



21-12 Motion Offense

21-12 Motion Offense Basics

The 21-12 Motion Offense uses two groups of 3 players. Each group will move into and out of the 21 and 12 formations by using Motions and Rotations that flow together and create a complete motion offense. Ultimately, it will allow us to pick and choose the offensive concepts that we'd like our players to learn and let our players make decisions on the field based on the concept and what they see rather than having to do something specific because that's what the offense requires. The 21-12 motion offense is defined by four characteristics:

Groupings - The offense uses two groups of 3 players - 3 Attackman and 3 Midfielders.

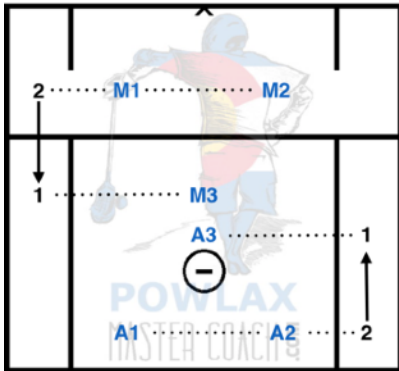
Formations - The 21 Formation and 12 Formation. Formations within the 21-12 Offense are oriented from the outside of the field to the middle. Midfielders will count from the midline down while attackman will count from the endline up. This differs from the original 21-12 video and is the 21-12 modification. This keeps motions and rotation formations and names the same regardless of whether it is run through the Attack or Midfield. To describe a complete offensive set, we will always say the midfield formation first.

Motions - Movements when a group has the ball.

Rotations - Movements when a group does not have the ball, mainly as a reaction to the other groups Motion.

****The beauty of the 21-12 motion offense is that it allows us to teach the exact formations, motions, and rotations that players will use in a game within small sided 3v0, 3v2, and 3v3 drills for the Attack or Midfield.**

21 Set For Midfield and Attack



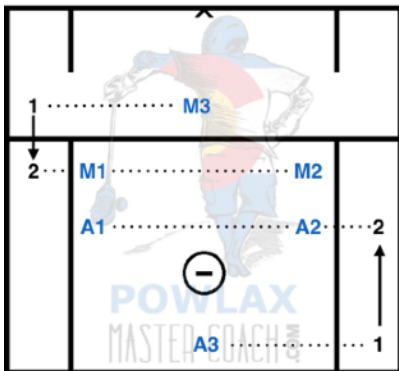
21 Formations

The 21 Formation for the midfielders places two players, **M1** and **M2**, up top on the high wings and the other player, **M3**, on the crease. When we count from the midline to the center of the field, we get 2 players and then 1, creating our 21 Formation.

The 21 Formation for the Attackman places two players, **A1** and **A2**, on both sides of X and the other player, **A3**, on the crease. When we count from the endline to the center of the field, we get 2 players and then 1, creating our 21 Formation.

When we combine these two formations we get a 21 - 21 Set.

12 Set For Midfield and Attack



12 Formations

The 12 Formation for the midfielders places a single player, **M3**, top center and the other two players, **M1** and **M2**, on the high wings. When we count from the midline to the center of the field, we get 1 player and then 2, creating our 12 Formation.

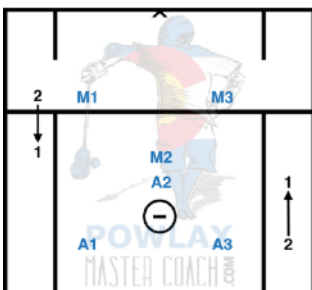
The 12 Formation for the Attackman places a single player, **A3**, at X and the other two players, **A1** and **A2**, on the wings. When we count from the endline to the center of the field, we get 1 player and then 2, creating out 12 Formation

If we combine these two sets, we get a 12 - 12.

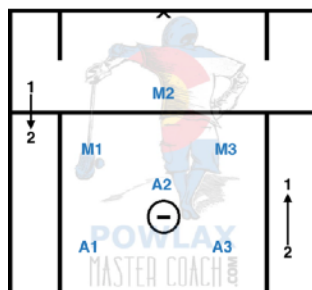
Creating Traditional Sets

By mixing up the 21 and 12 formations for both groups, we can create 2-2-2, 3-1-2, Open, and 2-3-1 Sets.

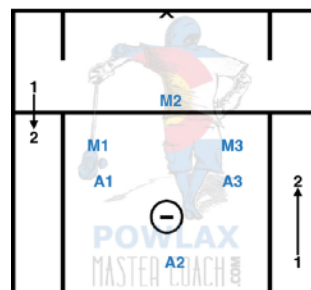
21-21 = 2-2-2



12-21 = 1-3-2 or 3-1-2



12-12 = Open Set



21-12 = 2-3-1

