



3v2 Motions



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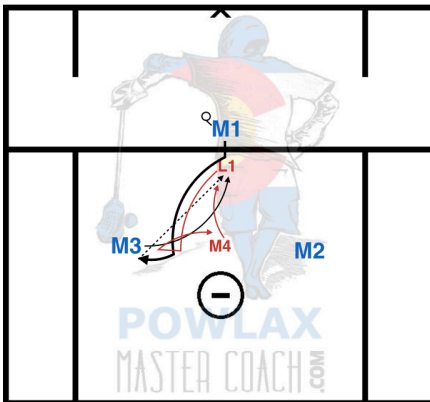
Offense

During 3v2's, we will always begin with a pass. We'll call this "Reverse It" and the players will pass lacrosse and back where it came which forces the defense to rotate before we begin our motions. Also, at a minimum, we will force our offensive players to rep through the base motion. Once the motion is complete, they can go to the goal. If the offense does not move the ball quick enough to generate a good shot within the motion, we'd like them to reset, rather than simply using the 3v2 advantage. We also want to force them to integrate the dodges and fakes that we have been working on.

Defense

Once our defensive personnel understands the idea of rotating to cover 3, we'll add in motions. The defensive rules and communication will be the same as Rotating to Cover 3, but now the off ball player will have to keep track of moving players and the on ball defenseman will have to defend a dodge. **Since we assume that the sliding player is the defensive player not in the drill, we will focus on the rotation not sliding.** If the on ball defenseman gets beat, we assume that the offense drew a slide already and we were not prepared to slide again.

3v2 12 Set - Defensive Concepts
Rotating to Cover 3



12 - Carry Shallow Cut

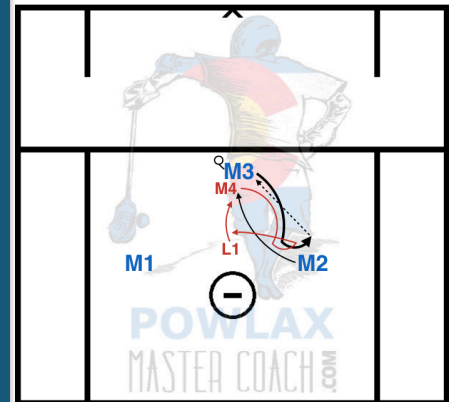
Left

L1 will defend **M1** on his dodge down the righty alley while **M4** tracks **M3** and **M2** as they move off the ball. **M1** will execute a hands free dodge and throw back to **M3**, forcing **M4** to rotate up to defend **M3** and **L1** spiders in to become the "Two".

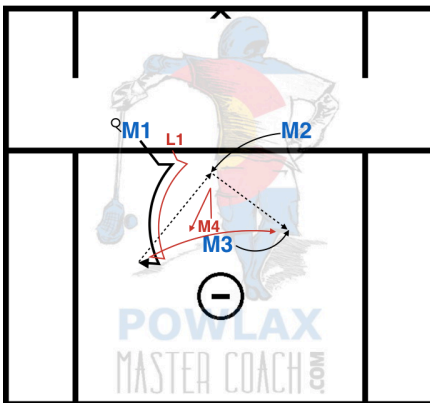
Right

M4 will defend **M3** on his dodge down the lefty alley while **L1** tracks **M1** and **M2** as they move off the ball. **M3** will execute a hands free dodge and throw back to **M2**, forcing **L1** to rotate up to defend **M2** and **M4** spiders in to become the "Two".

3v2 12 Set - Defensive Concepts
Rotating to Cover 3



3v2 Dodge - Follow - Float
Defensive Rotation Concepts



21 - Dodge Follow Float

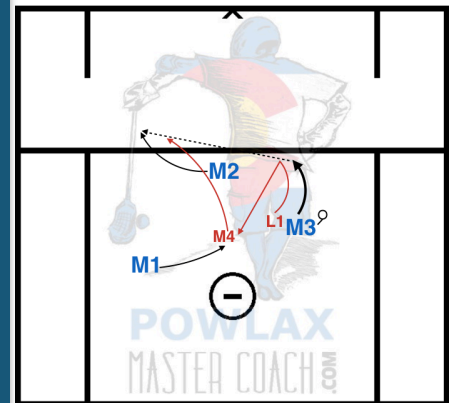
Left -

L1 will defend **M1** on his dodge down the righty alley while **M4** tracks **M3** and **M2** as they move off the ball. **M1** throws back to **M2**, forcing **M4** to rotate up to defend **M3** on the first pass while **L1** spiders in to become the "Two". **M2** passes again to **M3** and **L1** will move out to play the ball while **M4** spiders in to become the "Two".

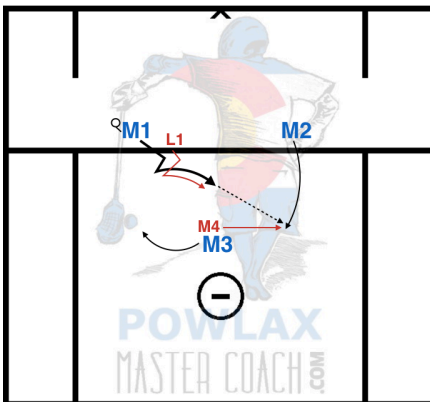
Right -

Having not executed after swinging the ball, the offense will reset. **L1** will guard **M3** as he carries to top right then spider in on the pass to **M2**. **M4** will split **M2** and **M1** until he becomes "Ball" on the pass to **M2**.

3v2 Dodge - Follow - Float
Defensive Rotation Concepts



3v2 Sweep - Fade - Float
Defensive Rotation Concepts



21 - Sweep Fade Float

Left -

L1 will defend **M1** on his sweep across the top while **M4** tracks **M3** and **M2** as they move off the ball. **M1** throws forward to **M2**, forcing **M4** to rotate to defend **M2** on the wing while **L1** spiders in to become the "Two". Had **M1** passed back to **M3**, **M4** would have rotated to play him instead.

Right -

Having not executed after pushing to the middle and moving the ball, the offense will reset. **M4** will guard **M2** as he carries to top right then spider in on the pass to **M3**. **L1** will split **M3** and **M1** until he becomes "Ball" on the pass to **M3**.

3v2 Sweep - Fade - Float
Defensive Rotation Concepts

