

Chaska 2021 Offensive Concepts



Our Identity

For Chaska Lacrosse to succeed, our offense needs to embody an ACTIVE mentality to have an advantage over our opponent's defense:

- **A**nticipate - think one step ahead of your opponent; develop your Lacrosse IQ
- **C**ourage - to push past what you think you can do; don't be afraid to fail
- **T**echnique - focus on right skills; practice develops skills
- **I**nvade - probe for weakness; attack relentlessly at right time
- **V**alue - opponent will never score if ball is on our offensive end; RIDE
- **E**nergy - first item you control is your effort



Offensive Concepts + Terminology

Offense called: **PAIRS**

Why?

- Continuous interaction between 3 groups of paired teammates
- Most likely Middie-Middie, Middie-Attack, Attack-Attack

Offensive Zones

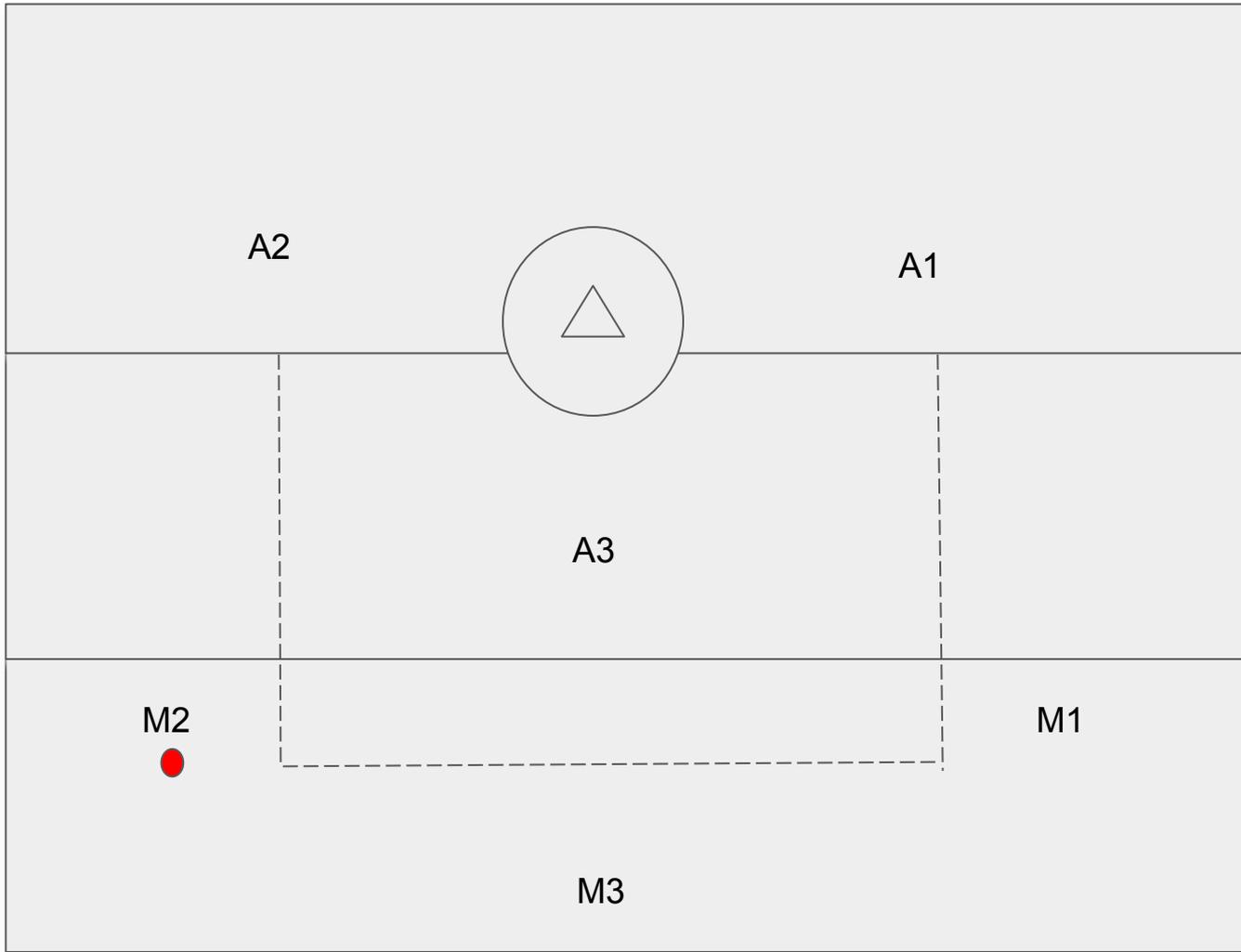
- 1, 2 or 3 - Stacked area in our offensive box
- 1 = GLE and behind
- 2 = GLE up to slightly below top of box
- 3 = Just under top of box to ~5 yards above top of box

Beginning Structure: 1-3-2

- 2 attack below GLE



Offensive
Zone



1

2

3

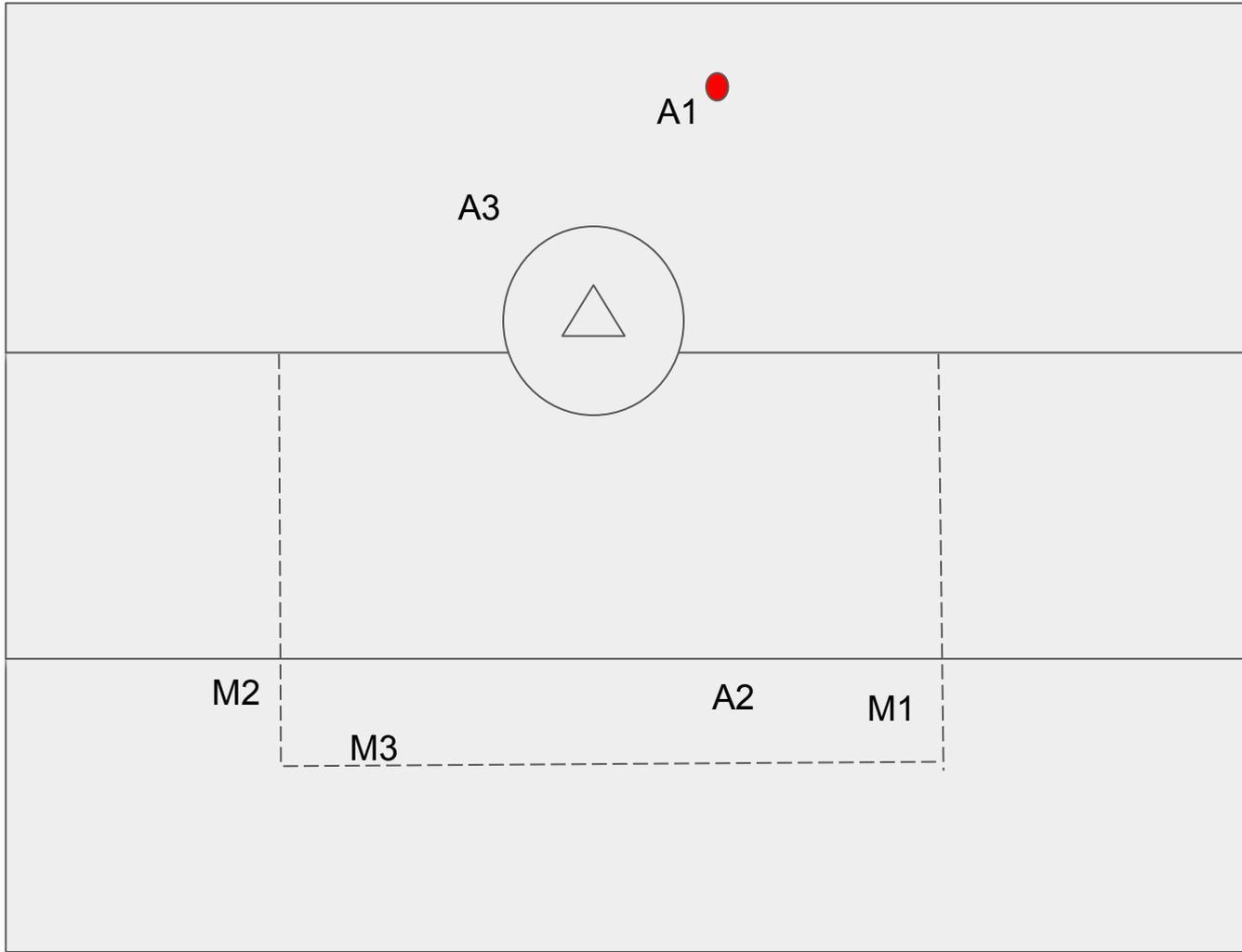
Offensive Concepts + Terminology

Three-Stage Philosophy:

1. Value Ball = Maintain possession, little/no interest in attempting to score
 - a. Why? Time to substitute, give defense a breather, burn clock
 - b. Call = **VIVA!**
2. Initiate Offense = Move into formation to run offense, attempt to score
 - a. Call = Offensive Zone + Player name = **“3 Jimmy” or “2 Timmy” or “1 Bobby”**
3. Ride = Get the ball back after goalie save, turnover, etc.
 - a. Time for us to work **HARD** to keep ball in our offensive end
 - b. Calls:
 - i. **ZERO** - Zone Ride - 3 attack zone at 45, middies match-up, poles match-up
 - ii. **CHASE** - 2 attack chase ball, 1 attack mark up with d-pole, middies & poles match-up
 - iii. **LIZARD** - Lock out all but goalie
 - iv. **TANGO** - 10-Man Ride - Attack=Chase, Middies=Lock, 1 Pole=Center Roam, 2 Poles=Lock, Goalie=Guard lowest Attack



“1-”

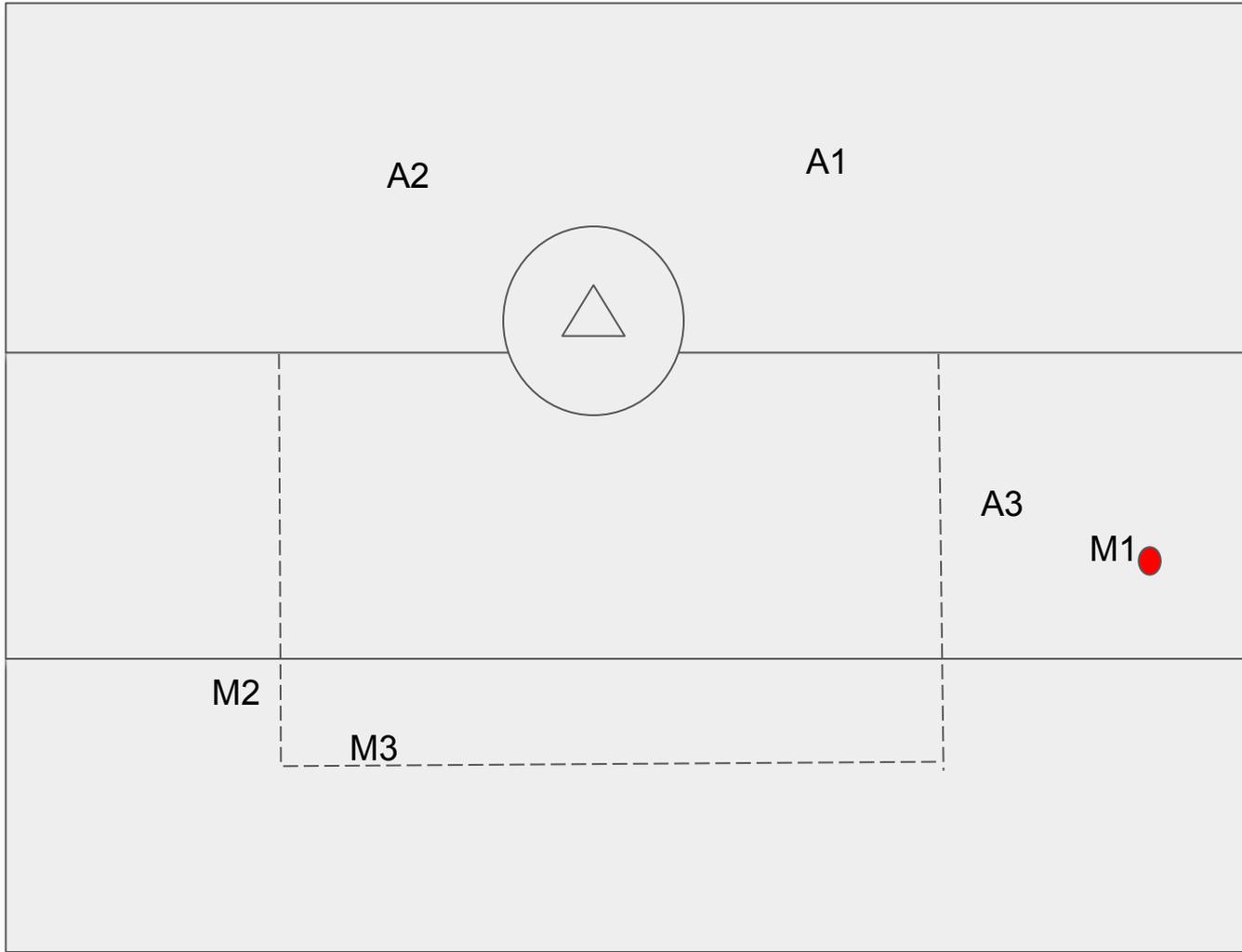


1

2

3

“2-”

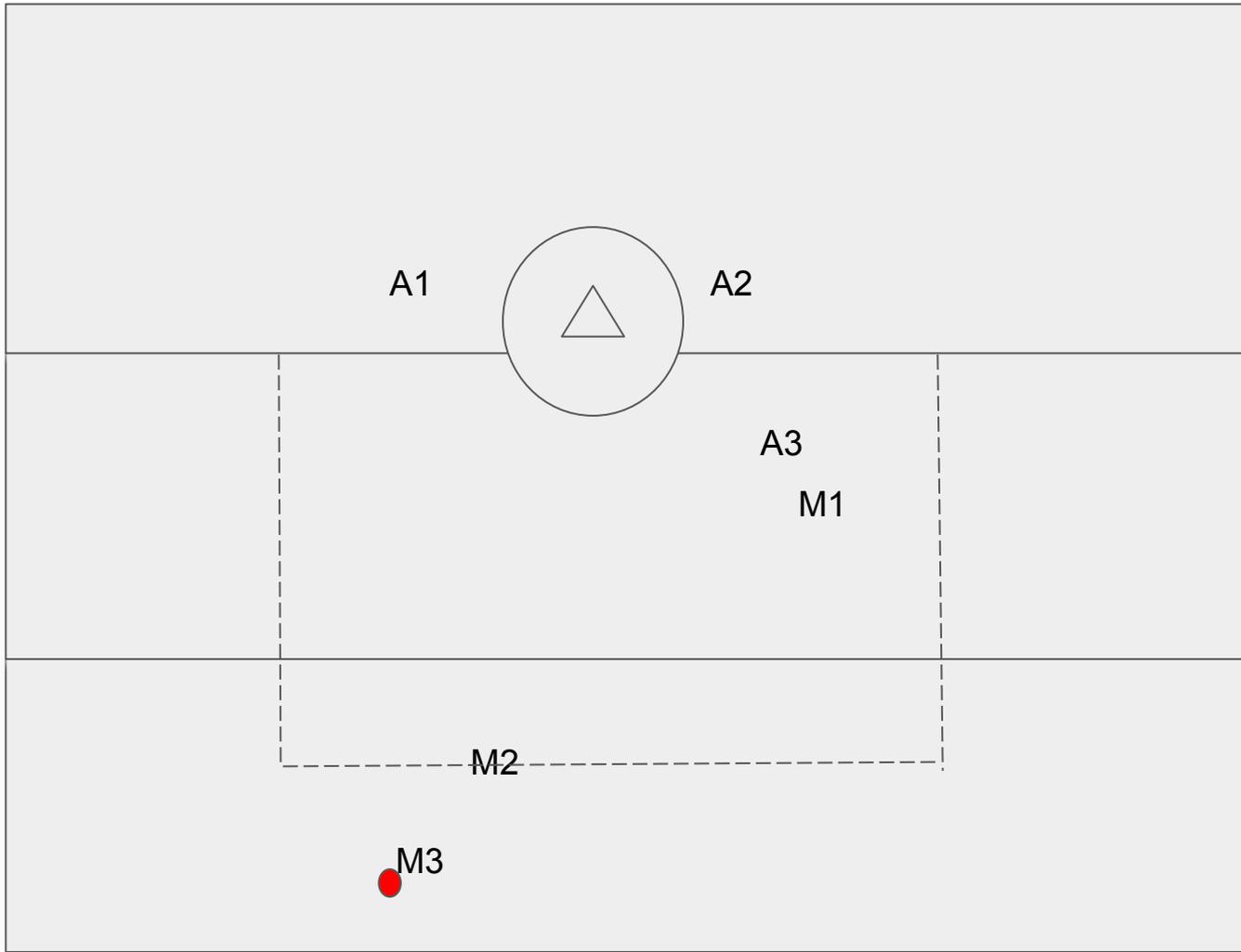


1

2

3

“3-”



1

2

3

Offensive Skill Requirements

1. **Passing/Catching** - Maintaining Viva
2. **Protection Skills** - Bounce, Cradle, Arm Bar, etc.
3. **Setting & Using Picks**
4. **Spacing, Spacing, Spacing**
 - a. Offense designed to spread out defense.
5. **Off-Ball Movement**
 - a. Never stop while initiating offense (1-, 2-, 3-)
 - b. Timing
6. **Creativity**
 - a. Most offense has no set play
 - b. Require us to beat man, move to open spaces with head up
 - c. Always ready to pass/catch/shoot
7. **Resiliency**
 - a. Understand it is better to reset than make bad shot/pass



Videos on Picks, Two-Man games, etc.

<https://www.youtube.com/watch?v=AUbfw4dA3X8> - How To Set/Use a Pick

<https://www.youtube.com/watch?v=O2-GUVZtJuA> - The Perfect Pick (If can't watch all, start at 8:20)

<https://www.youtube.com/watch?v=rZUejxcrTWg> - Duke v Virginia

https://www.youtube.com/watch?time_continue=580&v=88CIE3rhqYk&feature=emb_logo - Duke Pairs Offense

<https://www.youtube.com/watch?v=SxcmJWpfqE> - Duke 2-man

Individual Drills

What will help you prepare for season?

[Wall Ball](#) - Work on these drills to improve your passing and catching in the clearing game

[High Intensity Interval Training](#) - This is one example of conditioning appropriate for lacrosse. Our game is defined by requiring the endurance to perform short burst athletic movements over a long period of time.

EMO

Our EMO (Extra Man Offense) or Man-up positions are wide open for both Varsity and JV!

Those getting these spots will be those who understand and can successfully practice “3-3” techniques:

- Skip lanes
- Movement
- Draw & Dump

Final Thoughts

This may seem daunting to some of you, but the individual requirements are quite basic. Our level for success will be a result of each of you committing to improving your individual skills while working together. More than anything else - and no different from any other offense - success will hinge on your willingness to try hard, step outside of your comfort zone and your ability to brush off setbacks and try again.

If you have any questions, please reach out to:

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