

## Basic Individual Tactics

### Defensive Emphasis

1. **Deny the forward pass** – Keep your stick down to cut off passing space along the ground. Position your body between the opponent and your goal, preferably with the ball on your right side (stick side). Anticipate where the opponent may try to pass the ball (sideways to get around you). Be sure you have a good chance at a steal before going for the ball (the more teammates already BEHIND you to cover on defense, the greater risk you can take trying to intercept a pass).
2. **Deny the forward dribble** – Keep your stick down (and @ 3 o'clock, or BIG) to cut off dodging space along the ground. Position your body between the opponent and your goal, preferably with the ball on your right side (stick side). SHADOW the ball. Do not make unnecessary motions with your stick. Let the attacker panic. Just move your feet to keep your stick close to the ball (without fouling- **avoid** touching their stick). Look for an opportunity to BLOCK tackle the ball and deny 100% possession.
3. **Earn a restart** – steer the attacker out of bounds or draw a foul (by **holding** a good block tackle until the attacker panics and lifts their stick). Even if the attack gets the restart, their momentum is lost and your defense gets additional time to organize.

### Offensive Emphasis

1. **Smart pass** – Passing is the **best** and **fastest** way to **move the ball**. Always try to think ahead for a potential pass so you are ready if you find the ball on your stick. The ball never gets tired. The more work you let the ball do, the “stronger for longer” you will be.
2. **Smart dribble** – there is one or more “open” spaces to dribble into and the ball carrier aggressively exploits one (with speed and vision). A good dribble creates passing opportunities as the defense reacts to the ball carrier first, and your teammates second. Look for a quick pass when dribbling, especially **immediately after a successful dodge**.
3. **Earn a restart** – play the ball off the stick of a defender out of bounds, or draw a foul. The only drawback here is that **momentum is lost** and the defense gets time to organize if the attack had superior numbers (**exploit the dynamic advantage whenever possible!**).

## Techniques

### Defensive

1. **Shadow the ball** (do not panic, DO NOT **wave** your stick at the ball, just annoy the attacker with superior footwork and place your stick very near, but not touching, the ball).
2. **Intercept the ball** (Egg hunting: don't break the egg- possess the egg).
3. **Block tackles** (get in proper front stick position using footwork- run the rain drop)
4. **Double team** (two “connected” block tackles at right angles- make a “V” the ball cannot escape from). One player perpendicular to, and the other parallel with the sideline.
5. If necessary, play the ball **safely** out of bounds-- the *second* best place to lose the ball!

### Offensive

1. Ball **on your stick** and in front of your body. Belly button down (hips low- bend **knees**). Left elbow up (left shoulder too!). Chin up. VISION. EYE CONTACT. FOLLOW THROUGH with stick in direction of pass (point the stick where you want the ball to go).
2. Look through the “first” defender to see where the “second” opponent is. Keep hips low by bending knees, and do not lift stick off ball while looking up...**be strong on the ball!**
3. Be patient. Keep stick on ball. Look for “triangles” between opponent's legs, under their out-stretched sticks (push the ball through the triangle). Use **firm** PUSH passes (NO BACK-SWING) to release the ball to a teammate- back swings **waste** precious time!