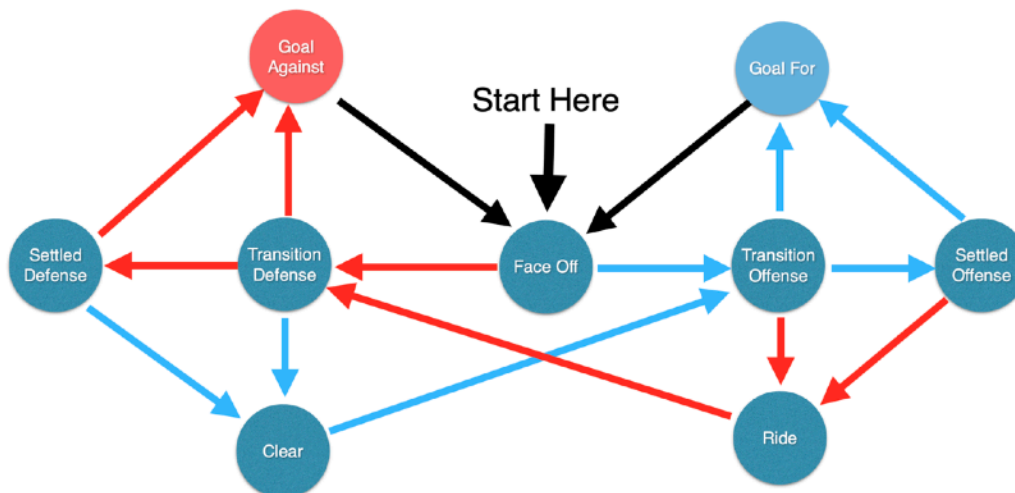
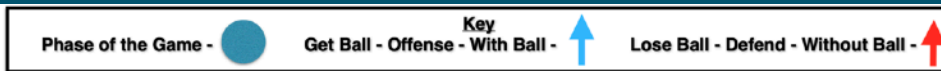




Strategy Checklist



The diagram above depicts the phases and flow of lacrosse. The blue circles are phases of the game. The blue lines depict a team moving from one phase of the game to another when they have the ball. The red lines depict a team moving from one phase of the game to another when they don't have the ball.

We want to make sure that we have guidelines and strategies for play within these phases. Use this form to plan out your complete team strategy.

Looking for elements to enhance your checklist? Discover top-notch strategy training videos in the Coaching Strategy section at POWLAX.com

Face Off

Guidelines: _____

Strategies: _____

Transition Defensive

Guidelines: _____

Strategies: _____

Man Down Defense _____

Transition Offense

Guidelines: _____

Strategies: _____

Man Up Offense _____

Settled Defense

Guidelines: _____

Strategies: _____

Settled Offense

Guidelines: _____

Strategies: _____

Clearing

Guidelines: _____

Strategies: _____

Riding

Guidelines: _____

Strategies: _____