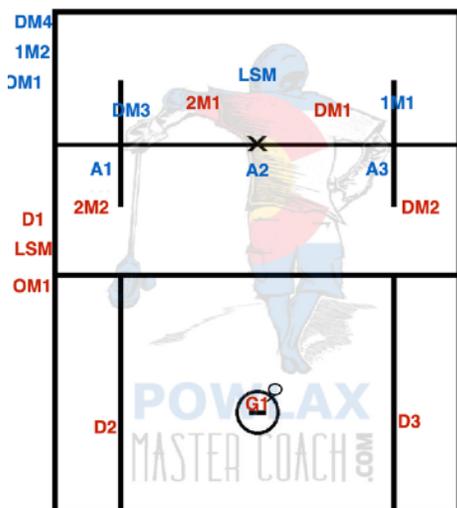




Personnel Responsibilities



3-3 Deep Zone Ride



3 Man Deep Zone Ride Setup

The 3-3 Deep Zone Ride is an excellent riding strategy because it gives up limited transition and overloads the area around the midline creating difficult passes and potential double teams.

To Set up the 3-3 Deep Zone Ride:

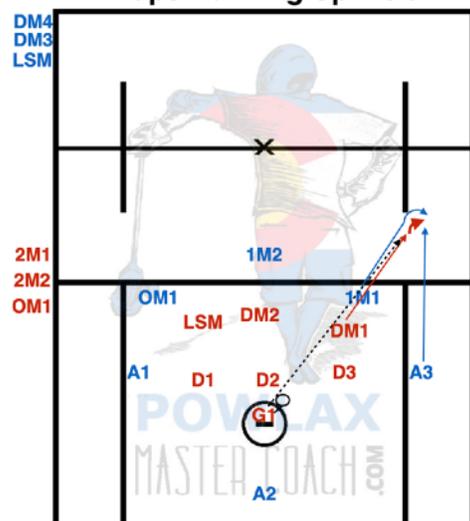
Midfield Group: The 3 defensive midfield players, **DM3, LSM, 1M1**, will position themselves across the midline. If clearing players cross the midline, they must keep them in front of them.

Attack Group: The 3 attackmen, **A1, A2, A3**, position themselves across the midline 5 to 10 yards on the offensive side of the field.

This creates a 6v4 advantage through the middle of the field. A key teaching point during the clear is:

"The farther your man is from the ball, the farther you can be from him."

3-3 Deep Zone Ride Traps Running Up Field



Causing Turnovers

Turnovers are created best by setting traps before the midline. This allows the attack group to help with the double teams.

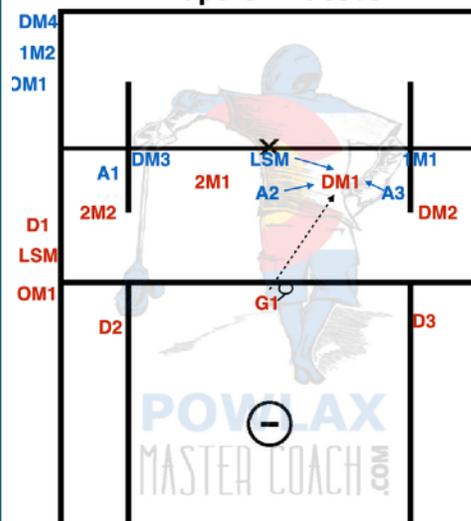
Traps Running Upfield

If the ball is passed to a clearing player moving upfield **DM1**, **1M1** must stay deep and try to turn him back so that **A3** can chase to create the double.

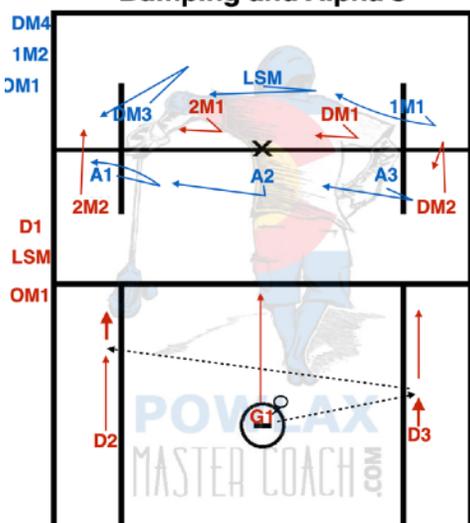
Traps on Passes

If the clearing team moves the ball upfield and passes to an open player upfield **DM1**, a single midfielder **LSM** and many attackman **A2** and **A3** can double team.

3-3 Deep Zone Ride Traps On Passes



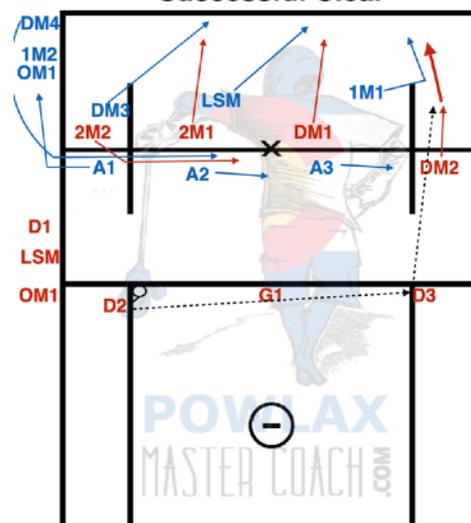
3-3 Deep Zone Ride Bumping and Alpha's



Bumping and Alpha's - During the ride, only three of the clearing players and three of the riding players will be able cross the midline. Clearing teams will use a strategy, where they alternate players, **DM2** and **2M2**, that cross the midline to create space. These are called **Alpha's**. When this happens, the players in the midfield group will need to **Bump**, or shift across the field to pick up the players.

Successful Clear - Once the ball crosses the midline, if we do not have turnover level pressure on the ball carrier, the defensive players must matchup with the offensive players, get down the back pipe to play defense.

3-3 Deep Zone Ride Successful Clear

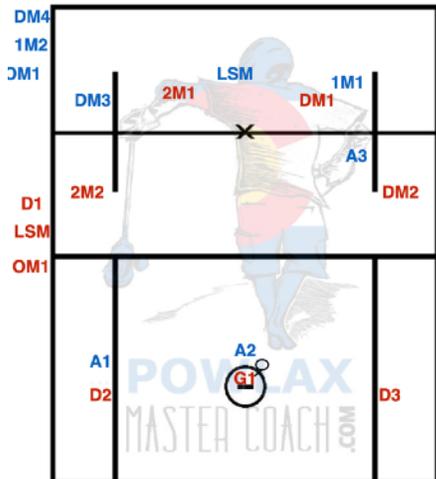




Personnel Responsibilities



2 Down Windshield Wiper Ride



2 Down Windshield Wiper Ride

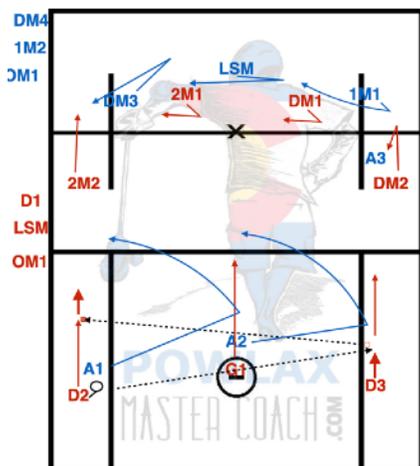
The 2 Down Windshield wiper ride uses the midfield strategy of the 3-3 Deep Zone Ride, but puts pressure on the clearing teams defenseman and goalie by pressuring with two of the attackmen. It limits transition offense, exploits defenseman and goalie stick skills and can create doubles on turn backs.

To Set up the 2 Down Windshield Wiper Ride:

Midfield Group: The 3 defensive midfield players, **DM3**, **LSM**, **1M1**, will position themselves across the midline. If clearing players cross the midline, they must keep them in front of them.

Attack Group: 2 of the attackmen, **A1** and **A2**, will cover the defenseman and goalie in the base of the clear by pressuring the ball and making them throw the long pass. **A3** will move upfield to cover someone on the off box side of the field.

2 Down Windshield Wiper Ride



Causing Turnovers

Causing turnovers in the 2 Down Windshield Wiper Ride are accomplished most by pressuring the defense and goalie and making them throw difficult passes.

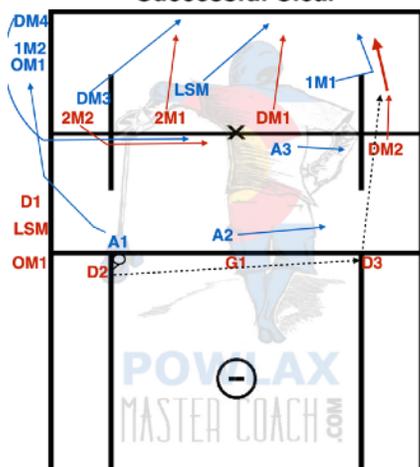
Make the Defense and Goalie Handle

A1 will pressure **D2**. We will encourage **D2** to throw the long pass to **D3** by leaving **D3** open. Once the ball leaves, **A2** will leave **G1** to cover **D3** and pressure the ball while **A1** leaves **D2** to cover **G1**. As the ball is passed back, they will return, trying to force difficult passes. This is the Windshield Wiper Motion for the Attack.

Midfield Group Bumping

As **D2** and **D3** pass the ball back and forth, the midfield group, **DM3**, **LSM**, and **1M1**, will bump back and forth trying to cover up **2M2**, **2M1**, **DM1**, and **DM2**. **A3** will get in passing lanes and cover **DM2** when he is on the offensive side of the field.

2 Down Windshield Wiper Ride Successful Clear



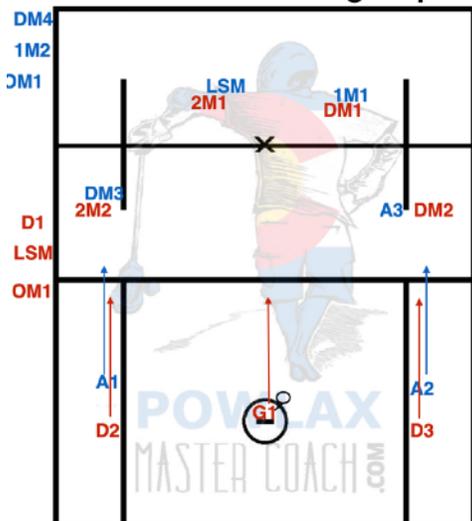
Successful Clear - Once the ball crosses the midline, if we do not have turnover level pressure on the ball carrier, the defensive players must matchup with the offensive players, get down the back pipe to play defense.



Goalie and Zero Ride



Goalie Ride Let the Goalie Bring it Up



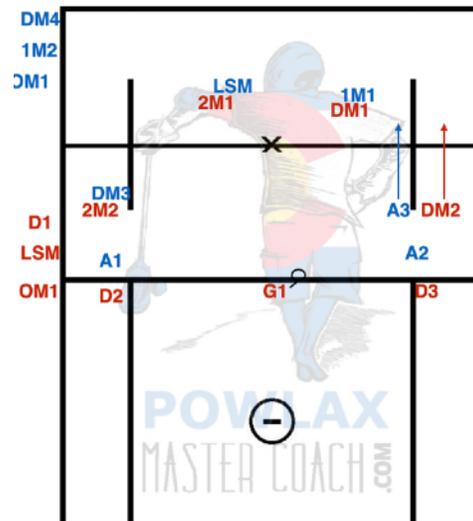
Goalie Ride

The Goalie Ride is a great choice if the opposing goalie doesn't have good stick skills.

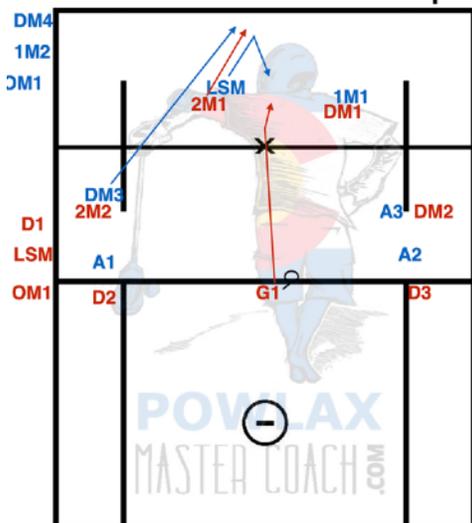
In the goalie ride, all riding players are going to match up with all the clearing players except the goalie. The objective is to put the ball into the goalies hands because we trust that he will make a mistake.

Match Feet - The riding team must "Match Feet" in the Goalie Ride. Matching feet is staying on the same side of the field as the player you are covering. Even though **A3** is an attackman, he will defend **DM2** by matching feet and crossing the midline.

Goalie Ride Match Feet



Goalie Ride Force the Goalie and Bump



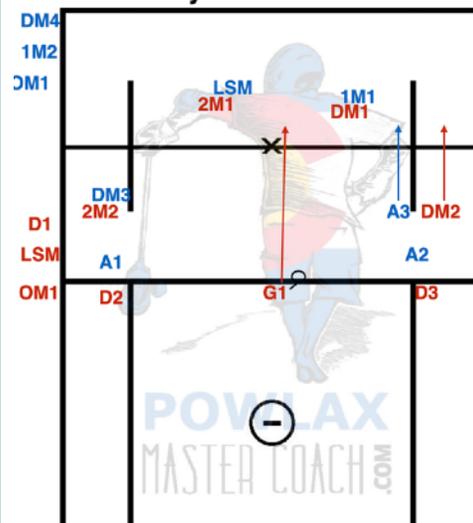
Force the Goalie and Bump

By covering everyone but the goalie, we are forcing the goalie to make a pass to a covered player or carry the ball over the midline. When this happens the midfield group must bump cover the goalie. We can do this by jumping quickly to surprise him or slow play it to allow our other midfielder, **DM3**, to get in and cover.

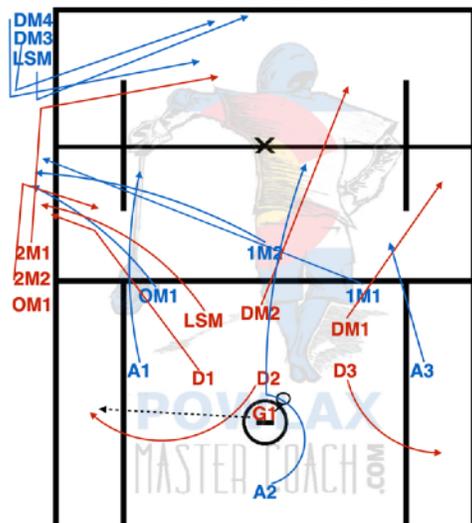
They'll Go Off Sides

If we match feet and the Alpha, **DM2**, moves across the midline and the goalie moves over the midline, they will be off sides and we will generate a turnover.

Goalie Ride They'll Go Off Sides



Getting Into The "0" Ride All Midfielders Sub



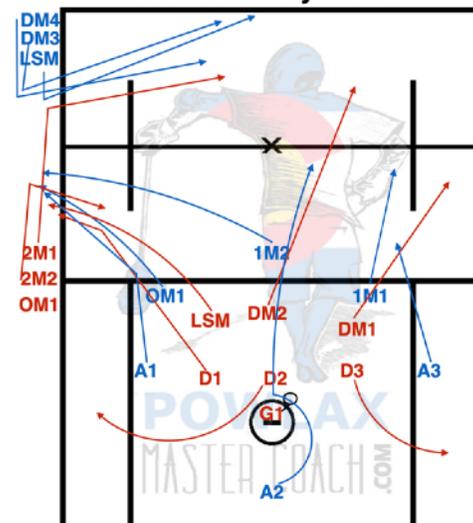
The "0" Ride

The "0" (Zero) Ride is what you run when you just want to get in and play defense. You're not concerned about generating turnovers, you just don't want to give up transition offense.

All Midfielders Sub - The easiest way to run the "0" Ride is having all of the midfielders sprint to sub off the field. This can generate transition if a midfielder is a long way away from the substitution box. If this happens we will use the

"3 Closest Players Sub" - The 3 closest players to the box will sub. This must be communicated well and we'll sub any attackmen back on after.

Getting Into The "0" Ride Closest 3 Players Sub





Goalie and Zero Ride



Subbing Off Offensive Personnel

In the event an offensive player gets trapped on the defensive side of the field, we will want to substitute him off the field with our opponents defensive personnel that is also going to substitute. If our opponent uses a midline substitution pattern, we will need to use one as well. To do that, we will do following things.

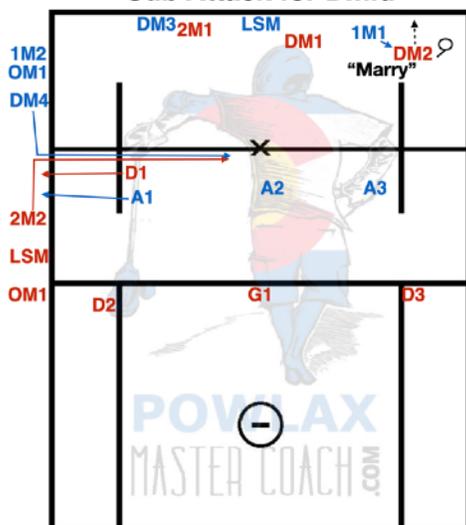
First, the offensive midfielder, **1M1** will **"Marry"** the defensive midfielder, **DM2**. **"Marry"**ing is when an offensive player locks onto and runs with the defensive player in order to substitute.

Second, we will follow the substitution patterns that our opponent uses.

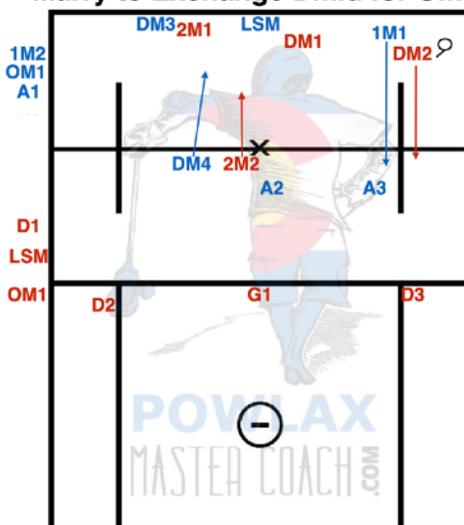
- If they substitute through the box, **1M1** will follow **DM2** off the field through the box for **DM4**.
- If they use Substitute Through The Midline, we will make 3 consecutive substitutions.
 - Sub Attackman, **A1**, for Defensive Midfield **DM4**.
 - Sub Defensive Midfield, **DM4**, for Offensive Midfield **1M1**.
 - Sub Offensive Midfield, **1M1**, for the Attackman, **A1**.

The first substitution of this subbing pattern is shown within the 3-3 Deep Zone Ride and 2 Down Windshield Wiper Ride on the previous pages.

Subbing Through Midline 1 Sub Attack for Dmid



Subbing Through Midline 2 Marry to Exchange Dmid for Omid



Subbing Through Midline 3 Sub Omid for Attackman

