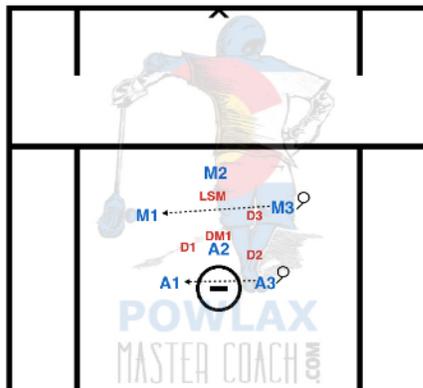




3 - 3 Twist Man Up Play



3 - 3 Formation
CORRECT

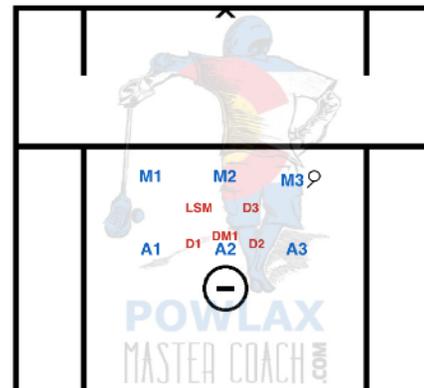


3 - 3 Formation

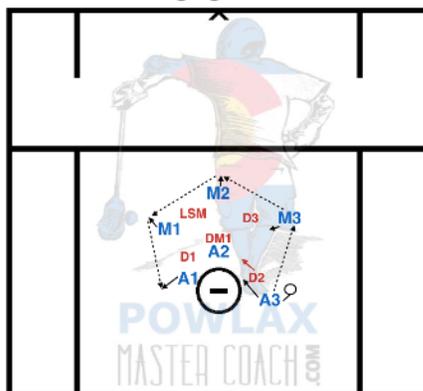
The first thing we have to cover is the 3 - 3 Formation. When people usually think of a 3-3 formation, they think of 3 players across the top and 3 players about 3-5 yards above GLE as you see to the right. Setting up in this fashion eliminates multiple passing lanes and pulls players out of the gaps that we want to attack when we are in our 3 - 3 set.

We want our players to set up in the set to the left. The center player in either group is 2-3 yards above the players to the outside. This puts the low attackman around **GLE** and the high wings are at about 10-12 yards.

3 - 3 Formation
INCORRECT



3 - 3 Formation
Swinging The Ball



Swinging The Ball

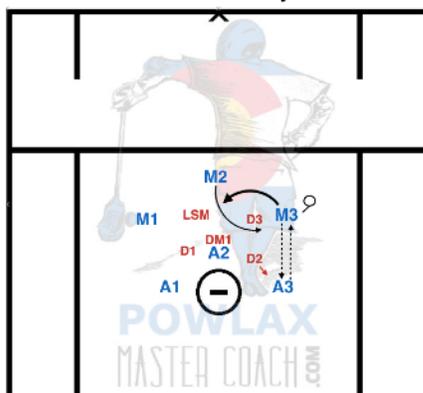
When we start in the 3 - 3 Set, we want to "Touch The Corners". The corners are the two low Attackman **A1** and **A3**. As the ball swings, we want to do a couple of things.

1) When the ball is swinging towards us, we want to pop outward so that we can easily accept a pass and move the ball without pressure.

2) When the ball moves away from us, we want to **step into gaps** in the defense looking for skip passes for easy shooting opportunities. This could be a gap between two players in a zone or a gap between players that are rotating in a man to man defensive set.

3) Finally, as the ball swings, we want to watch how the defense is playing so we have an idea of what they will do when we run the twist.

3 - 3 Formation
Twist Set Play



3 - 3 Twist

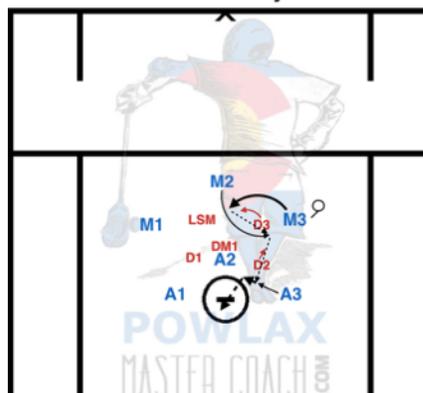
The 3 - 3 Twist is extremely simple and creates great shooting opportunities by reading how the defense plays us and isolating a 3v2's. The play can be run on the right or left side and should always be run with righties on the right side and lefties on the left side. We will show it being run on the right side with right handed players.

Running The Play

M3 will pass down to **A3** and receive the ball right back. *We must touch the low corner on the side we'd like to run the play on!* Once **M3** catches the ball, he will carry to the top center position while **M2** shallow cuts underneath **D3** and replaces **M3**.

As **M3** carries to the top of the field he should use multiple fakes to manipulate the defense while looking for skip passes and stepping down to draw defenseman.

3-3 Twist Set Play
Defenseman Stays With



The Basic Looks

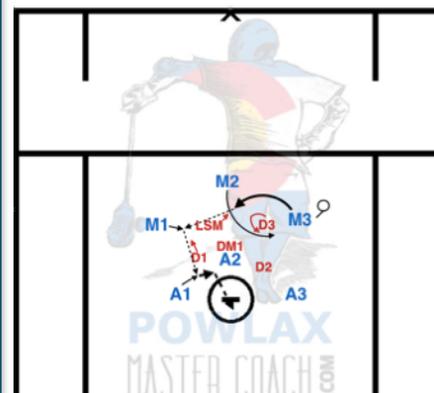
Defenseman Stays With (Left)

If **D3** stays with **M3** on his carry, it will create a 3v2 with **M3**, **M2**, and **A3** vs **D2** and **D3** on the right side. **M3** will throw back to **M2** and **A3** to push the 3v2.

Defenseman Falls Off (Right)

If **D3** falls off of **M3** on his carry, it will create a 3v2 with **M3**, **M1**, and **A1** vs **LSM** and **D1** on the left side. **M3** will draw the **LSM** and attack the 3v2 with **M1** and **A1** on the left side.

3 - 3 Twist Set Play
Defenseman Falls Off



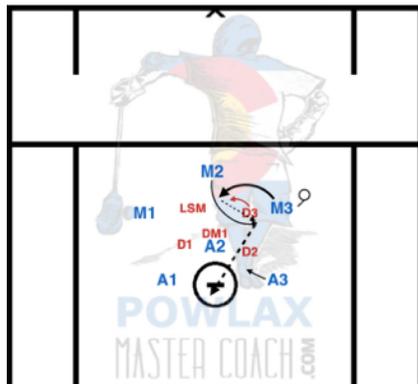


Twist vs



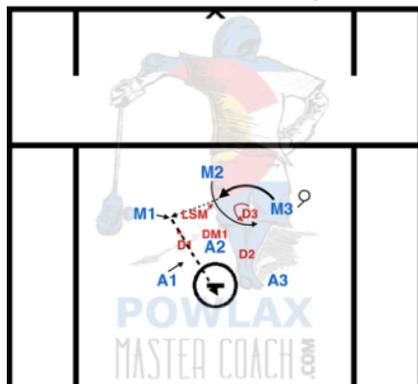
3-3 Twist vs Box and 1

Defenseman Stays With - Step Down



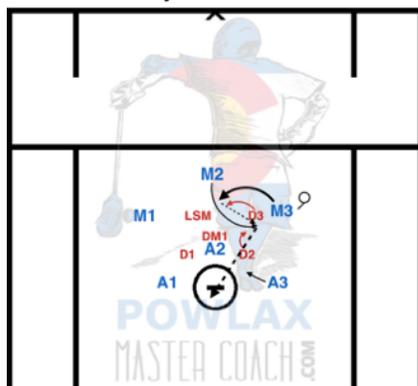
3-3 Twist vs Box and 1

Defenseman Falls Off - Step Down



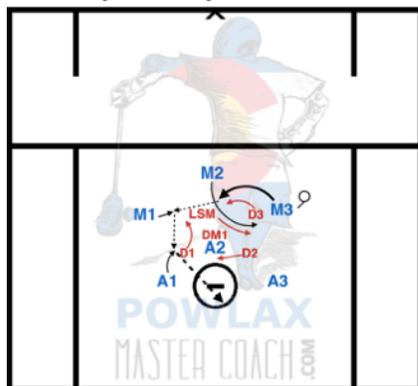
3-3 Twist vs 4 Man Rotation

Adjacent Holds



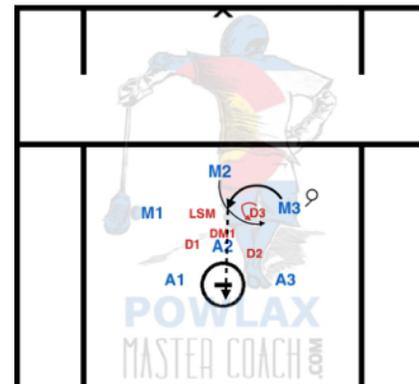
3-3 Twist vs 4 Man Rotation

Adjacent Stays - Attack 3v2



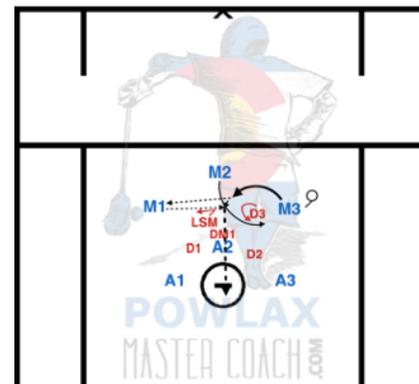
3-3 Twist vs Box and 1

Defenseman Falls Off - Step In



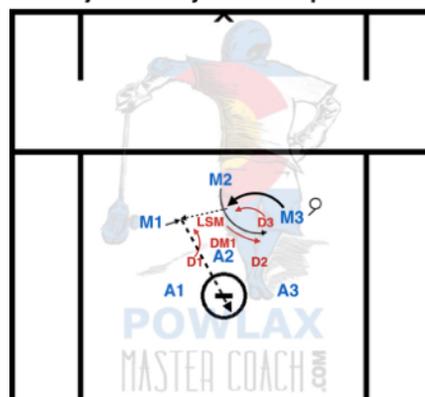
3-3 Twist vs Box and 1

Defenseman Falls Off - Give and Go



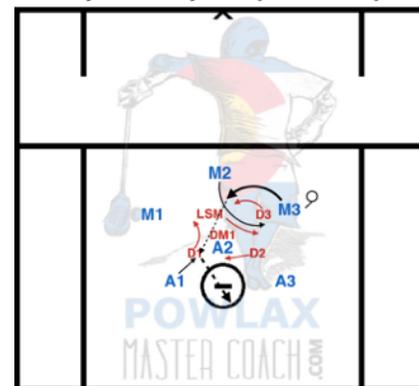
3-3 Twist vs 4 Man Rotation

Adjacent Stays With Step Down



3-3 Twist vs 4 Man Rotation

Adjacent Stays - Top Down Skip



Twist vs Box and 1 Zone

When a defense is in a Box and 1 Zone, our advantage will be on the perimeter and we will gain it by stepping into the top center gap, drawing the **LSM** or **D2**, and creating 3v2's on either side just like **The Basic Looks** on the previous page.

Although it is possible to attack these same gaps without executing the twist, the action of carrying the ball from top right to top center will usually draw **D3** out of position more than simply moving the ball. Often times, this will allow us to throw back to **M2** for a wide open step down shot (top left).

Once their defense catches on to this, **D3** will start to stay with **M3** allowing us to attack the 3v2 on the left side.

If the **LSM** doesn't realize that **D3** is no longer playing **M3**, **M3** can step in and shoot (Top Right).

If the **LSM** rotates to **M3**, **M3** can pass to **M1** for a step-down (Bottom Left) or attack the 3v2.

If **M3** is our best shooter, we can execute a give and go with **M1** and **M3**. **M3** will pass early to **M1** which will pull the **LSM** out and allow **M3** to step in, revive a return pass and take step down.

Twist vs 4 Man Rotation

When the defense is in a 4 Man Rotation, their on ball defenseman, **D3**, should stay with **M3**. This means that we our read will be **M2**'s defenseman, the **LSM**.

If the **LSM** holds and does not follow **M2** we can throw back to **M2** for a step-down or push the 3v2 on the right side (Top Left).

If the **LSM** follows **M2** we will be able to attack the 3v2 on the left side with a:

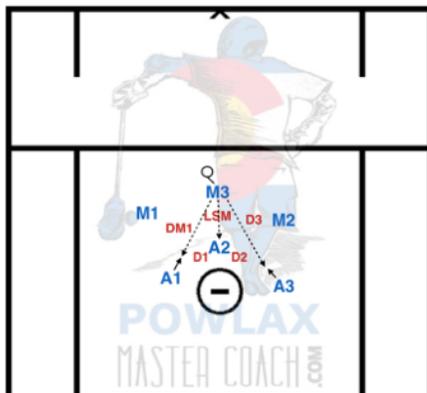
- Pass to a Step Down (Top Right)
- Attack the 3v2 (Bottom Left)
- Top Down Skip (Bottom Right)



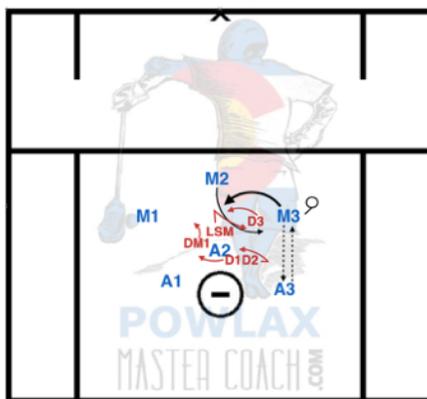
Twist vs



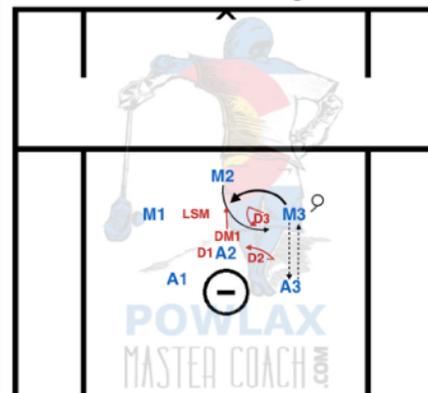
3 - 3 Twist vs
Looks After Twist



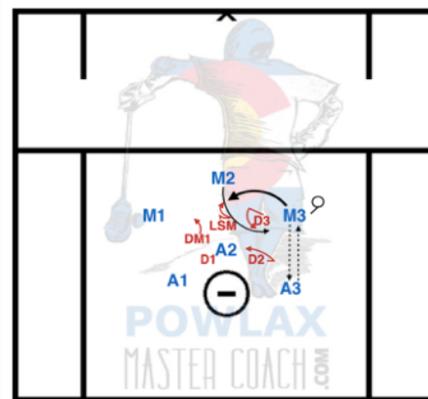
3 - 3 Twist vs
5 Man Rotation



3 - 3 Twist vs
Box and String



3 - 3 Twist vs
House Zone



If the defense is in a Box and String, 5 Man Rotation, or House Zone, they will have 3 players up top. This will create an off ball 3v2 advantage around GLE when the ball is up top. Our looks against these sets will be skip passes through to **A1**, **A2**, and **A3**. (Shown Top Left)

Box and String (Top Right)

In a Box and String **DM1** will rotate up to **M3** as he carries to top center, isolating **D1** and **D2** against **A1**, **A2** and **A3**.

5 Man Rotation (Bottom Left)

In a 5 Man Rotation vs a 3 - 3 Set, all of the defensive players rotate to cover the ball and the 4 best pass options. When the ball is up top, it isolates **D1** and **D2** against **A1**, **A2** and **A3**.

House Zone (Bottom Right)

The House Zone, automatically isolates **D1** and **D2** against **A1**, **A2** and **A3** because it places only two zones down low.

The key to finding any of these looks is to make sure that **M3** is using fakes to manipulate the adjacent defenseman. We want to move them out of skip lanes while **A1**, **A2** and **A3** are moving in and out trying to find the skip lanes.