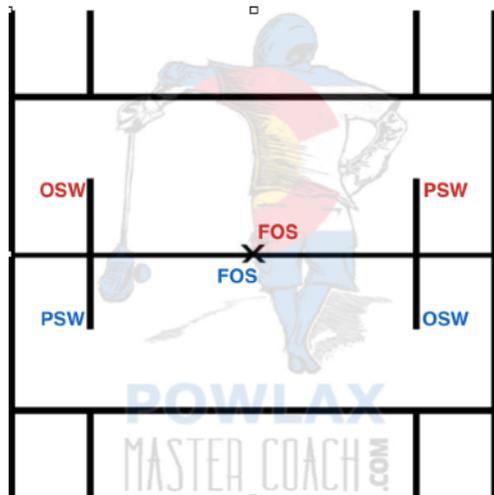




Face Off Plays and Tactics



Face Off Basics Personnel



Face Off Personnel

FOS - Face Off Specialist

The **FOS** is the General! He must get everyone on the same page before taking the face-off and make sure that someone is expecting the ball in a specific spot.

PSW - Pull Side Wing

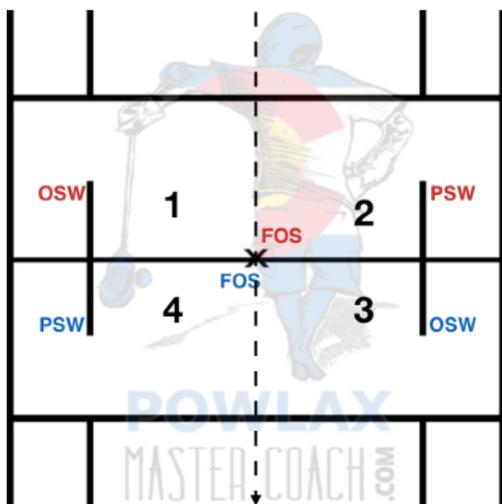
(Left or Butt End of **FOS**)
Best Ground Ball Player

OSW - Off Side Wing

(Right or Head Side of **FOS**)
The player who can take another player out of the play.

Divide the field into Quadrants

1-2-3-4



Face off Quadrants

1 - Pull Forward for transition or Trailer Pass back to **PSW**.

2 - No Man's Land

3 - Pull Back to **OSW**

4 - Pull back to **PSW**. WE MUST OWN QUADRANT 4! If we can gain possession in their quadrant, it will open up all of the other plays as the other team adapts to stop it.

Face Off Principles

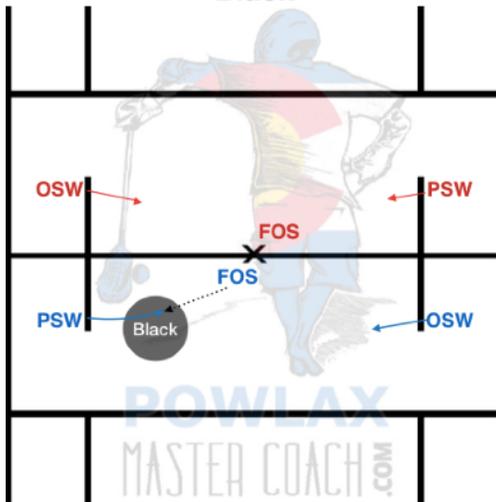
1. **Put the ball where someone expects it** - The **FOS** must always have a plan to take the guesswork out of the play.
2. **Use ankles and elbows to box out** - Wing players who are "Hip to Hip" should box out by using their ankles and elbows to gain an advantage.
3. **If you have space, expect the ball** - In the 5-10 seconds that the **FOS** has when he is at the X, he may read something that changes the play he was going to run. For this reason, you must expect the ball if you have the space.
4. **Connect with the ball carrier** - After the ball has been picked up by your team **DO NOT** allow your players to just sub off the field automatically. This creates easy double opportunities. Everyone must stay involved in the play until our team is settled on the offensive end.
5. **Value the Ball / Defense Stay Involved**- This pretty much goes without saying, but it is referring to the fact that we do not need to move to the offensive end right away. If a ball carrier gets in trouble, he can always throw the ball back to defensive personnel so we can clear the ball, rather than trying to run through a double.
6. **Box out 5 yards behind the butts during a scrum** - this will put us in the most likely areas that the ball will come out and give us the time we need to read that ball as it comes out. If we are too close, we won't be able to make a play.
7. **To start the game, put the PSW and OSW 5 to 10 yards into our defensive half of the field** - this allows us to see what the Face Off matchup will look like without giving up transition. Once we see what the matchup is like, we can modify our strategy on each face off.



Face Off Plays and Tactics



Face Off Plays Black



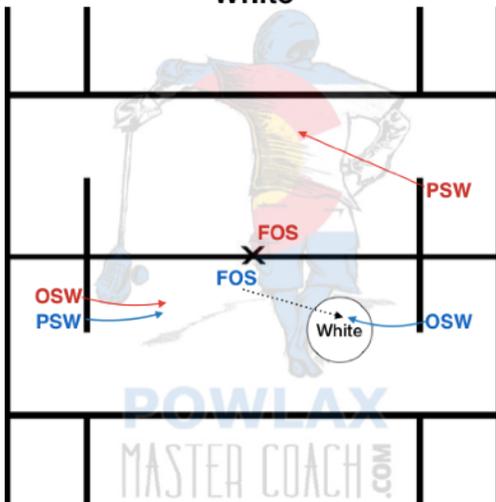
Face Off Plays - Black

If our **PSW** has cushion because the other team wants to stop the fast break, we will be in Black.

The **FOS** will pull the ball to Quadrant 4 for the **PSW**.

If we can win possession using Black consistently, it will put the other team into a situation where they have to decide whether to give up possessions by staying conservative or give up offensive transition by trying to lock our **PSW**.

Face Off Plays White

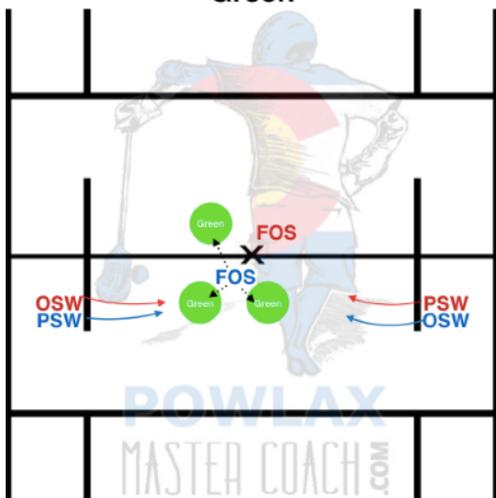


Face Off Plays - White

Let's say we win a few face offs using Black and the other team decides to lock off our **PSW** and defend the fast break with their **PSW**.

This gives our **OSW** some cushion, and our **FOS** can pull the ball into Quadrant 3 in White.

Face Off Plays Green



Face Off Plays - Green

If the opposing team locks off both wings, we will move into Green.

Green is when our **FOS** pulls the ball to himself in quadrants 1, 3, or 4.

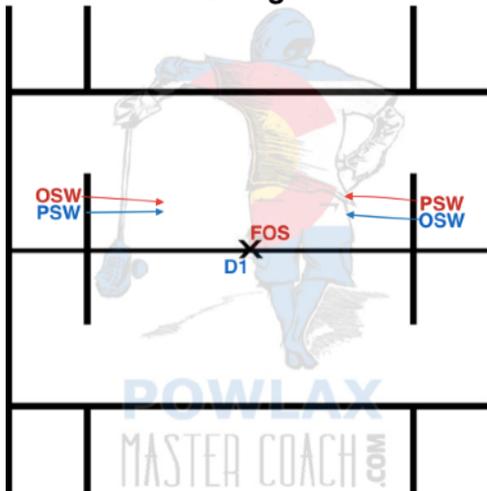
The **FOS** can pull the ball to himself at any time if he feels he can win the ball cleanly.



Face Off Plays and Tactics



Face Off Plays Orange



Face Off Plays - Orange

If our FOS can't win the ball, we will move into orange where we will lock off everyone and play the ball. The wings will go hip to hip and try to box out their men while the **FOS** or **D1** will not go for the clamp and simply stand up and play the ball using these techniques.

1. Standing Neutral Grip - How you regularly hold the stick.
2. Belly-Helmet - **Don't go for the clamp**, simply stand up and put your belly on their helmet.
3. Play the ball as their **FOS** pulls it out.

Teach players to play the ball, never to chop!