

TIPS FOR THE ATTACK

1. Make your defender play you and you alone EVERY second you are in the game - keep moving ALL of the time so that she must center her attention on you and not be in position to help out a fellow defender during a double team;
2. When moving the ball from Attack to Attack, make ALL passes hard and quick, on target and to the outside and away from your target's defender;
3. When you have the ball, NEVER stand still - keep moving ALL of the time - if necessary run forward and backward, but KEEP MOVING;
4. All passes should be overhand or underhand for better accuracy; try to avoid sidearm passes;
5. ALWAYS move to the ball when accepting a pass or a feed and after you catch the ball, circle and move away from the defender;
6. When you have the ball, be constantly faking passes and shots - keep your defenders stick moving at all times;
7. When you have possession of the ball, make your defender play your stick - watch her stick - the position of her stick will determine the direction of your dodge, your feed or your shot;
8. Make EVERY pass a good pass; make EVERY catch a good catch - IF YOU CAN TOUCH IT, YOU CAN CATCH IT!!
9. NEVER make a pass to a teammate who is covered just to get rid of the ball; if you cannot make a pass, hold on to the ball until a teammate is open
10. If an Attacking player is being marked closely and cannot dodge or "get away", the nearest teammate on the attack goes to help him, either to receive a pass or to set a pick;

TIPS FOR THE ATTACK (2)

11. After receiving a pass, look first at the player who threw you the ball to see what she is doing - is she cutting back for a return pass? is she cutting toward the goal? Is she setting a pick for you? - then determine your course of action;
12. If you receive a pass after cutting and you do not have a good shot, hold on to the ball, look for a feed or pass to your help;
13. Place all shots to a distant corner or between the goalie's legs (the "5-Hole"); make sure all shots are hard - when shooting try to avoid looking at the entire goal as your target, rather aim for one of the small squares in the net - remember - AIM SMALL, MISS SMALL!!
14. If you are within the "8" your shot should be for a top corner;
15. After picking up a groundball in the offensive zone, turn and face the goal immediately - if nobody is marking you and your teammates are not open then go-to-goal until you are picked up - at that time you should feed your "open" teammate for a shot-on-goal or take a *quality* shot yourself - try and keep the extra player-advantage as long as you can.
16. Keep the ball moving with short, quick and accurate passes;
17. Do not hold onto the ball for very long- the longer you hold on to the ball the more time the defenders have to set up a double team;
18. Always be in position to back up passes, feeds and especially shots on goal; when a cut is made or a shot is taken, the entire Attack must play a role, always moving to be in position to backup and CONTROL THE BALL;
19. REMEMBER, possession is the key on the attack - the other team cannot score if YOU have the ball!!!
20. Never try to dodge when your teammates are in position to back up;

TIPS FOR THE ATTACK (3)

21. Never try to force in, with the ball or by a pass, if the defense is drawn inside the "12" or the "8" - draw the defense out first, then work the play for a shot-on-goal;
22. Never stand so close together that one defender can cover more than one attacking player - spread out and spread the defense out;
23. Go fast and hard for all ground balls - possession is the key;
24. Always keep your field balanced in order to stay in better position for playmaking and backups - give your teammates ample space to work in;
25. Shoot hard and shoot often at the goal;
26. ALWAYS have at least one attacking player (preferably two) behind the goal to set up feeds and to backup shots-on-goal;
27. Time your cuts - do not cut if the player with the ball is not watching or is not in position to pass;
28. Make your cuts complete - cut through and out - do not cut at half speed or hang around the "8" after your cut; keep the defense spread out and constantly moving;
29. Zing-zag your cuts - fake left and go right, fake right and go left, draw high then hook low, etc. - mix it up - do not always run the same direction, same pattern, same speed and switch stick sides; change of pace is very effective in getting open for a pass;
30. Keep your defender unsure of your strong/weak sides - switch hands when cradling, use both sides as a target for a pass;
31. After the ball has been cleared by the defense, and you are in transition, if you have an opportunity to pass the ball to an open teammate, do it - the ball moves faster up the field on a pass rather than on the run;

TIPS FOR THE ATTACK (4)

32. When the ball enters the offensive zone be ready for a quick shot on goal if you have a player advantage - otherwise, settle the ball down and let your attack set up - **CONTROL THE BALL**;
33. Every player on the attack should try at least two dodges every game - learn and become proficient with at least three dodges - face dodge, change of direction dodge, roll dodge - mix your dodges up during the game - keep your defender guessing;
34. When you lose the ball, ride it; the close attack must ride and ride hard until the ball is past your respective restraining line; do not rush at an opponent with the ball - stay square and force the pass or force in the direction of your help; take all the time and run hard - the success of the Attack depends upon their ability to ride and their desire to have the ball;
35. **REMEMBER** teamwork is the key to a good attack;
36. **REMEMBER** to **COMMUNICATE** with each other at all times; constant chatter is as much a distraction to the defense as it is an asset to the attack;