



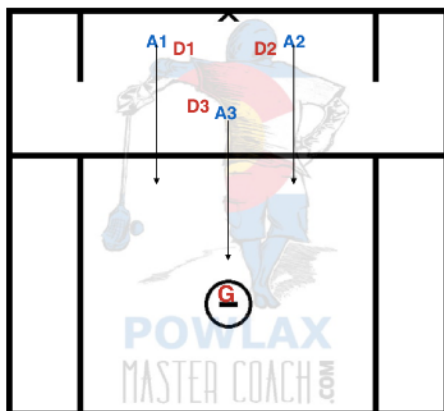
# L Fast Break



## L Fast Break

The “L” Fast Break is the tried, true, simple, and effective way to capitalize on the 4v3 transition advantage. Offensively, it embraces spacing, and quick ball movement through drawing slides and dumping the ball. Defensively, it requires quick rotations and covering 4 with 3.

### Attack Positions and Primary Motions



### Starting Positions

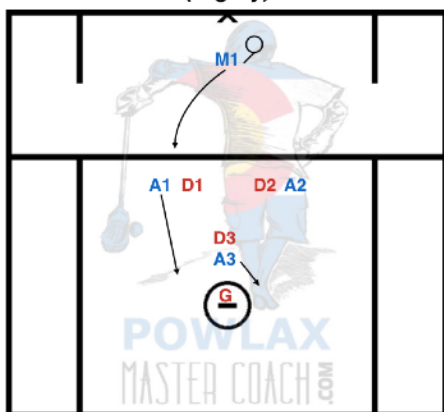
When the ball is on the defensive side of the field, the Attackman should set up with 2 attackman near the midline on the left (A1) and right (A2) side with the third attackman about 10 yards back in the center of the field (A3). This allows attackman to lift sticks and let balls roll over the midfield causing an over and back, or fight for a GB.

As the ball is being cleared, the players will drop straight down the field and prepare to move into the L set.

### Below

As a player (M1) brings the ball into the offensive zone, he **MUST** pick a side to ensure the spacing needed to move the ball efficiently.

### L Fast Break Situation and Set Up (Righty)

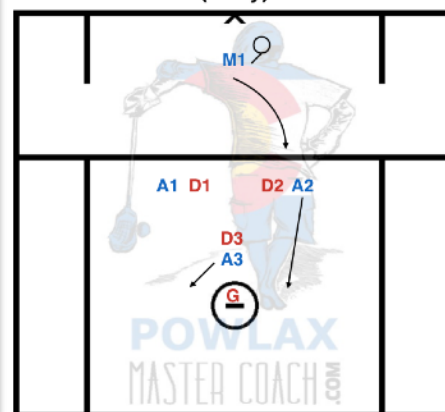


### Getting into the L Set

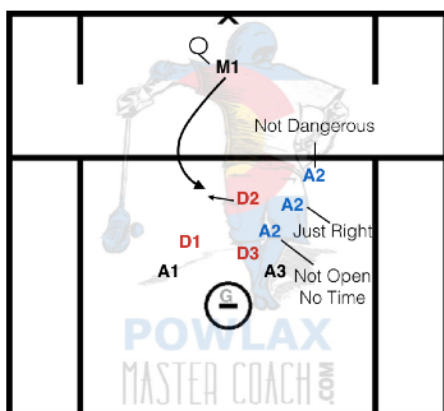
**Righty Break** - If M1 moves to his right, it sets up a righty break. A1 is pushed down the the left pipe, A3 will fade to the right pipe, and A2 will stay high on the right side as the point man.

**Lefty Break** - If M1 moves to his Left, it sets up a lefty break. A2 is pushed down the the right pipe, A3 will fade to the left pipe, and A2 will stay high on the left side as the point man.

### L Fast Break Situation and Set Up (Lefty)



### Find the Sweet Spot 15 Yards



### Finding the Sweet Spot at the Point

For the most part, the defense will slide with D2 because if D1 or D3 slide, they will be leaving A1 or A3 wide open on the doorstep. So, A2 will most likely be the next player to receive the pass. When he receives the pass, he wants to be close enough to the goal that he is dangerous and far enough away from D3 to give him time to make decisions.

This “Goldilocks” position is about 15 yards above GLE and 8 yards out. Here, A2 will be able to step in to take a step down or have the time to make a good pass.

\*In the event that D1 or D3 slide, M1 should pass past them to the player they were guarding.