



Box Lacrosse Transition and Subbing



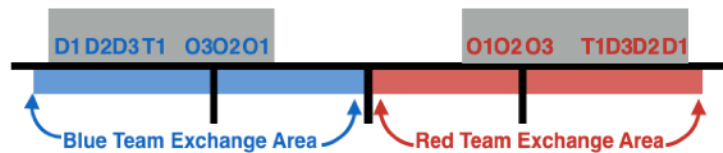
Introduction

The clearing, transition, and substitution games in box lacrosse has limited similarities to the field game. It is more akin to hockey and basketball, depending on how you decide to run it. A huge distinction is that the transition game will change depending on the period. In the 1st and 3rd periods the benches for both teams will be in their own defensive end. In the 2nd Period the benches will be in the attacking end. This creates distinct offensive and defensive advantages, depending on the quarter. There are 2 methods that you can use to sub players on the fly.

D to O Subbing - is when a team will only sub when moving from defense to offense. This ensures that the team doesn't give up transition offense when players sub as the team rides and begins playing defense. Everyone plays all positions.

Personnel Subbing - is used by more advanced teams with specialized personnel. These teams will sub when moving to offense and defense to get their best personnel on the floor.

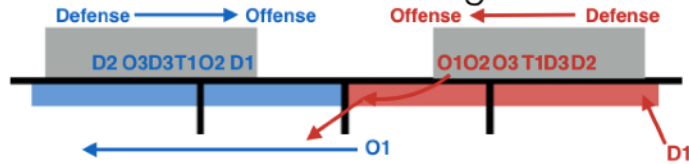
Exchange Areas



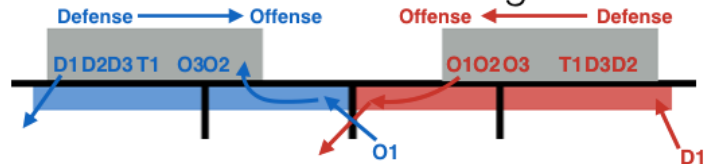
Exchange Areas

The exchange area is a 2' wide rectangle that extends on to the floor from the benches. They extend 2' past each door on the bench or to the midline if there are no exchange area markings. Players can leave the bench and enter the playing area once their teammate has stepped into the exchange area and is no longer in the play.

1st and 3rd Period D to O Subbing



1st and 3rd Period Personnel Subbing



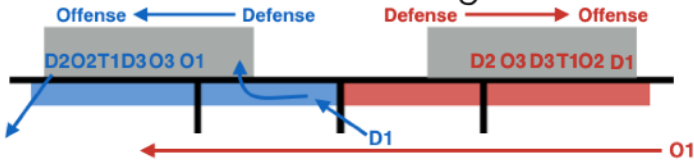
1st and 3rd Period Subbing

The examples above show the **Red Team** Clearing and the **Blue Team** Riding.

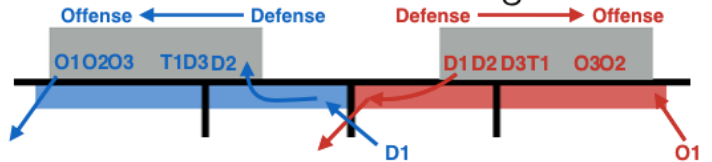
D to O Subbing - Left - the **Red Team** is subbing off **D1** for **O1** as they clear. **O1** from the **Blue Team** is getting in to play defense because they are not subbing while riding. Players on the bench will line up and enter the field on the offensive end of the bench.

Personnel Subbing - Right - the **Red Team** is subbing off **D1** for **O1** as they clear. The **Blue Team** is subbing off **O1** for **D1** as they ride. Subbing while moving to defense can be dangerous, but it works well in the 1st and 3rd periods because the benches are in the defensive end for both teams. Players on the bench will line up on, enter, and exit the floor on the end associated with their specialty.

2nd Period D to O Subbing



2nd Period Personnel Subbing



2nd Period Subbing

*The examples above show the **Blue Team** Clearing and the **Red Team** Riding.

D to O Subbing - Left - the **Blue Team** is subbing off **D1** for **O1** as they clear. **O1** from the **Red Team** is getting in to play defense because they are not subbing while riding. Players on the bench will line up and enter the field on the offensive end of the bench.

Personnel Subbing - Right - the **Blue Team** is subbing off **D1** for **O1** as they clear. The **Red Team** is subbing off **O1** for **D1** as they ride. The 2nd Period favors offensive transition because players will enter the floor deep in their offensive end. When riding, players who are near the bench may be able to sub off for defensive personnel, but for the most part, using the D to O subbing strategy is best in the 2nd Period. Players on the bench will line up on, enter, and exit the floor on the end associated with their specialty.