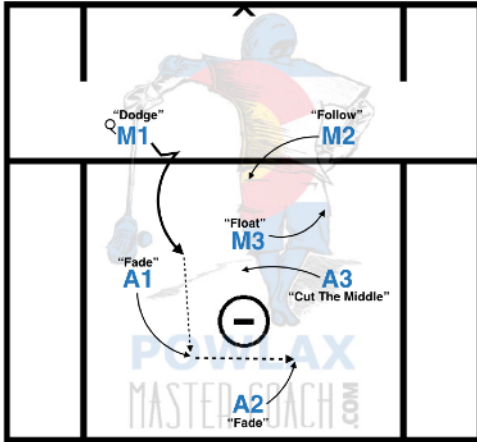


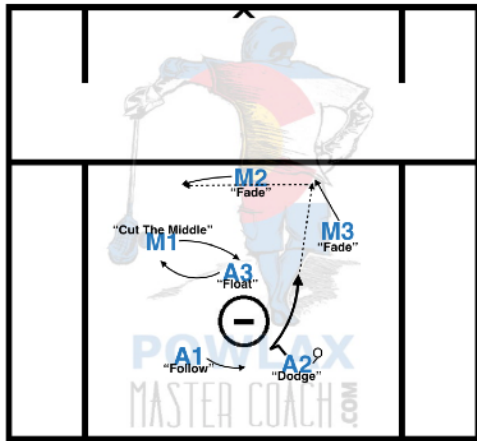


21-12 Motion Offense

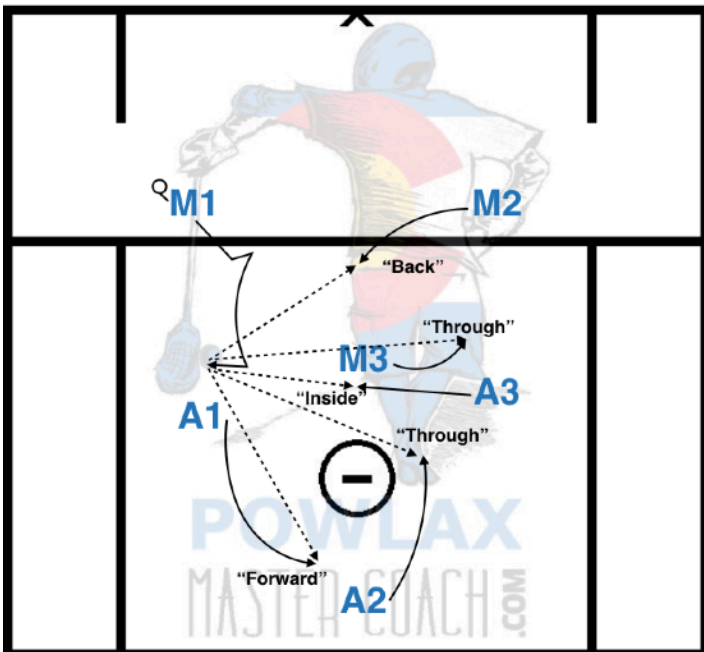
Dodge Follow Float Midfield Motion
Fade - Fade - Cut The Middle Attack Rotation



Dodge Follow Float Attack Motion
Fade - Fade - Cut The Middle Midfield Rotation



Pass Types



How 21-12 Works

To get an idea of how this offense works, we're going to combine a simple Motion, Rotation, and Rule that will be used by both groups to simulate how the offense can flow.

Motion - Dodge - Follow - Float out of a 21 Formation.

Rotation - Fade, Fade, Cut The Middle out of a 12 Formation.

Rule - We will only use 21 Alley Dodges and pass forward.

Top Image

We start in a 21-12 set. As the midfield group executes their Dodge Follow Float motion, the Attack will rotate using the Fade, Fade, Cut The Middle Rotation. This will take us from our 21-12 into a 12 - 21.

M2 passes forward to A1 and A1 passes forward to A2

Bottom Image

As A2 catches the ball, he will immediately dodge up the alley/hash, starting the Dodge Follow Float Attack Motion. This forces the Midfield Group to use their Fade Fade Cut The Middle Rotation which takes us from the 12 - 21 back into the 21-12 that we started in.

A2 passes forward to M3 and M3 passes forward to M2

From here, the offense has reset completely and we can start from the top again.

*This is a good base to a complete motion offense. We will need to add in 12 Motions and a 21 Rotation to create a free flowing offense that allows dodges from anywhere.

Creativity and Resetting the Motion

The 12-12 offense is not a perfect science. We'd like the players to find a balance between staying within the offensive concepts and being creative. We don't want the players to be robots and we don't want it to be too chaotic.

If at any point:

- The players do not know where to go;
- The dodger doesn't have an outlet;
- A player tries something that doesn't work;

We can pull the ball out to reset the formation and start again.

Pass Types

In order for our Motion Offense to work well, we need to outline the types of passes and looks that our players have at any time.

Outlet Passes - These are adjacent passes that allow us to attack the goal without fear of turning the ball over. The dodger should always have an "Outlet" in front of and behind him if he gets in trouble.

"Forward" - an outlet pass in front of the ball carrier.

"Back" - an outlet pass that is behind the ball carrier.

Attacking Passes - These are dangerous passes into the middle of or across the field.

"Inside" - an attacking pass to the crease area of the field.

"Through" - an attacking pass to the opposite side of the defense that usually sets up a player for a step down or quick dodge.

*Players can use these terms or use traditional terminology like "Here's your help" and "One More".