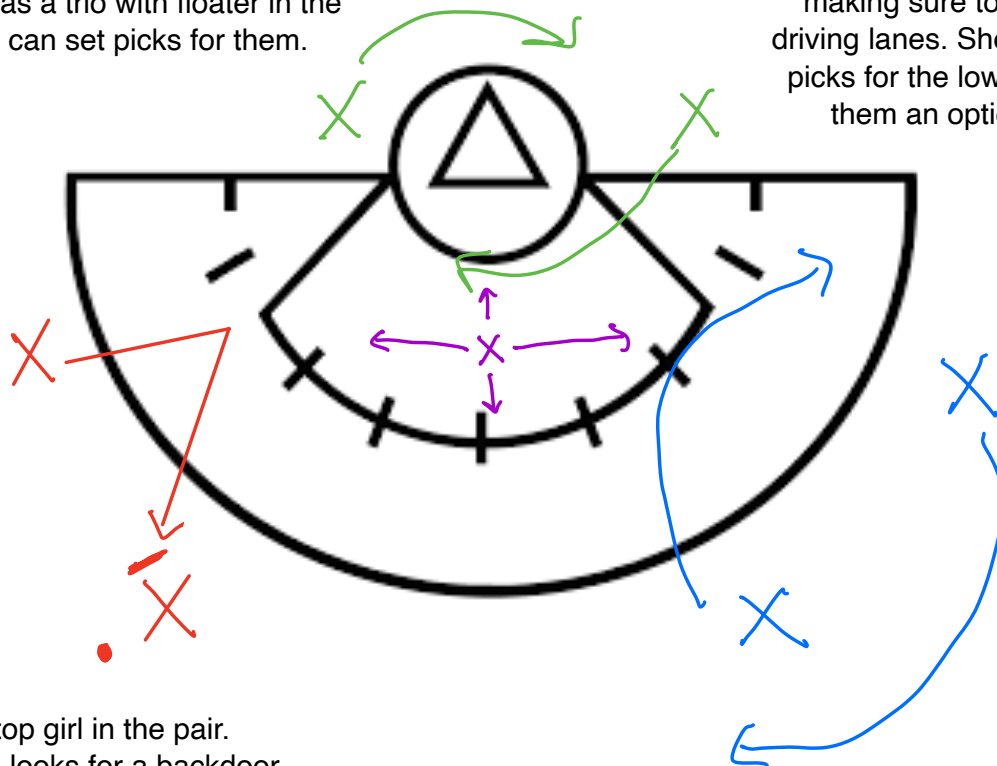


“Deuces”

Call in the play, repeat it, say “Name, PARTNER!” to your pair. Step back, make sure everyone is set and then run the play!

Girls behind are mirroring each other and looking for options for a feed from high. They are also working as a trio with floater in the middle, as she can set picks for them.

Floater in the middle, is cutting opposite side to where the ball is. She is an option for a feed into the middle. She also is making sure to stay out of driving lanes. She can also set picks for the low girls to give them an option to cut.



Ball swings to top girl in the pair.
STEP 1: Lower girl looks for a backdoor cut

STEP 2: after backdoor cut, she sets a pick on top girl for a drive. Must open up after pick for a potential dish pass.

BACKSIDE:

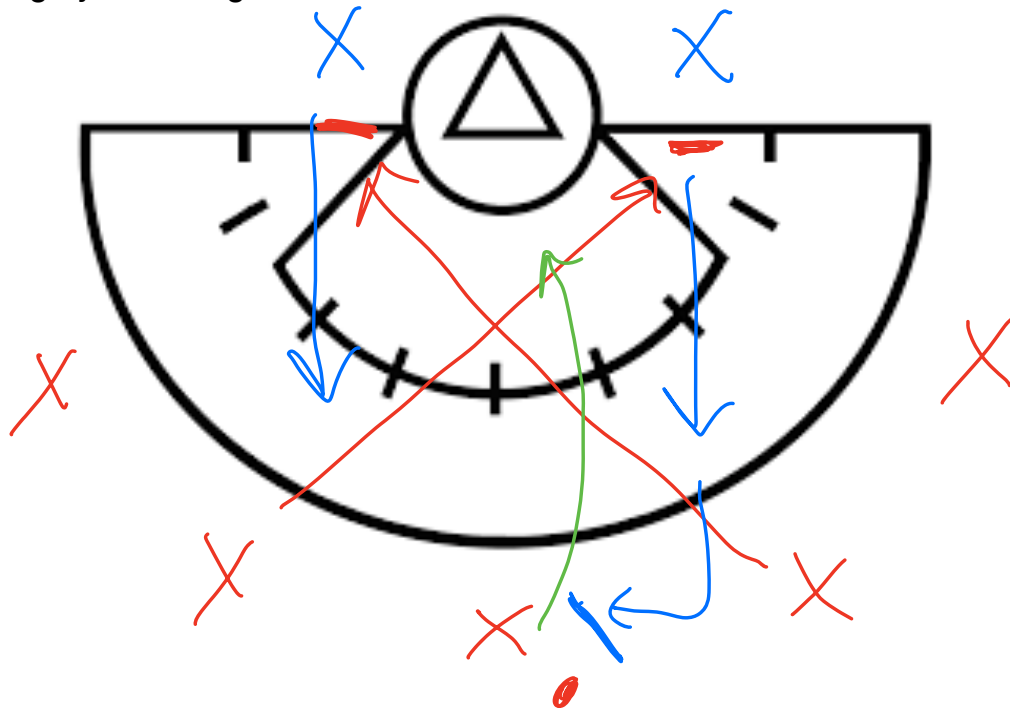
Flash: girl at top cuts in as soon as pick is set
Pop: lower girl pops out as an outlet, working in a wheel motion with pair

Ball then moves to other side where the process is the exact same!
Ball can swing low to move ball to other top side.

This play is meant to be a continuous flowing offense with no clear end. This is meant to create MULTIPLE options for drives and feeds

“Ski”

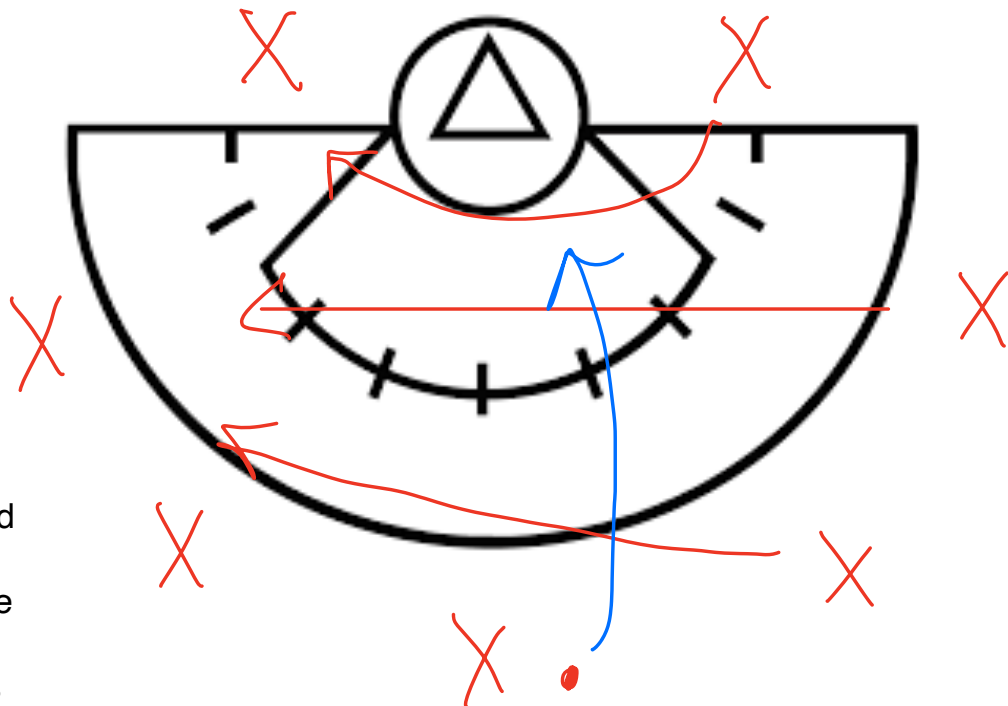
- 1) Ball swings to top girl at the top
- 2) 2 girls adjacent to ball cut diagonally downwards to set picks on low girls, making sure to fill into their space for the meantime.
- 3) If the look is open, ball handler makes that pass
- 4) If not there, the girl to the right of the ball, (who cut up from low) sets a pick on ball for a righty drive to goal



First step = red
Second step = blue
Third step = green

“MONEY”

This is just an iso play. So, Ball swings around the 12. As soon as ball reaches girl at top, the girls on the ride side all sprint across to the other side. Girl with the ball then drives in off their backs, straight down to goal.



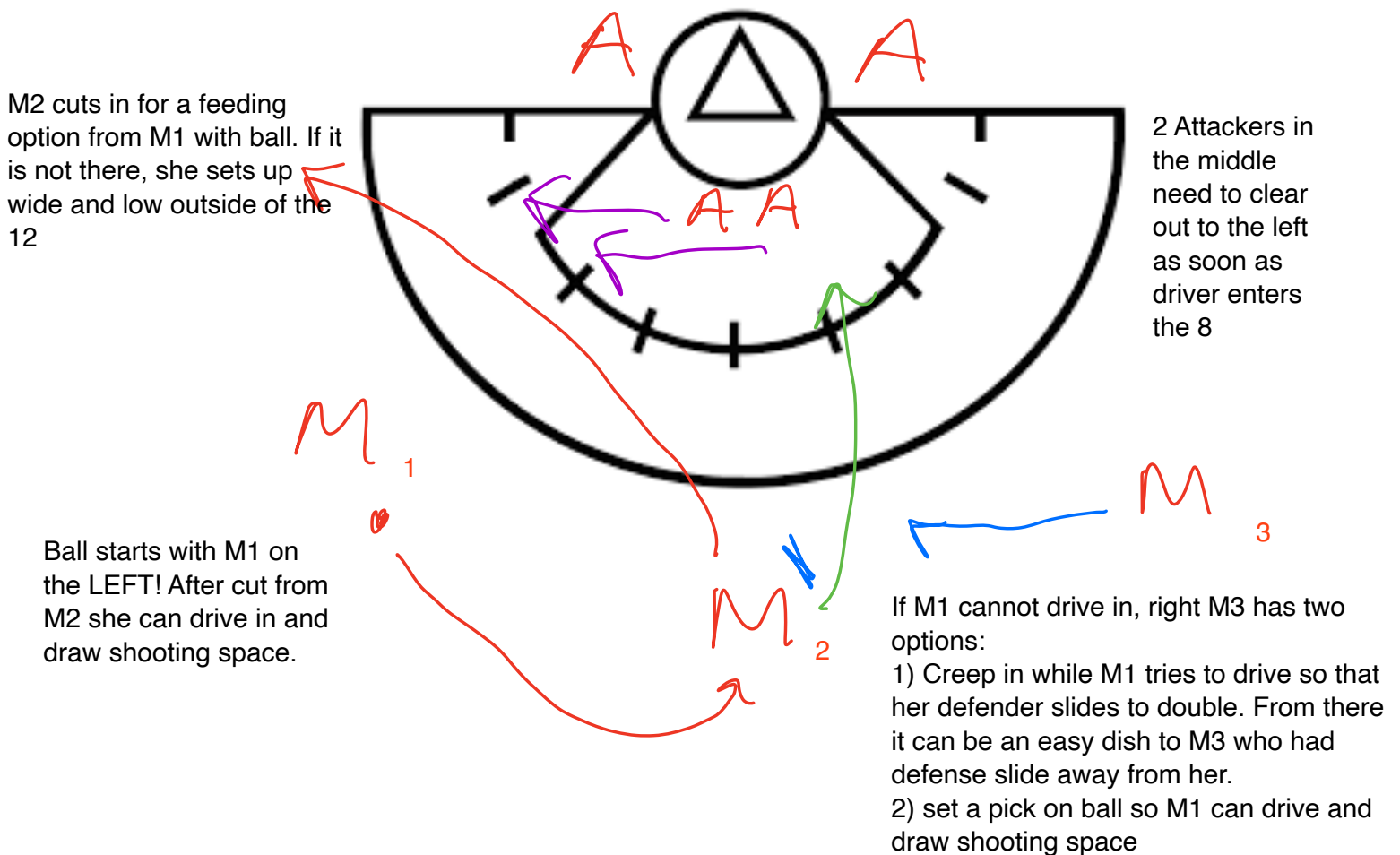
Girls on backside, need to spread out extremely wide to avoid easy crashes/slides

This play needs to happen QUICK and in very fast succession, as iso plays are very easy to catch on to. However, when they are done properly, they are very easy goals to score.

“A”

This play is designed for us to draw shooting space

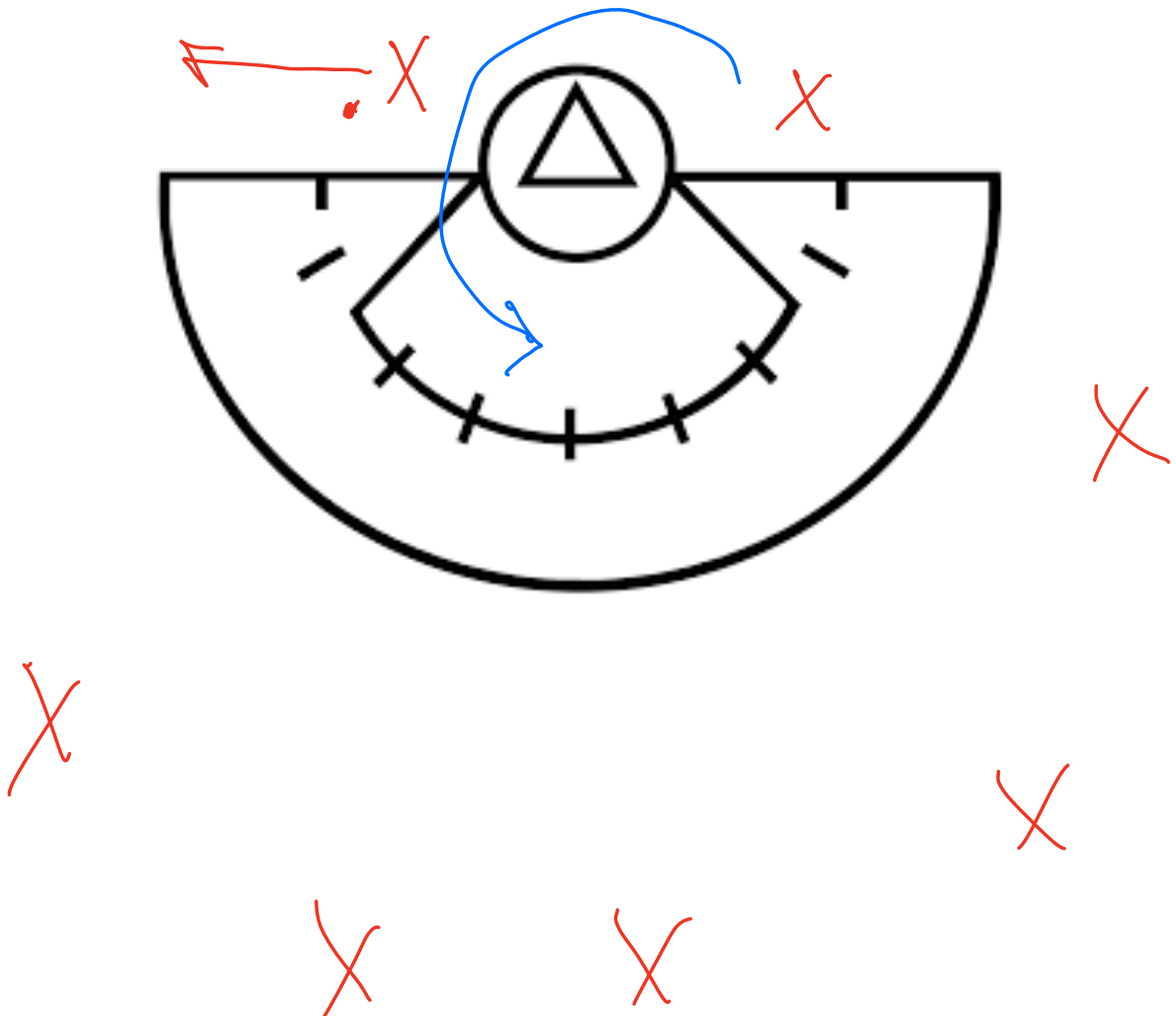
Attackers set up with 2 girls (ideally our tallest attackers) right next to each other in front of the crease, blocking the goalie's view and bringing defenders into a possible shooting space or 3 seconds situation.



“NIKE”

This is a low attack play that mimics a nike swoosh movement

Ball carrier drifts out wide, carrying her defender with her (especially effective against a defense that follows wide/low. Other low A needs to dodge her defender with a quick change of speed and change of direction and cut towards ball to receive a feed for a crease roll or a question mark cut.



High attackers and middies need to spread WIDE OUT so we can avoid an easy crash/slide situation