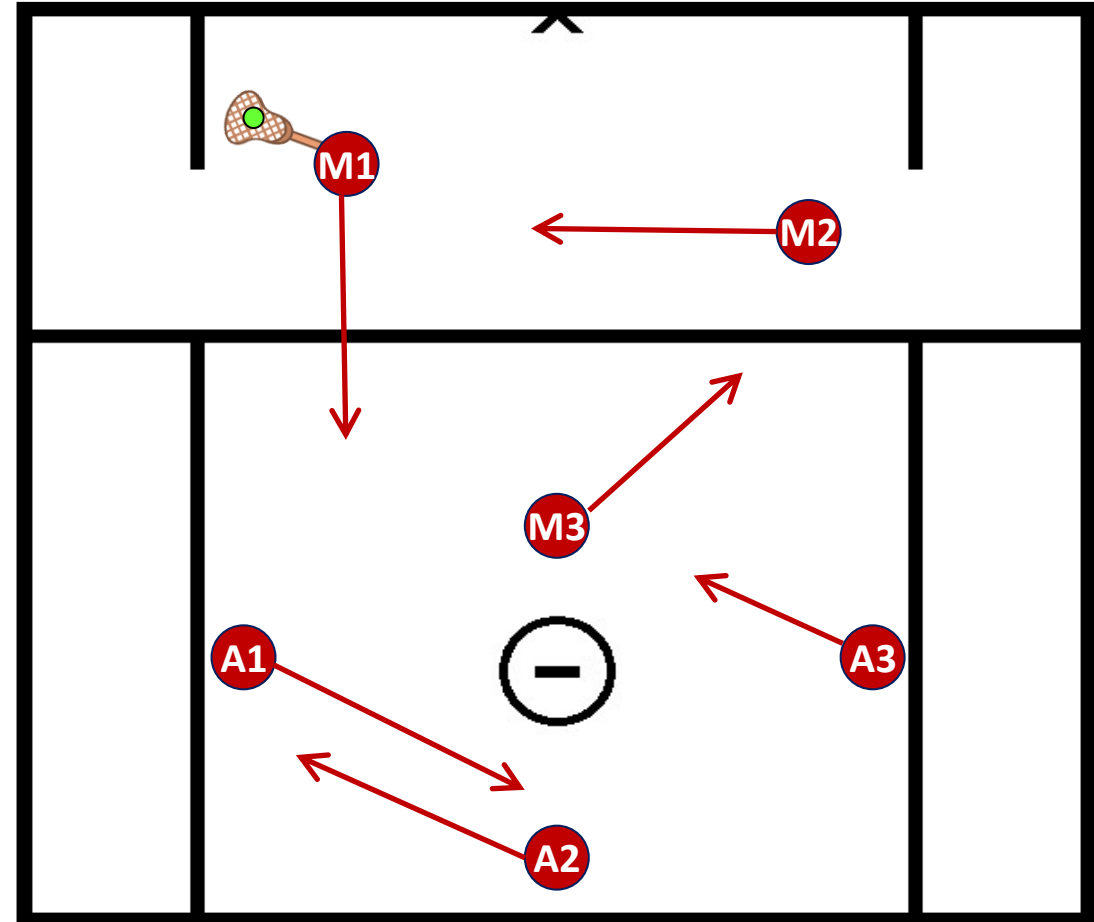
"SWITCH"

A1 get through and to X

A2 outlet for dodger

A3 Nester

MESA



30 SLIDE

