



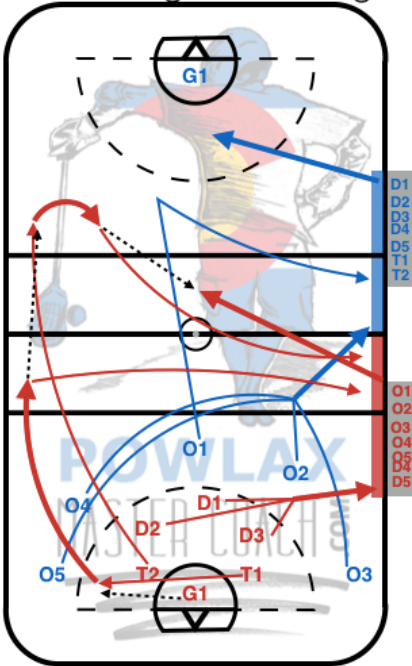
# Box Personnel, Clearing, and Riding



## Box Personnel

There are three basic types of players in box lacrosse: Offensive Players (**O**) who specialize in offensive play, Defensive Players (**D**) who specialize in defensive play, and Transition Players (**T**) who play defense well and have the sticks skills to move the ball up the floor. **You do not have to create these distinctions if you don't want to. I recommend having all players play all positions.**

### 1st and 3rd Period Clearing and Riding



### Clearing (Red Team)

When we clear in box lacrosse, we want to do 3 things.  
 First, we've got to make sure that we have outlets to move the ball to once we gain possession.  
 Second, we want to clear up the off bench side.  
 Third, we'd like to sub the remaining players as we clear so we can keep fresh legs on the floor.

#### 1st and 3rd Periods (Left)

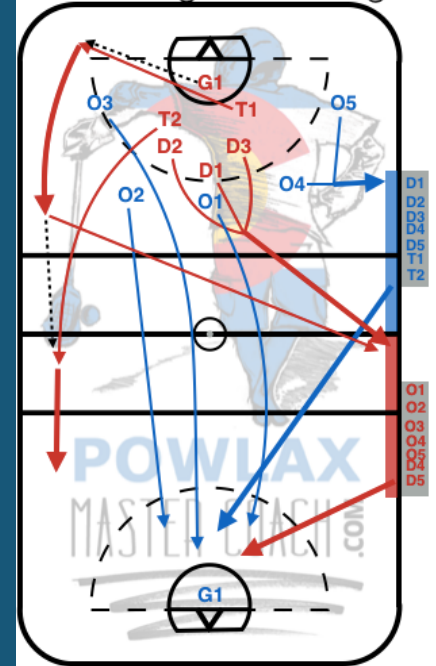
To do this, our transition players **T1** and **T2** will cut to the off box side trying to get open so they can receive a pass and carry or move the ball up the floor.

As **T1** and **T2** move the ball up the floor, **D1**, **D2**, and **D3** will sub out for new players.

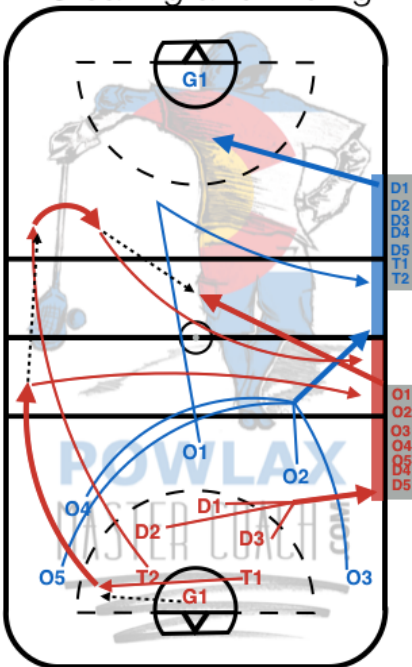
#### 2nd Period (Right)

During the 2nd Period, our players will be entering the field deep in our attacking zone. Training players to look for players subbing on to the floor can lead to a lot of great chances!

### 2nd Period Clearing and Riding



### 1st and 3rd Period Clearing and Riding



### Riding (Blue Team)

Riding in box lacrosse is about limiting offensive transition by getting back on defense.

If we are using the D to O substitution strategy (not shown), players just need to know that they can not sub when moving to play defense. If they try, make them stay on the field.

If we are subbing offensive and defensive personnel onto the floor, it gets a little more complicated.

**1st and 3rd Period (Left)** - Personnel Subbing is easy because our bench is on our defensive end.

The player closest to our defensive end, **O1**, should stop any breakaway or fast break opportunity. The other players can sub out for defensive personnel because the subs will enter on our defensive end. Once defensive personnel is on the field, **O1** can then try to sub out with **T1** or **T2**.

#### 2nd Period (Right) -

Only players who are close to our bench (**O1** and **O4**) will be able to sub out without giving up transition. Any players who are away from the box (**O3**, **O2**, and **O1**) need to drop into the defensive zone to cut off any offensive transition and play defense. Be aware of players coming out of the box!

For the most part, I like to use the D to O Strategy in the 2nd Period.

### 2nd Period Clearing and Riding

