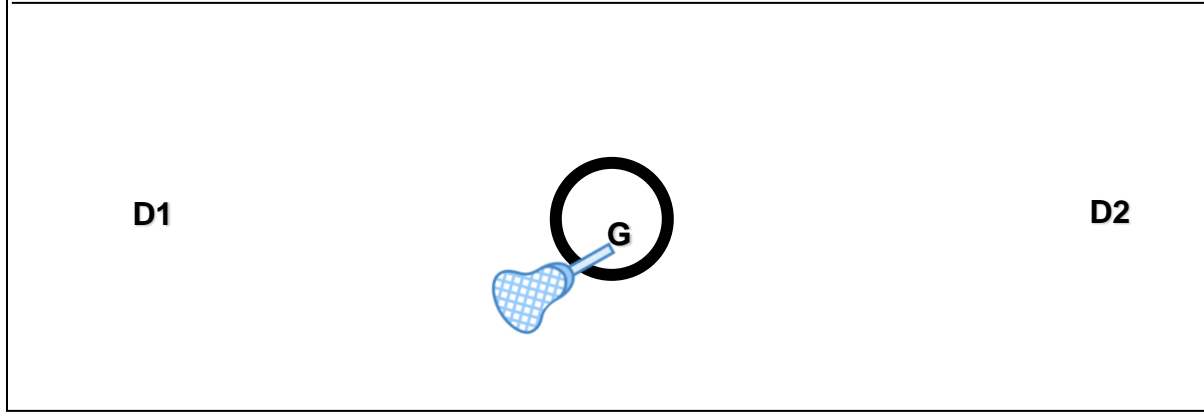
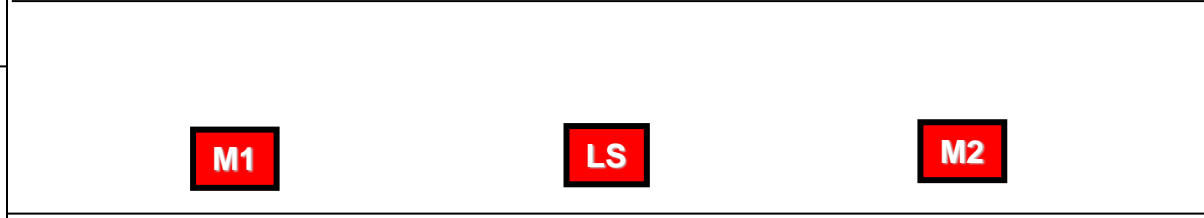
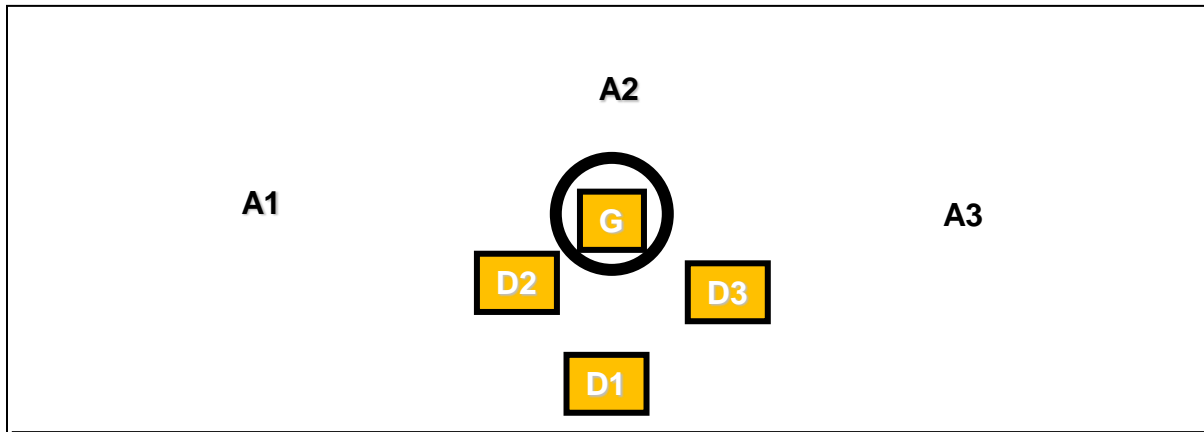


MESA



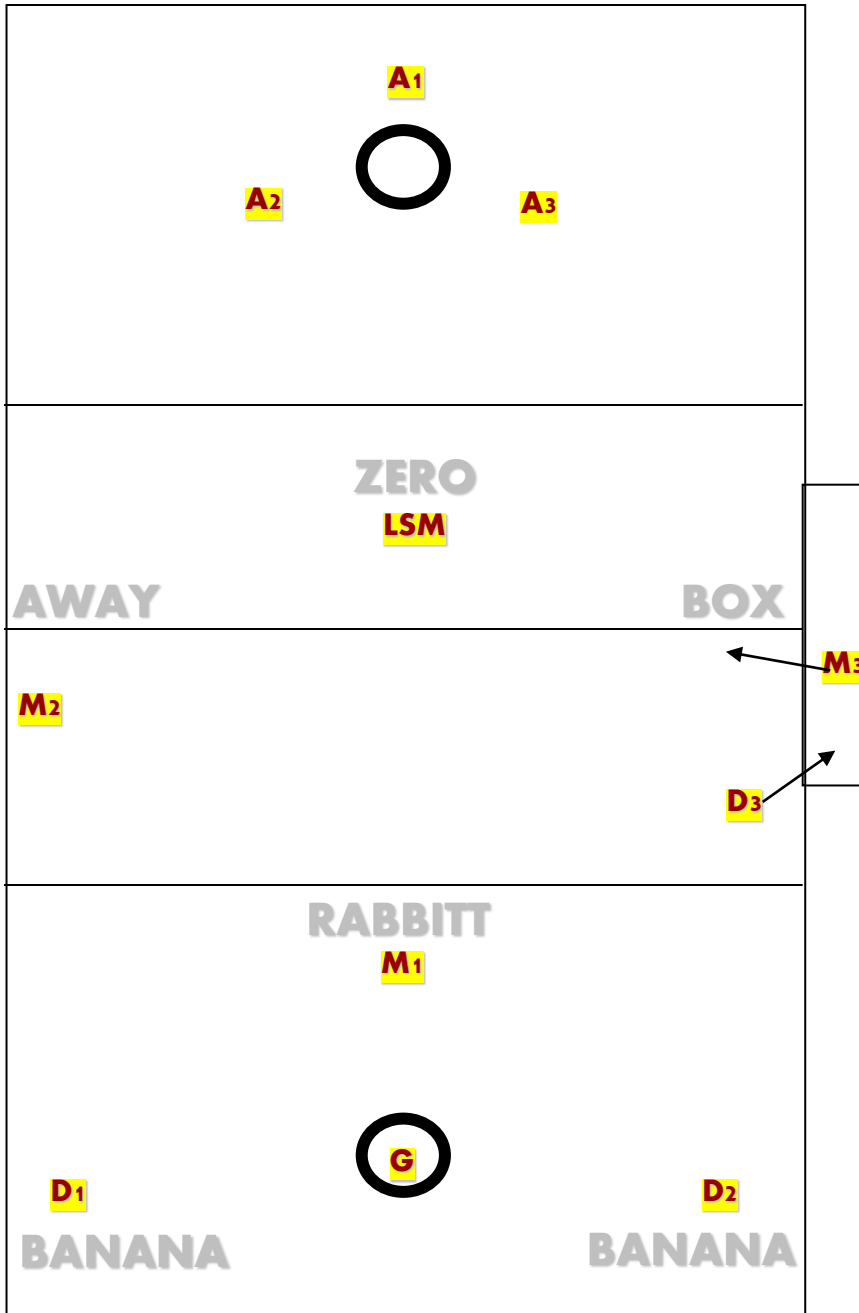
DROPBACK RIDE
 Do not allow clearing team to run the ball over the midline – “no runners”
 6 rides vs their 4 clearers – our advantage – “squeeze the field”
 Foolsball shift across – sideways bump – HEAVY to ball

FIRST ROW
 If a middy shoots – get an attackman on the goalie
 If an attackman shoots – dropback immediately
 Attack drop back to midline – sprint to midline and turn around to ride
 Attack - Cover the closest guys to the ball
 Foolsball shift across – bump – HEAVY to ball
 Attack guards middys loosely on your side of midline
 make them LOB the ball over your head
 Attack double / triple dodgers

SECOND ROW
 Cover up AWAY BOX SIDE
 Get LSM in the middle ASAP
 Middys – deep as the deepest guy in your zone
 Middy – do not allow anything behind you
 Foolsball shift across – bump – HEAVY to ball

THIRD ROW
 Defense – on the line (ball line), up the line (ball line)
 Can Bump a close defender up as LSM and have LSM from box go to close

DIAMOND CLEAR



DIAMOND CLEAR

Inbounds clear = goalie save, defensive groundball

Clearing 101

Clear the ball opposite of the box
Get the ball to short sticks right away

PHASE 1: "LEAK"

After a shot players **LEAK** our and try to get a fast break, if we don't throw it over the top then shift into Diamond Clear right away. If opponent's middy shoots it our middy covering needs to **LEAK** out hard, but if he doesn't get the ball he heads towards **AWAY** side, our goalie always looks where shot came from first to see if we can get the ball upfield quick. LSM always goes to **ZERO** over the shoulder, if he is not being covered, he should slow down and call for the ball. If he is covered (usually by best O middy) sprint and get to top of **RESLINE**.

PHASE 2: "RABBIT"

If the ball doesn't go to **AWAY** side or **ZERO** quickly, the **RABBIT** has to get low and be active and work for the ball. When **RABBIT** gets the ball he has to look quickly to see if you can **HEADMAN** the ball to **ZERO** or **AWAY** side. Usually **BOX** side is too busy. If **RABBIT** can't **HEADMAN** the ball he has to **STICK IT OUT**, preferably toward the **AWAY** side. The middy that just came in on **BOX** side has to stay onsides. IF the **RABBIT** is running toward **BOX** side the **AWAY** side middy has to stay onsides.