



Newburyport Lacrosse (Offensive Fundamentals/Terminology)

Dodge- Offensive player with the ball is trying to beat his man 1 v 1.

Shallow Cut- Dodger runs at you. 1 option is to cut right underneath him and replace his spot in the offense. Never take your eye off the ball.

Fade- During a dodge. Crease player “fades” out of the middle to the backside.

Clear Through- Dodger runs at you. 1 option is to “clear through” by moving into the crease to create space for the dodge. *See C-Curl.

Pop- Off ball player (typically crease) “pops” to shooting spot to replace dodger or after a pick

Follow- Offball adjacent player or crease player follows a dodger in case of a rollback. Fills the space the dodge came from.

Mirror- Backside player mirrors a dodger’s motion on the backside, or the crease attackmen mirrors the dodging x attackmen’s movement.

Float- Moving away from the dodger. 1 option if the dodger is coming at you.

Exchange- Two players switch spots, while the ball moves or a player dodges

V-Cut- Driving our defender in and then popping out for the ball. This cut should be in the shape of the letter V. Often times players think they V-cut, but they really I-cut

C-Curl- Typically done while “clearing through” to create space for a dodger

Jam- Player dodging or carrying ball turns hips and takes 3-4 steps backward towards sideline to free hands and throws the ball back (“Jam Pass”)

Pistol- Pass down-pick down for a 2 man game on the wing

Slip- Player abandons screen before contact is made and cuts towards the goal

Pick- Player stands still allowing teammate to get hands free for pass or shot. We typically want to set this up by back cutting our defender and then coming out to pick for the ball. Think an L shape.

Roll- After picking or screening a player rolls off towards the goal looking for a pass

Bounce- Mid dodge the offensive player steps away, squares up defender and redodges quickly before defensive player regains strong position.