



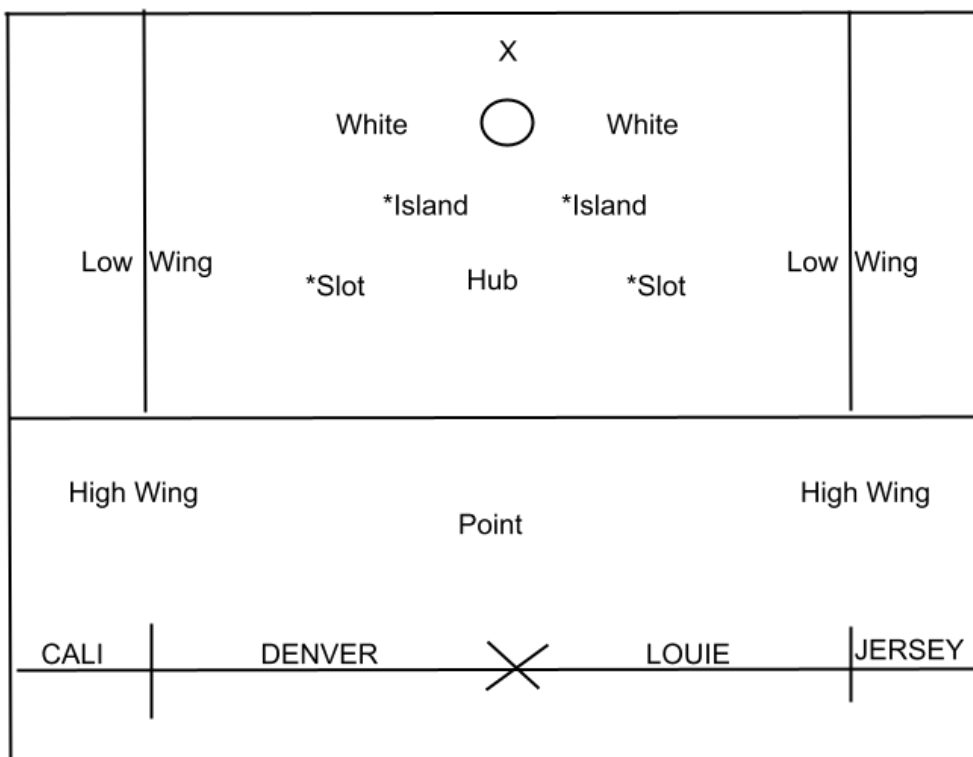
2024-2025 Game Flow Lingo/Terminology

<u>FIELD LOCATION PASSING</u>	<u>TEAM SUBBING</u>
JERSEY – Box Side	BRAVO - (Box Sub) Personnel changes within gameplay
LOUIE - Mid Box Side	MAVERICK - (Midline Sub) Offensive Personnel changes within gameplay
DENVER - Mid Opposite Box Side	UBER or “Catch Uber” - Reverse midline line change--personnel exiting defensive end of the field for substitution, traditionally following exiting opposing offensive player (Bravo or Maverick)
CALI – Opposite Box Side	
OVER – Up and Over Passes in clearing situations	
ICE or “ICE IT” – Deep alleys “bomb” clear	
HEAD MAN - Move the ball forward to open player in transition.	

SouthShore Field Landmarks

Landmarks are terms for our most used spots on the field. These Landmarks allow us to simplify communication:

“Dodge to _____”, “Get to _____”, “Cut to _____”



***Island** - 5x5 to 7x7 above White / ***Slot** - 11 to 13 Yards up on, 2 yards inside the Football Hash



2024-2025 OFFENSE

Ball Movement ↔ Spacing ↔ Off Ball Action

Desirables: Dialed In Sticks, Minimal Unforced Turnovers, Unlocked Legs, Shot Selection (Smart Shooters)
High-Level Decision Makers, Personalized Communication

OFFENSIVE GAME FLOW LANGUAGE

PRESS/EARLY - Press the issue in transition or short number subbing. Take some calculated chances!

SWING - Quickly swinging the ball from one side of the field to the other—traditionally to exploit a matchup or weakness in the defense.

ONE - One-More Pass in Settled Offense

MONDAY - Spin Ball Once with Tempo and engage in the offense.

VALUE - Escape pressure, Adjacents make themselves available. Work ball with caution. Also used for subbing situations.

RED X - Situational Hold/Stall @ X when under 2 - Shorty's to X. We don't want to use this in the Summer but might need to in a playoff/move-on situation.

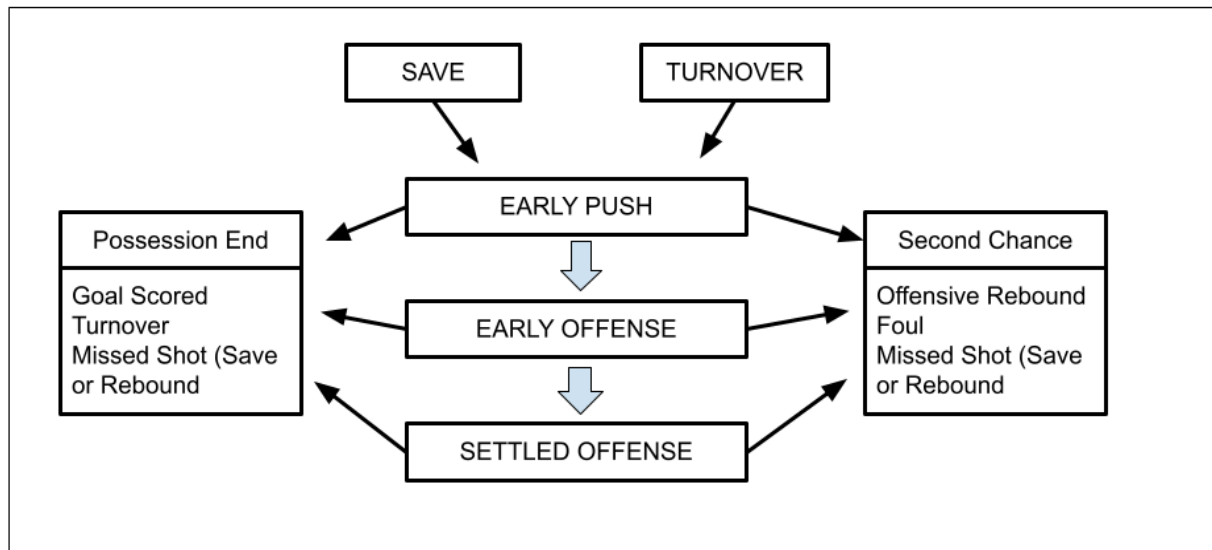
PICK PLAY LANGUAGE

"GO PLAY!" - Our Main Call to initiate a pick

- **HUB** - Pick coming from crease to dodger
- **SLAM** - Picks Directed Towards the Endline ↑ (When dodging down the alley - primarily to attackman—SLAM PICK!)

EARLY TRANSITION OFFENSE

- Attack Flat to V Set > Through Wings
- Ball carrier release early —> Pick down or Hero Cut —> Find Trails or Through X for Back Side



Core Offensive Formations/Movement Options (All Formations Count From the TOP of the Field)

See Play Packet / Video Playbook / Live Clips - Web Buildout

"Blue or 21" (2-1-3) Traditional rotations of two three-man groups	"31" (3-1-2) <i>One 4 Man Group</i> <i>One 2 Man Group</i>	"HUSKY" Stack Offense (1-1-1-2-1) <ul style="list-style-type: none">● Point Dodge stack options w/ attack shift● We can start this in a 31 or 21 set.
"20 or Zero" Open Set (Wide 2-2-2) <ul style="list-style-type: none">● DOWN - Downtown Pairs Option On and Off Ball● THROUGH - Alley Dodge w/ Near Clear Through & Off Ball Pairs	"14" (1-4-1) <ul style="list-style-type: none">● Wing Hub Pick/Mirror with Backside Chop● Our 21 and 31 offenses may evolve into the 14 after the initial movements.	

Offensive Options / Counter Options

41 INVERT (4-1-1)
BL - Big / Little (2-2-2)

EMO Options

33 Base Motions & Reads
EMO 2 - Coach Choice

SouthShore LACROSSE

2024-2025 DEFENSE

MAN

BLACK Sliding Sequences:

Hot: Slide Guy

Fire: Sliding player calls “Fire, Fire, Fire”.

Recovery (youth level can be standardized crease recovery w/ bump or stay language).

- **BUMP-** If the ball is thrown backward, then we will have to work to the crease and bump our Pop through
- **UTAH-** If the ball is thrown forward, we will work to recover away.
- **Stay:** The 2 slide must communicate to the recovering middie where to go.

Show: In most scenarios, adjacent defensemen should be in a “show” position to help the on-ball defender and discourage that player from getting to the inside of the D.

Two or Pop: This is our two guy

Fill: If you are not a show, pop, or hot guy you will be a fill/help in

Piston: Backside pipe D must be able to help the crease and explode back to man backside

RED - Near man slide or adjacent based on their set (Open).

- **On Ball, Hot Left, Hot Right**
- **3 Off-Ball** defenders are “touching paint” and ready to roll and support when needed.
- If/When we commit to going, **ROLL** will be our call to rotate defensive personnel.

PICK/2-MAN Game CALLS

- **PLAY THE BALL HARD, IF YOU GET PICKED OFF THEN SWITCH**
- Refer to Pick Game Diagram Below for Situational Areas of coverage.

LINGO

ALPHA: Urgency Call / Matchup Call.

TRUST: Matchup we DON'T want to slide to

JOKER: Matchup that we want to slide fast to

JET - Clear Through / Switch Hot man

ROLL: Rotating defensive positions when needed.

DUKE: Double call if we want to slide to the back of the head or stay on during a slide to double

YO-YO: Up a man in our defensive end, the yo-yo is the designated hot guy

MASTER: Individual player(s) locked.

LANDMARKS (See Image Below)

PAINT: Pentagon-shaped shooting danger zone in front of cage (6x9x15 yard area)

HEART: 5x5 yard area on the doorstep of the cage

SITUATIONAL

vs. Single Invert

- Crease Slide

^ ISO/INVERT RULES

- On ball guy forces to weak hand (Plays the ball hard)
- No rollbacks from the dodger behind the cage
- **Recovery Process**
 - Adjacent, Adjacent Crease
- We help from the top down

HUNG sequence:

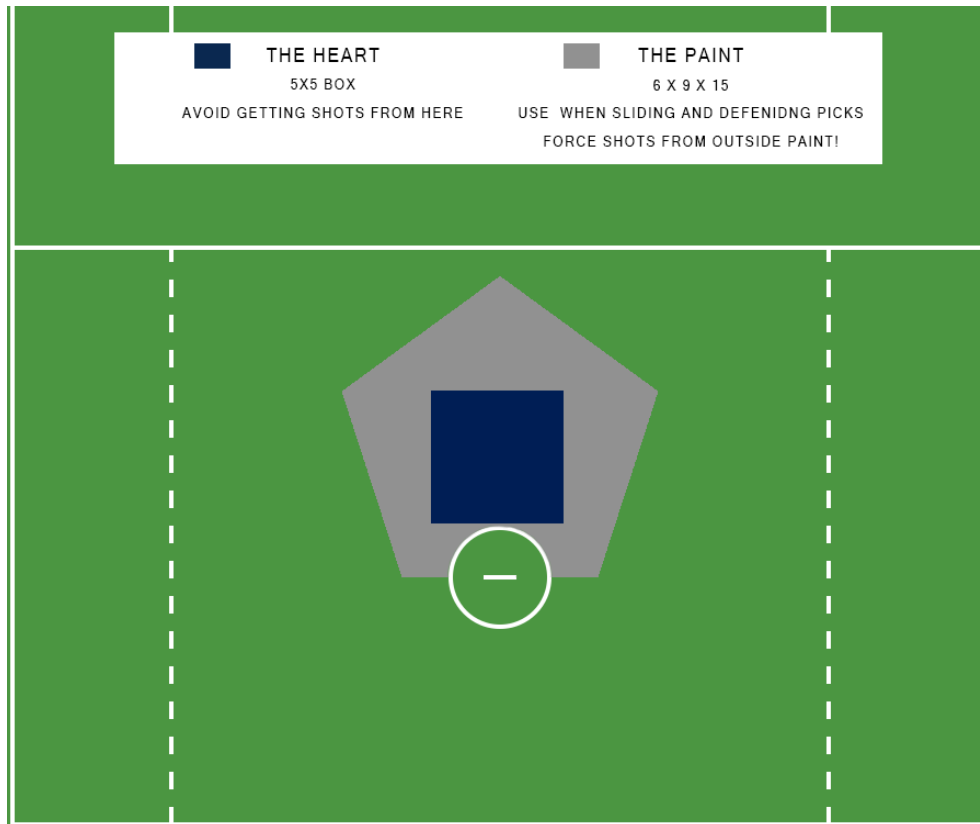
- All off-ball defensemen above the cage lock off.
- Goalie (stick outside) and hung D man will play sides.

END OF GAME/OFF TIMEOUT

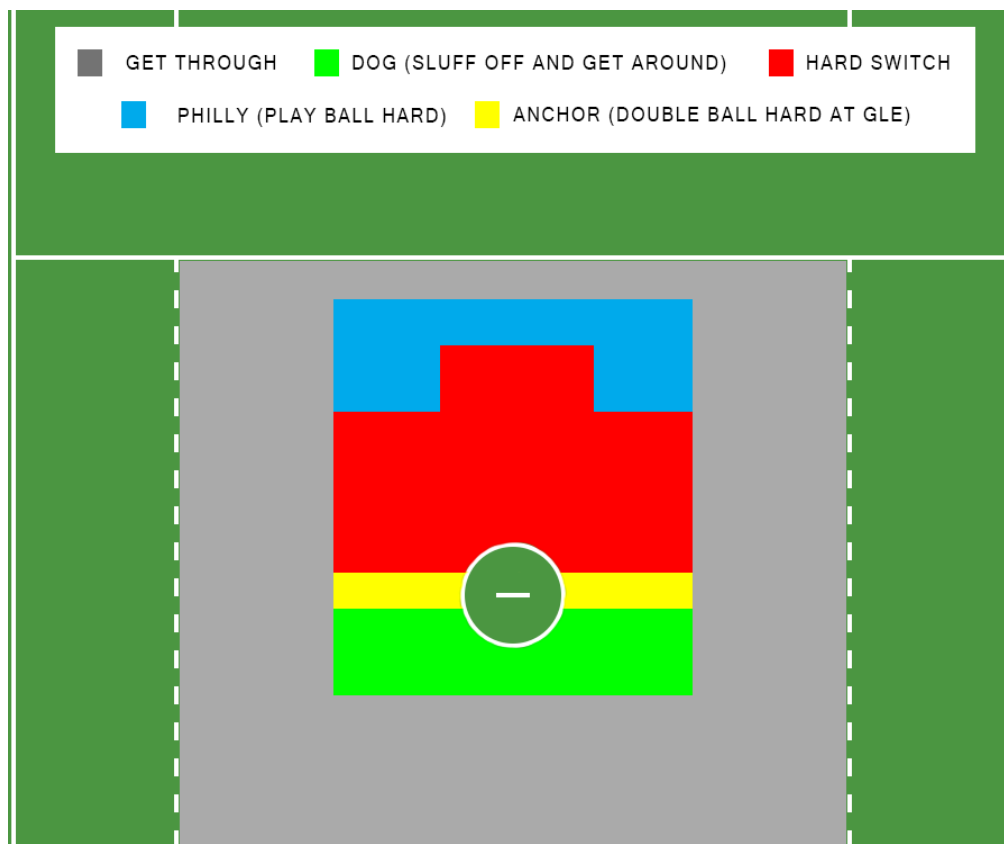
FLUSH: “shut off” of both adjacent players

TIGER: Double ball off opposing team timeout. Lock all other areas.

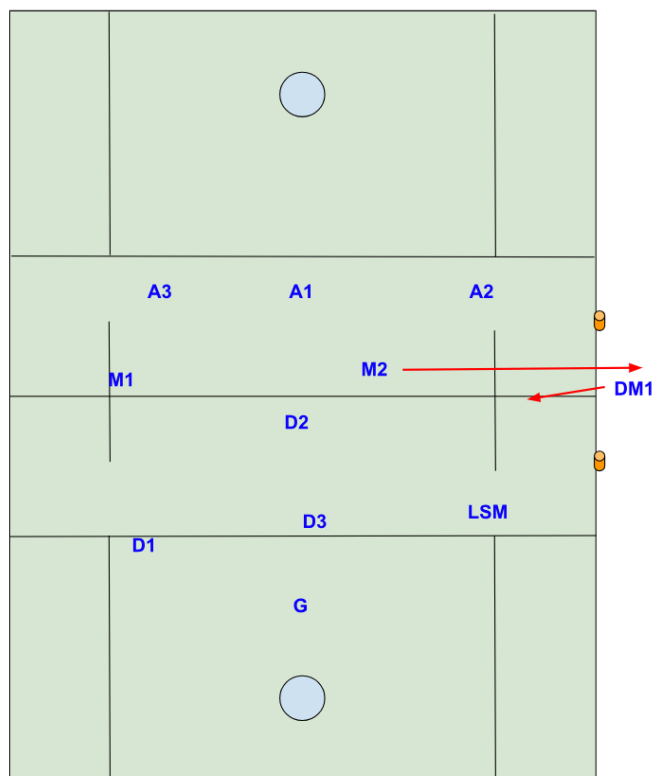
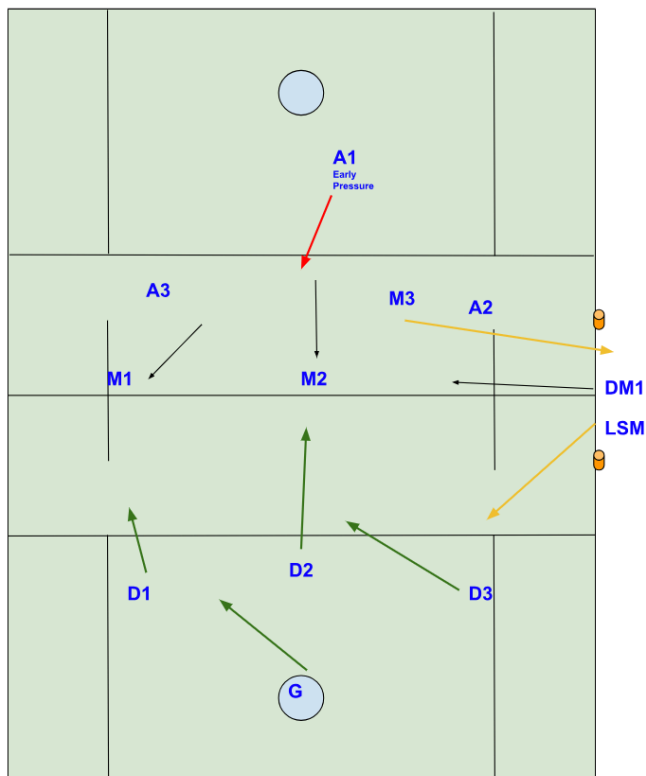
DEFENSIVE LANDMARKS



SITUATIONAL DEFENSE LANDMARKS - PICK GAME



33 Semi-Pressure Ride



33 RIDE JOB DESCRIPTIONS

ATTACK

- 1 Attack Pressure on the ball early ONLY IF within 5 yards of the ball, then drop after pass. Goal is to make them turn or make a contested pass
- Two Attack immediately drop wide at restraining line, hunting any SSDM's that are open. A2 Must get back to the box side EARLY!
- Once three dropped to restraining, look to clog traffic and allow the D or Goalie carry up to restraining. If the carry is toward either sideline work as a two-man trap with off attackman filling the middle slot.
- Hustle and buy time for support to set up behind you.

M1

- The initial job is to take away the clearing DM opposite box.
- If DM gets the ball, the main job is to turn the guy back/force to sideline
- No concern about onside responsibility
- M2/M3 mids are dropping back initially to take away over the top transition then exiting off the field—M3 first then M2 with LSM Bump

D1

- As soon as we lose possession D1 slides up field 10 yards to be a visual deterrent and a fake 10 man read to the opponent. DO NOT go more than 5 yards above the restraining line or lose track of your attackman.

D2

- As soon as we lose possession he is sprinting to midline (Take away anything over the top in transition)
- As soon as the first M3 comes off he can step over, but we are looking for D2 to stay in check around the midfield line.
- Hunts from hash to hash
- If the ball looks to be clearing quickly he will drop back into the hole.

D3

- Shifts to assume D2's Attackman. Covering area around the restraining line.

32 Clear

The Clear (3-2)

- Off a save the primary goal is to see if we can get the ball out over the top LSM/M2 and create some transition..
- When settled, base starts traditional three down
- If no transition our two TM's will hunt ball, working on high low cut angles
- When there's no transition we are playing Chess.

General Concepts

- We want to get out as quickly as possible.
- Always See The Ball
- Know Your Motions & Reads!
- Communication and Spacing Are Key
- It's NOT a successful clear until we get into one of our transition or settled sets!

Rules for All:

- Look First for Transition
- See one and Run, See two and Roll/Redirect
- Spread out and clear up the sides when possible
- Be conscious of time - Internal Clock
- Find the 2v1
- Communicate & Work Together - The ball moves faster in the air - make easy passes
- Count the field and know onsides responsibilities!

32 CLEAR LOCATIONS AND LANDMARKS

