



Cuse Motion Offense



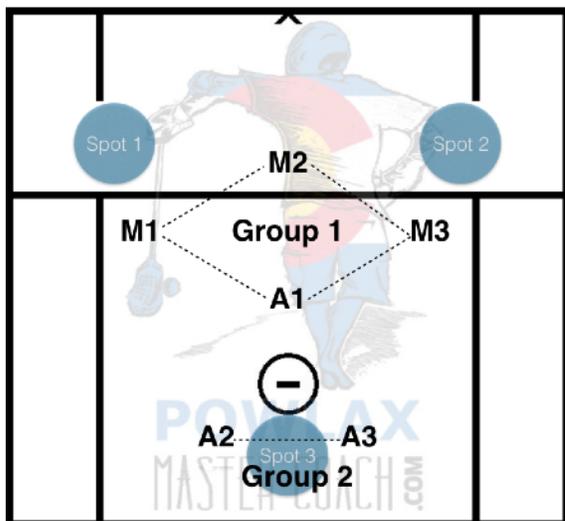
Basics and Keys

- 1) Cuse is a Motion Offense that set up in a 3-1-2 (from up top... I'm not from the island).
- 2) There are 2 groups.
 - 1) **Group 1** - 4 Players - 3 Midfielders and an Attackman.
 - 2) **Group 2** - 2 Players - Behind to the left and right of the cage.
- 3) All Motion offenses consist of:
 - 1) **Motions** - Movements made by a group that has the ball.
 - 1) Movements within the Motions are based on where a player is, not who the player is.
 - 2) **Rotations** - Movements made by a group without the ball.
 - 1) Rotations are based on where a dodge is starting from, not which direction the dodge goes.
- 4) The Cuse Offense is predicated on:
 - 1) Dodging to draw slides
 - 2) Be Creative
 - 3) Reading the Defense
 - 4) The continuous flow of one Motion and Rotation into another.
 - 5) Maintaining spacing to rarely let one defenseman play two offensive players.
- 5) Players should stay within the offense, but be trained with skills that allow them to freelance.
- 6) Cuse is a symmetrical motion offense. Any motions that are run from one side will be the same but reversed on the other. Most diagrams will be right hand centric.

Coaches Challenge

As you progress through this PDF, draw the plays from the opposite side of the field or mix and match different motions and rotations to ensure your understanding.

Cuse Base Set and Groups



Offensive Groups

Group 1 - Midfield Group - The midfield group consists of the 3 midfielders (M1, M2, M3) and an Attackman (A1).

Group 2 - Attack Group - The attack group consists of 2 Attackman, most often a lefty (A2) and a righty (A3).

Spots to Initiate the Offense From.

The motion will begin by attacking from one of three spots.

Spot 1 and Spot 2 - M1 and M3 will "climb the ladder" and get a running start into their dodges.

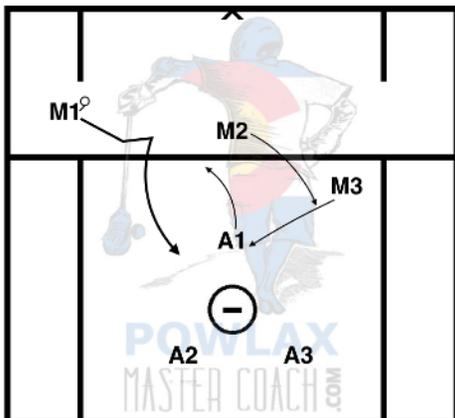
Spot 3 - The attackman can begin the motion from this spot, but most often, they will be dodging after an initial rotation and midfield motion.



Midfield Motions and Attack Rotations



Midfield Motion
Alley Dodge



Midfield Motions

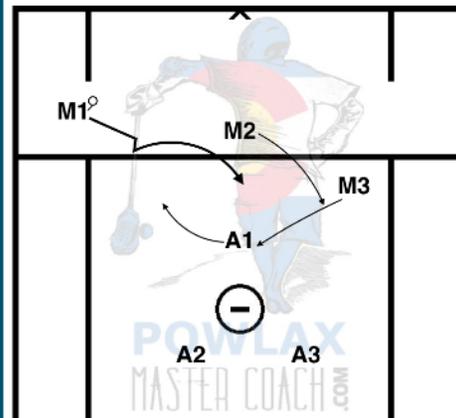
M1 - Dodger - M1 will dodge trying to attack the middle. He has the **option** to sweep across the top or dodge down the alley.

A1 - Mirror - A1 will **read** the dodge and mirror the ball.

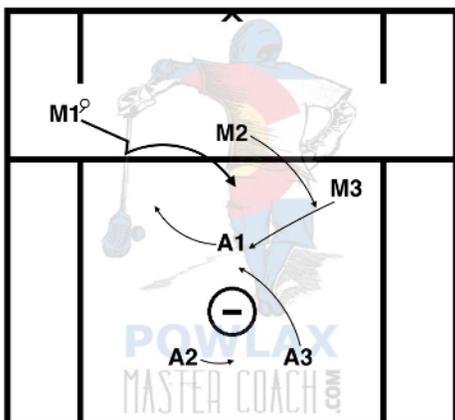
M2 - Fade - M2 is top center and he will fade to the wing opposite the dodge.

M3 - Cut The Middle - M3 will Cut the Middle.

Midfield Motion
Sweep



Attack **Fade** Rotation on a Sweep



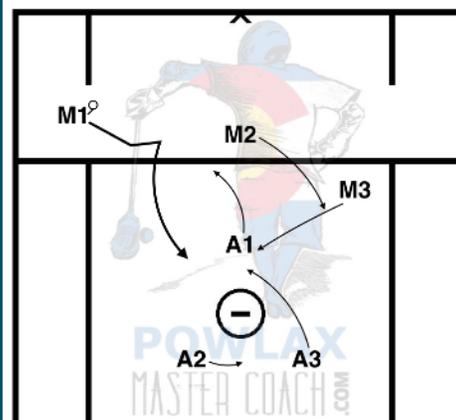
Attack Rotations for Midfield Motion

As the Midfield Group runs their motion, the attackman will rotate in 1 of 2 ways. *Rotations are named and made based on the movement of the ball side attackman.

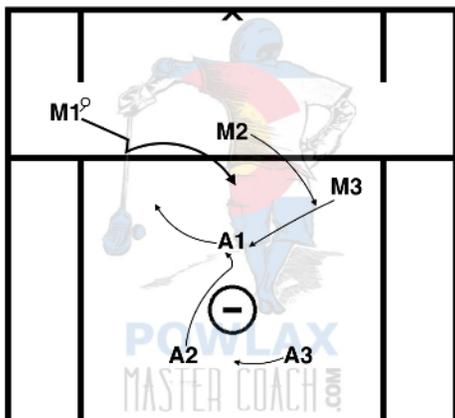
<-----Fade Rotation----->

- The ball side Attackman (**A2**) will **fade** to X.
- The backside Attackman (**A3**) will Cut the Middle.

Attack **Fade** Rotation on an Alley Dodge



Attack **Clear Through** Rotation on a Sweep Midfield Dodge

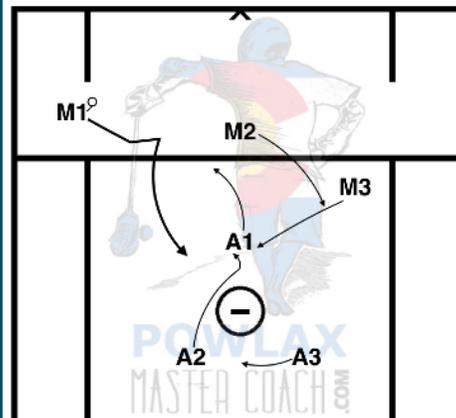


<---Clear Through Rotation--->

- The ball side Attackman (**A2**) will Clear Through to the crease and make a C-Cut or Candy Cane Cut looking to the ball.
- The backside Attackman (**A3**) will fill to X.

*On the next page, we will discuss the Attack Motions and Midfield Rotations following the diagram to the **Right**.-->

Attack **Clear Through** Rotation on an Alley Dodge





Attack Motions

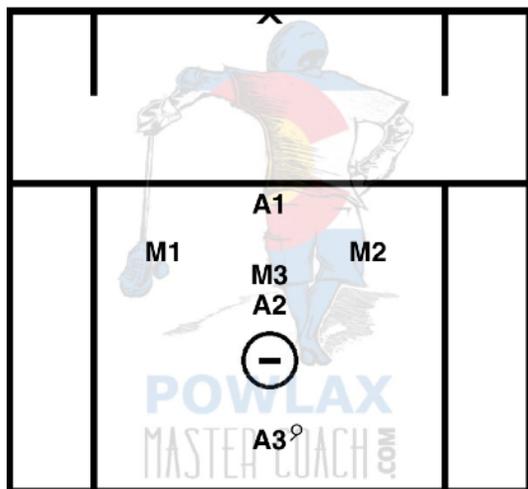


Set for Attack Motions

Starting The Attack Motions

For the most part, the Attack Motions will begin after an Attack Rotation that was caused by a Midfield Motion and a pass to X. This is because we usually want to dodge on a short stick midfielder to begin the motion. However, after backing up a shot, or if we see a matchup that we like, we may start the motion with a dodge from X.

- Attack Motions are almost entirely run out of a 1-4-1 set. All diagrams below show Attack Motions after a Midfield Alley Dodge and a Clear Through Attack Rotation (Bottom Right Diagram on the last page).
- Coaches can select whether they want to run the Pick or Mirror motion or let the Attackman choose based on reads.
- **If the Attackman are already in this position as another Midfield Motion happens, they can hold their positions or exchange (Not Shown)*



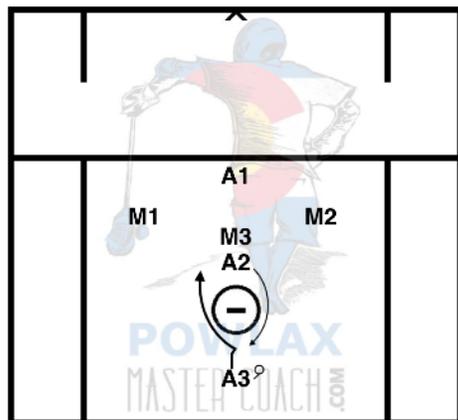
Attack **Mirror Motion** to the Left

Mirror Motion

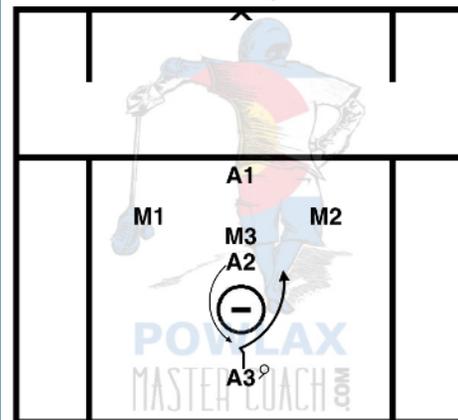
A3 - Dodger - A3 will dodge.

A2 - Mirror - A2 will mirror the ball, opposite A3 and become the backside outlet for A3.

*We usually like to have the dodge go away from where the attackman received the pass because we want to attack the backside.



Attack **Mirror Motion** to the Right

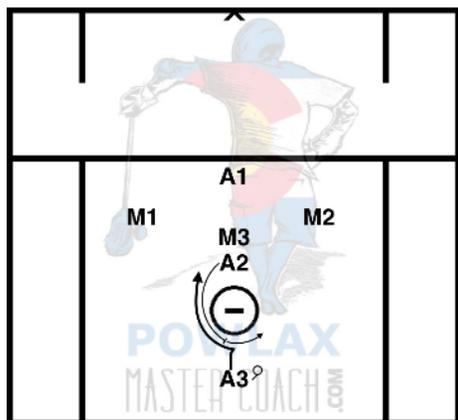


Attack **Mirror Motion** to the Left

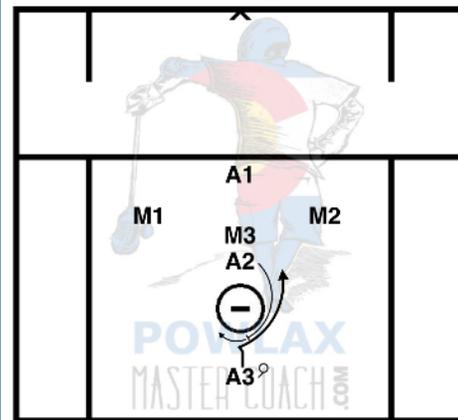
Pick Motion

A3 - Dodger - A3 will dodge off of the pick set by A2.

A2 - Pick and Slip - A2 will come off the crease to set a pick for A3 behind the cage. After the pick, he will slip.



Attack **Pick Motion** to the Right





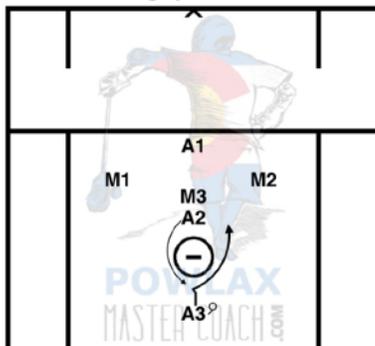
Midfield Rotations



Midfield Rotations

As the Attackman run their Motion, the Midfield has a variety of rotations they can make. We will go through them from least to most difficult and pair them with a righty dodge and Mirror Attack Rotation.

Midfield Hold Rotation
for a Righty Attack Mirror



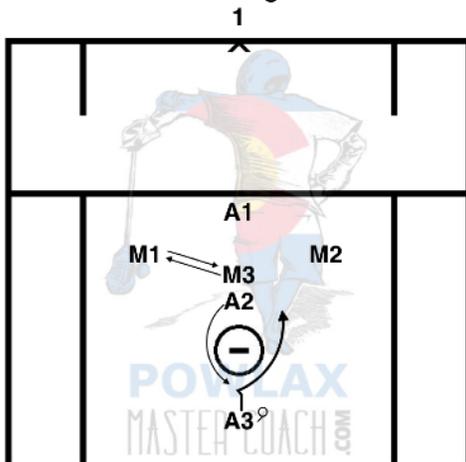
Hold Rotation

This is by far the easiest of the rotations to do because it has no movement.

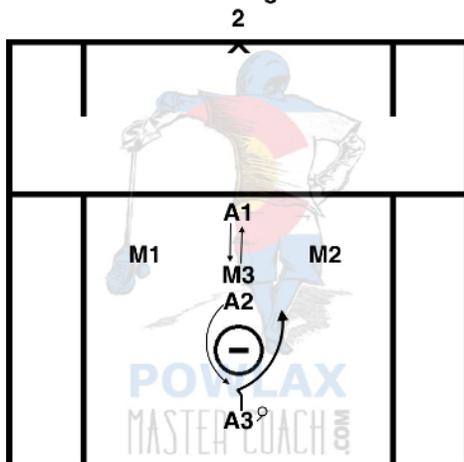
As the Attackman dodges from X, all of the Midfield players stay in position trying to step into passing lanes and gaps looking for a feed.

Although this rotation has no movement, it is not a bad thing. The simplicity of holding allows players to play quickly and will not confuse players as to what they should do next.

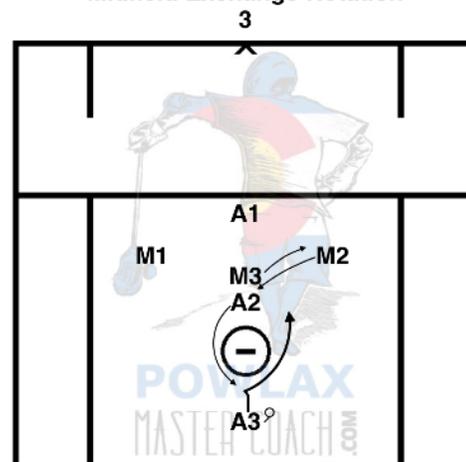
Midfield Exchange Rotation
1



Midfield Exchange Rotation
2



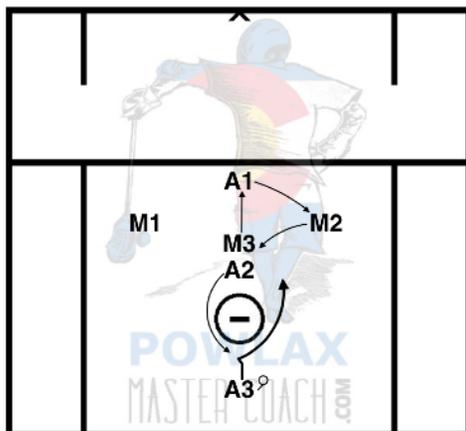
Midfield Exchange Rotation
3



Exchange Midfield Rotations

The Exchange Midfield Rotations are simply exchanges from the perimeter to the crease. The crease player (M3) will trade places with players in the 1 (Top Left), 2 (Top Center), or 3 (Top Right) locations.

Clear Through Midfield Rotation



Clear Through Midfield Rotation

The Clear Through Midfield Rotation is a 3 player rotation where:

- the player on the wing that is being dodged toward (M2) will clear through to the crease.
- the player on the crease (M3) will float to the top.
- the player up top (A1) will cut ball side.
- The back side player will reposition and wait till the next motion.

*This motion is extremely tough run and get a good continuous motion because players have to read and react very quickly. It can be run best if the Attackman are told to always push the backside.



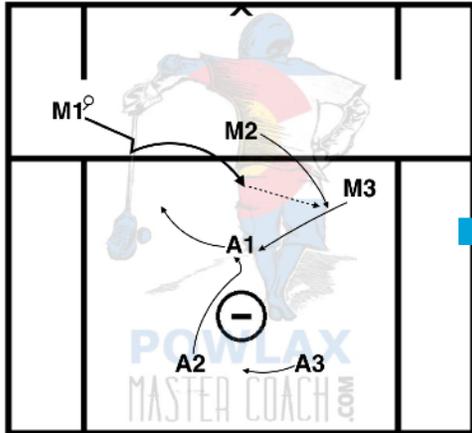
Link Your Tricks



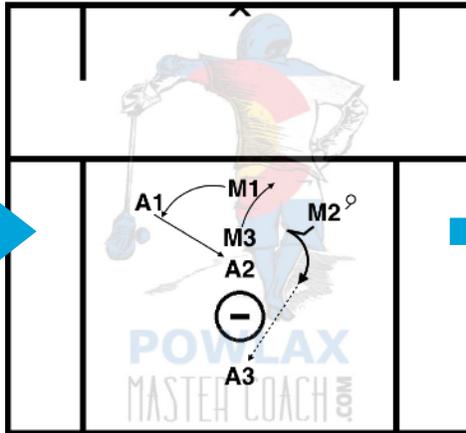
Putting it all together - Linking Your Tricks

The following sets of diagrams are single offensive possessions where we'll show how each motion bleeds into the next. To help grasp the motion, try following one player through the series, based on the rules of each motion.

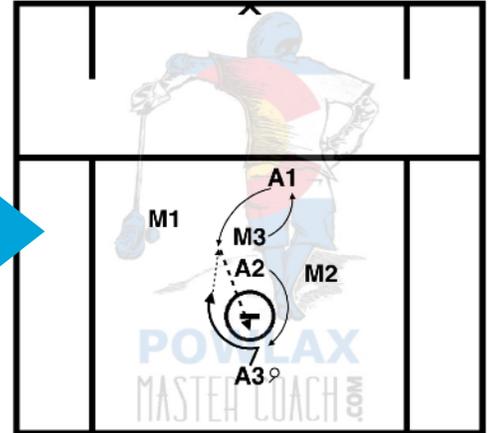
Sweep Midfield Motion
Clear Through Attack Rotation



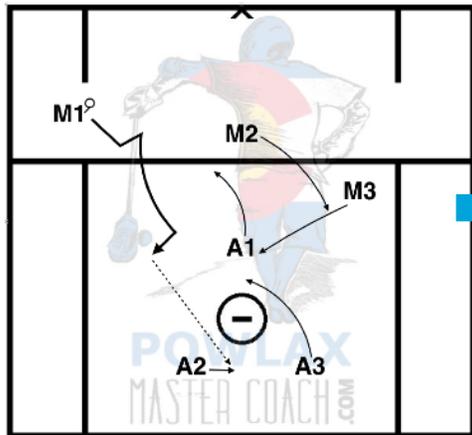
Midfield Alley Dodge Motion
Attack Hold



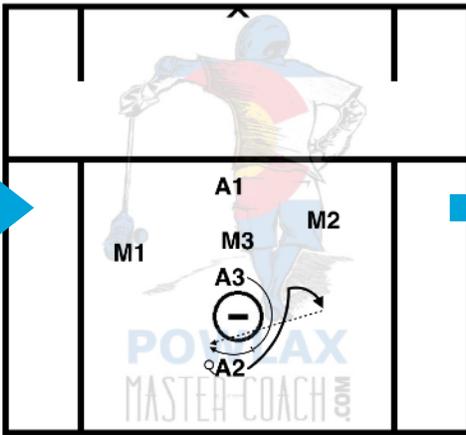
Attack Midfield Motion
Midfield 2 Exchange Rotation



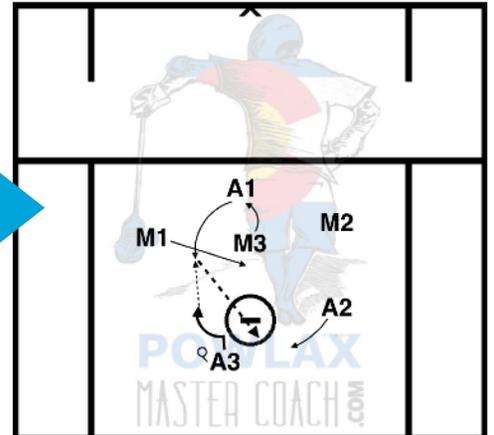
Midfield Alley Dodge Motion
Attack Fade Rotation



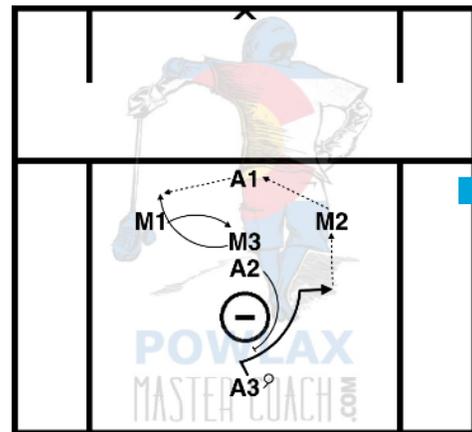
Attack Pick Motion
Midfield Hold Rotation



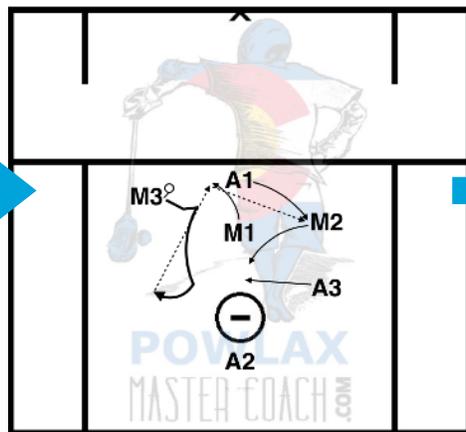
Attack Mirror Motion
Midfield Clear Through Rotation



Attack Picking Motion
1 Exchange Midfield Rotation



Midfield Alley Dodge Motion
Attack Hold / Reset Rotation



Midfield Alley Dodge Motion
Attack Exchange Rotation

