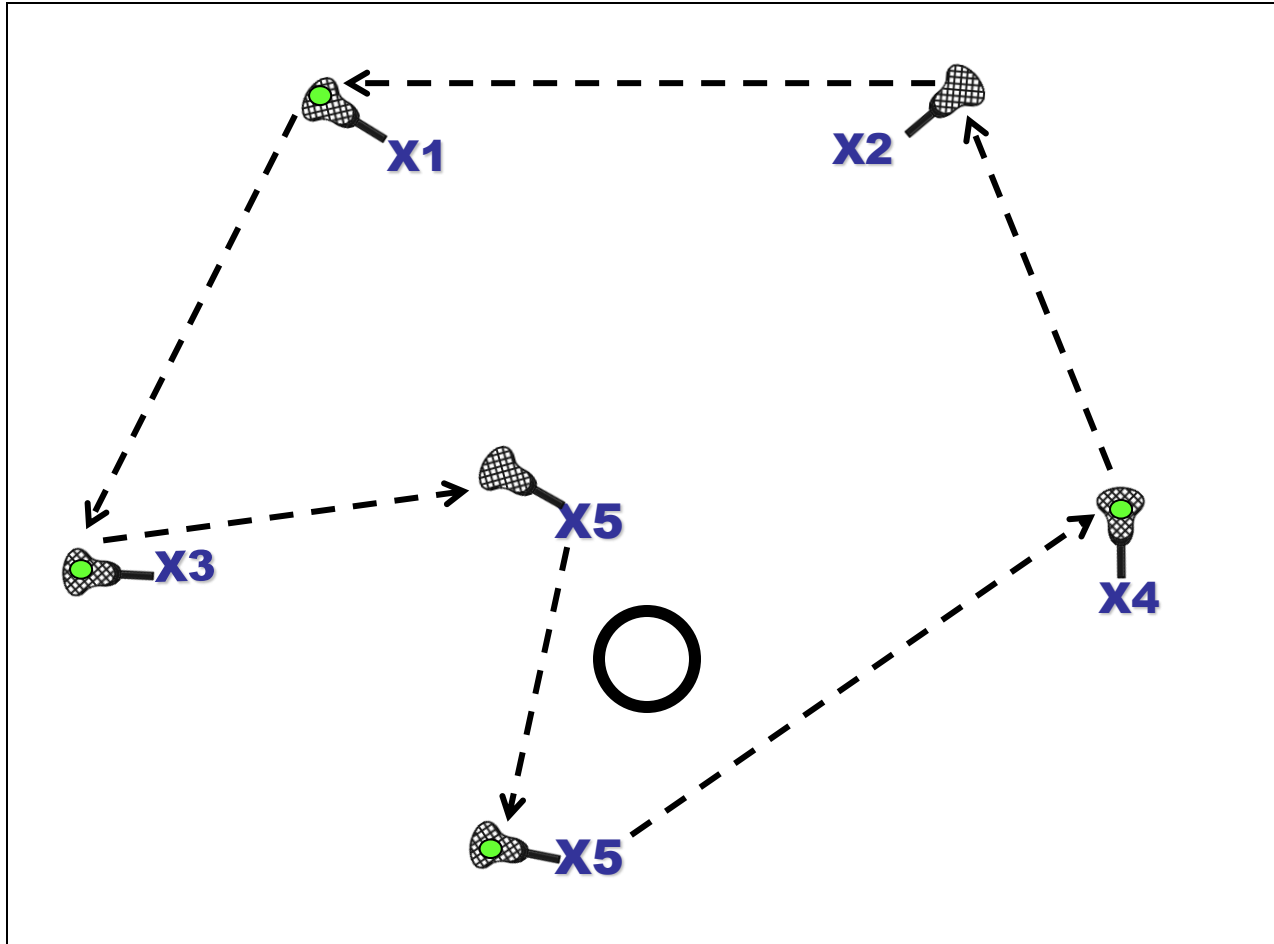
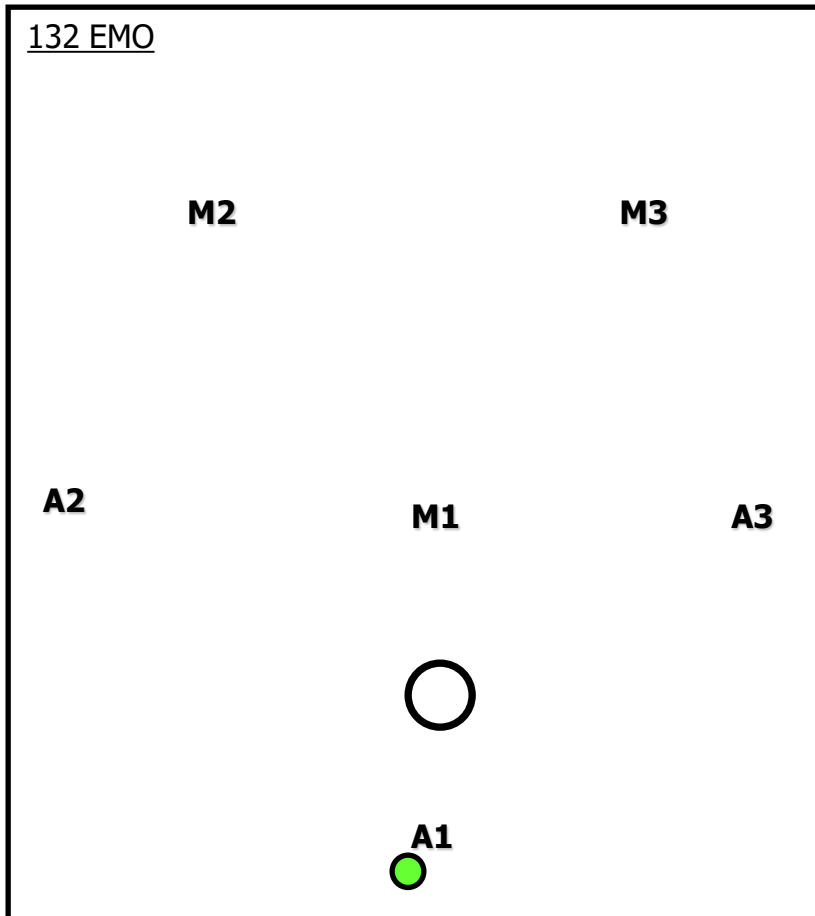


## 6 man – 4 ball EMO Drill

- 1) Move ball 1 or no cradles
- 2) Gotta move feet to make a hard pass
- 3) Call out receivers name, gotta talk



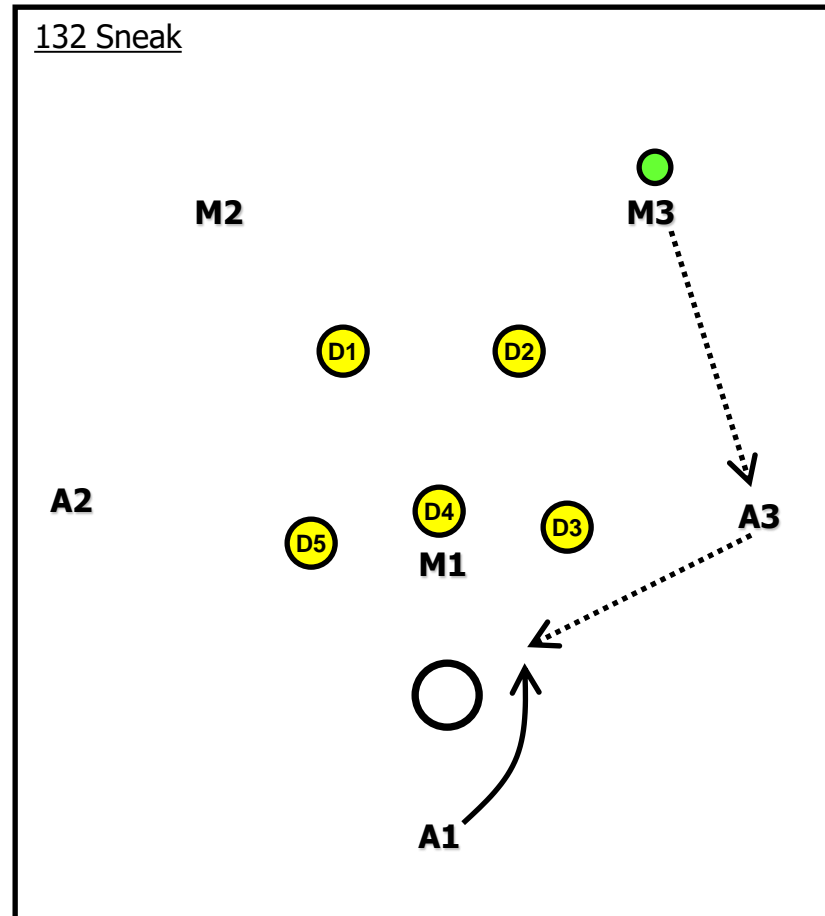
## 132 EMO



132 basic set up – Middys could be in attack spots depending on your personnel

- A1 is best ball handler, passer, feeder
- A2 is lefty shooter on a high wing ready to shoot
- A3 is righty shooter on a high wing ready to shoot
- M1 good inside guy
- M2 is hard lefty shooter
- M3 is hard righty shooter

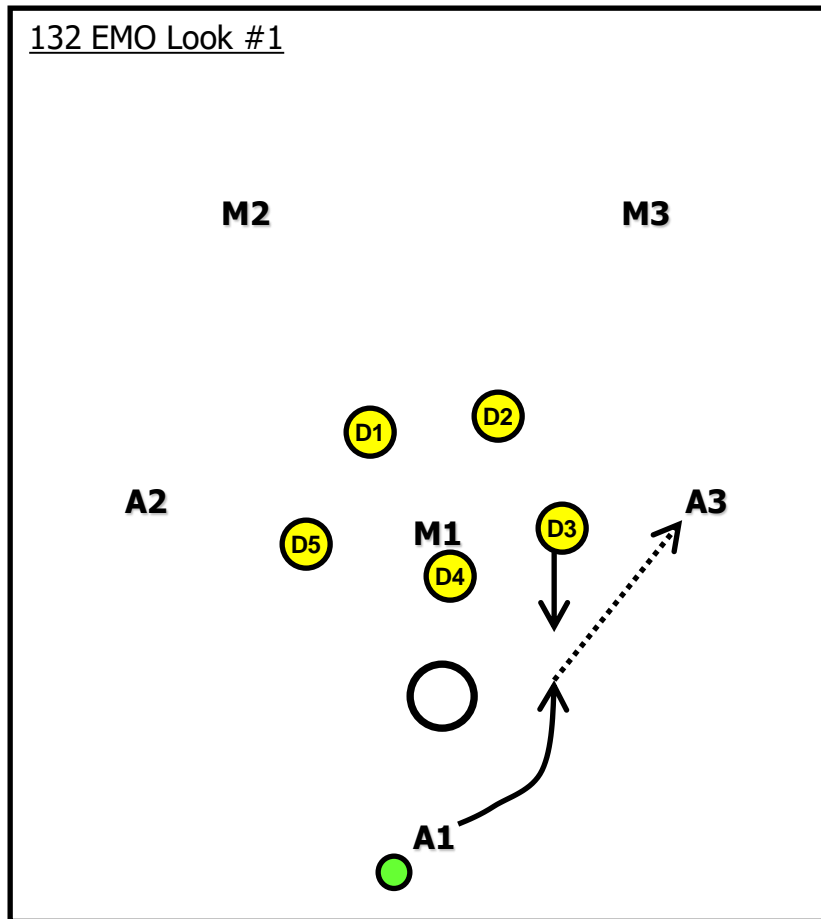
## 132 Sneak



In a 132 the advantage is behind the goal, but we can try to get a goal just by getting it behind.

- M3 draws D2
- A3 draws D3
- A1 comes upfield and sneaks, might get a shot might be able to feed inside or skip it.

### 132 EMO Look #1



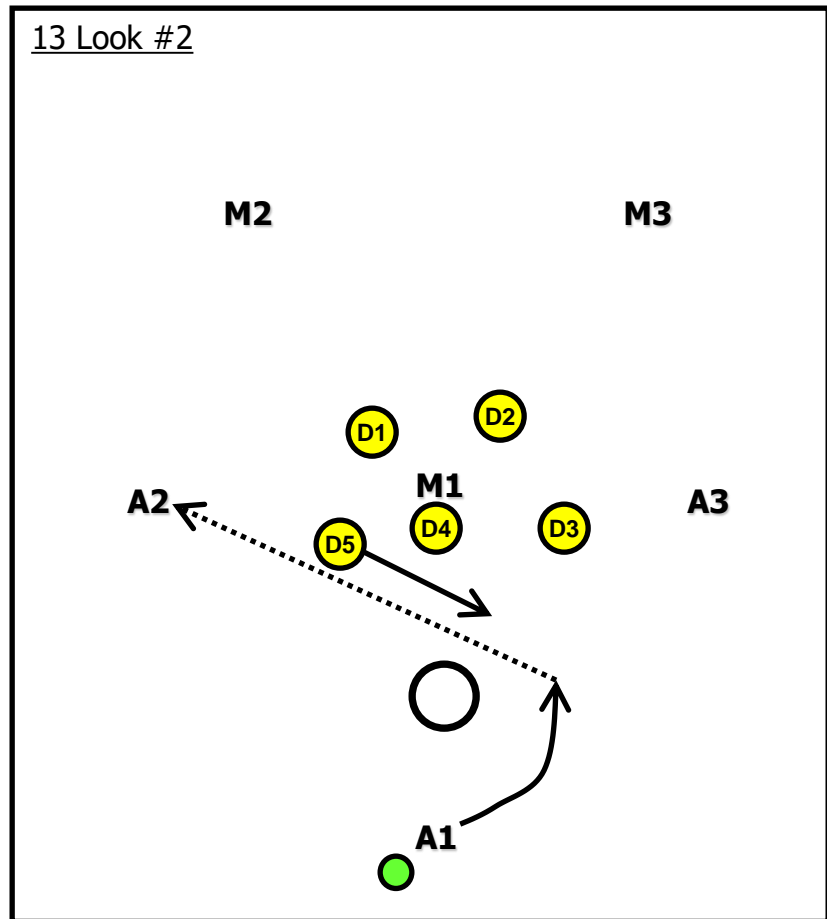
If we don't score off of the sneak we will control the ball behind the goal with A1.

A1 will push the corner, figure out which defender is going to come down and feed the ball to the open man. The defense can only play A1, one of three ways.

In Look #1, if the same side defender (D3) comes down to play A1, we will pass to the same side attackman (A3). If A3 doesn't have a shot, then we will move it to M3 and then quickly back to A1 on the Sneak.

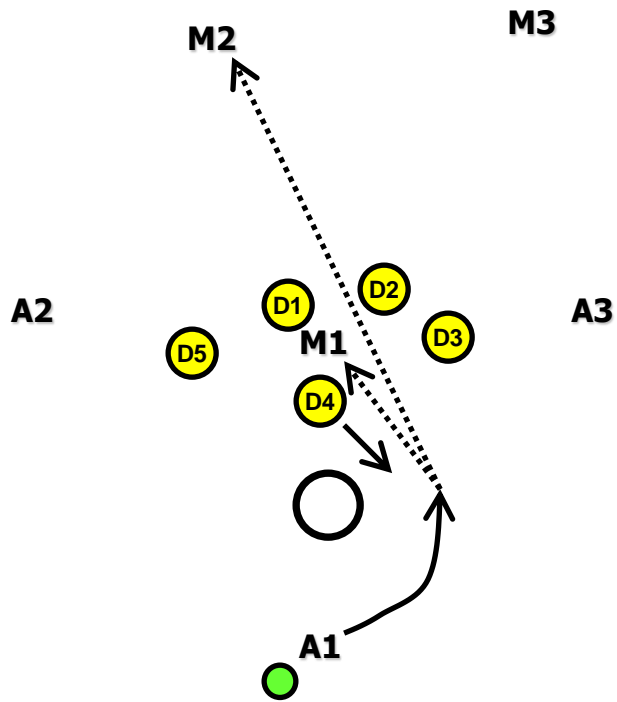
When A1 pushes the corner. M2, M3 and A2 have to get in gaps and skip lanes.

### 13 Look #2



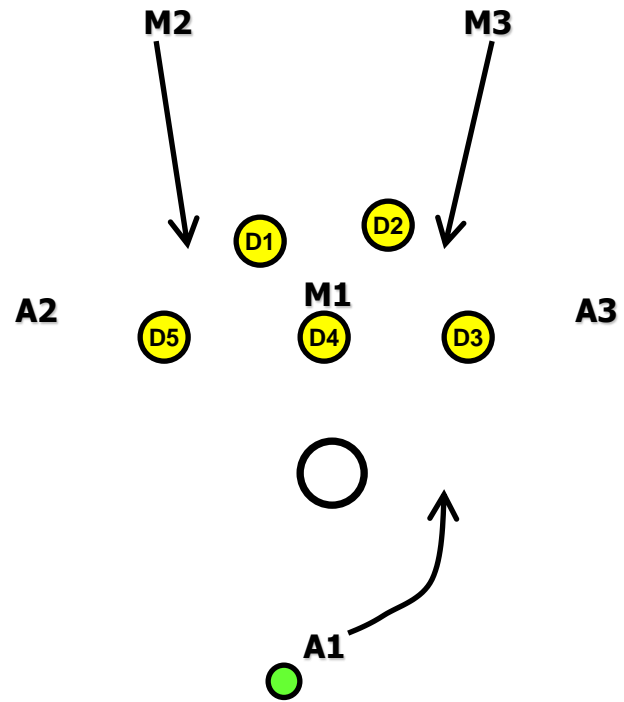
In Look #2, A1 will push the corner, if the backside defender comes across the crease (D5), a COMA slide, we will feed the backside attackman (A2). Everyone off ball needs to get in skip lanes.

### 132 EMO Look #3



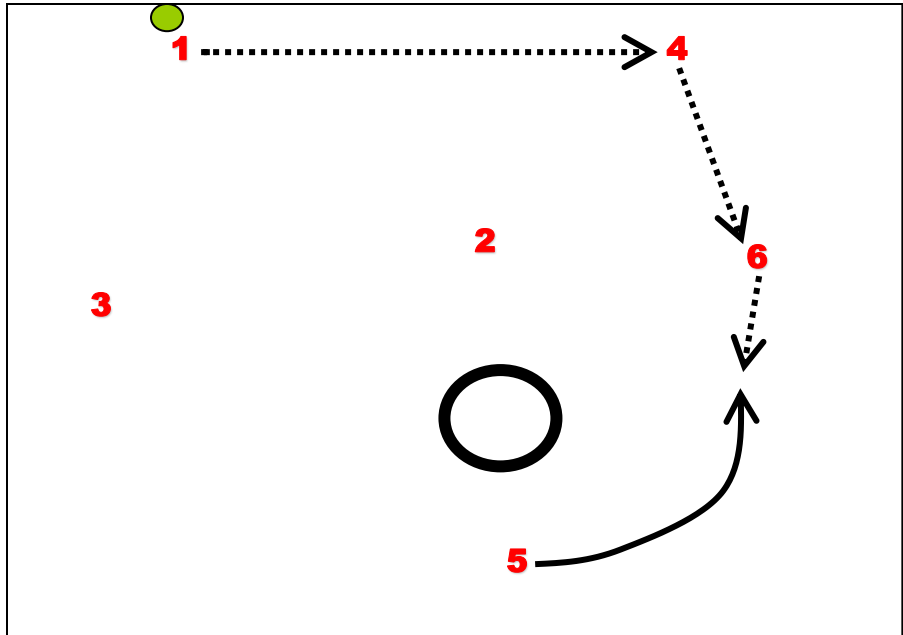
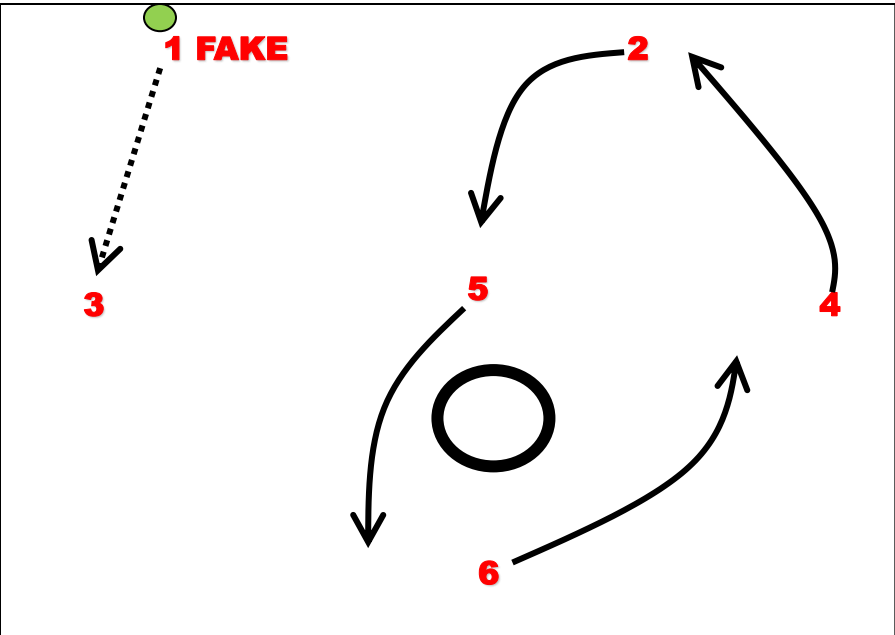
Look #3 is the toughest pass to make, but we have to feed the open man. When A1 pushes the corner and the crease defender (D4) goes, A1 will look inside for the offensive creaseman (M1) if he is covered we will look through the formation to M2 in the skip lane. A1 will look inside than through!

### 132 Cuts

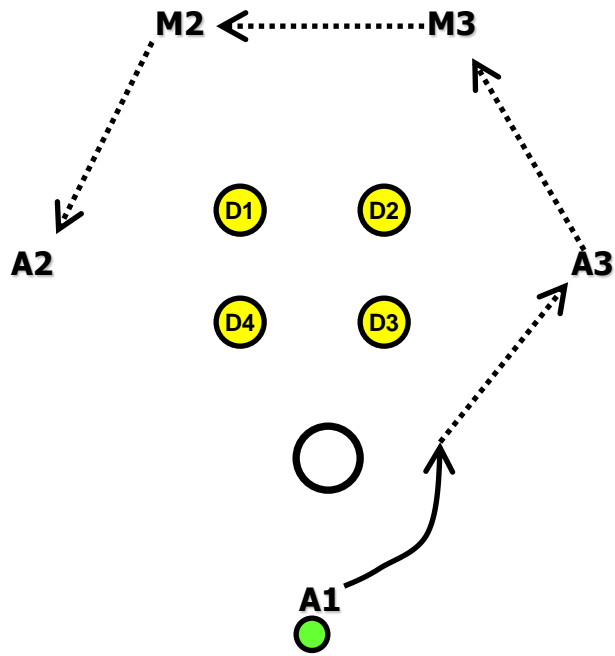


Every once in a while, have the middys just cut down the pipes just to give the defense a different look.

132 Wheel play



### 13 EMO – 5 v 4 drill to set it up



This 5 v 4 drill will help you teach man up and man down. Is it basically your EMO and MDD without any crease players. Teaches the 3 looks on a 132 man up, teaches your defense how to rotate, because they will have to rotate everytime the ball gets to X. It teaches your offensive players to push the corner and get into gaps and seams. It is also a great stickwork drill.