

34 Tips For Attack/Middie Players in Women's Lax:

1. Make your defender play you and you alone every second you are in the game. Keep moving all the time so that she must center her attention on you and not be in position to help out her fellow defenders.
2. In moving the ball around the crease, make all passes sharp, short, and to the outside, away from the defender.
3. Make feed passes hard.
4. When you have the ball, never stand still - keep moving all the time - if necessary run backwards and forwards - but keep moving. When you are ready to make a pass, take one step back quickly and move.
5. All feed passes must be thrown directly overhand or sidearm.
6. Always move to meet every pass, and circle away from your defender.
7. When you have the ball, be constantly faking passes - keep your defender's stick moving.
8. When in possession of ball, make the defender play your stick - watch her stick - the position of it will determine the direction of your feed and the type of dodge you might try.
9. Take pains to make every pass good.
10. Never make a pass to a player who is covered just to get rid of the ball.
11. If an attack player is being ridden hard and can't dodge or get away - the nearest player on each side goes to help her.
12. On all long shots, an offensive player must be near the crease.
13. On every long shot, all crease-area players should be goal-side of their defender, immediately face the goalie, and be ready to bat in a rebound.
14. After receiving a pass, as the ball moves around the outside, look first at the player who threw you the ball to see what she is doing, then at the crease.
15. If you receive a pass after cutting and don't have got a good shot, hold onto the ball.
16. Place all shots and shoot hard. Always "throw your shoulder" to fake a shot and then re-direct to throw off the goalie.
17. After picking up a loose ball, turn and face the crease immediately. If nobody is open, move in fast until you are picked up.

18. Don't dodge if there is an open player. Don't hold the ball long unless you are planning a dodge. Keep it moving with quick, short passes.

19. Always be in position to back up shots and feeds. When a cut is made, or a shot is taken, the whole attack must play a part, moving to be in a position to backup a pass or a shot. Control the ball!

20. Never try to force a dodge when teammates are in position to back up.

21. Never try to force in, with the ball or by a pass, if the defense is drawn in. Pull them out first.

22. Never stand so close together that one defender can cover two attack players.

23. When there is a loose ball on the ground, go after it fast and hard, you must have the ball!

24. Always keep your field balanced in order that you stay in better position to back up, and give your teammates space to work in.

25. Shoot plenty, but only if you feel you have a good shot.

26. Always have one, preferably two, players behind the goal to back up shots.

27. Time your cuts, don't cut if the player with the ball is not watching or not in position to pass unless you are cutting away to achieve a one v one situation for the ball carrier.

28. Make full cuts - go through and out - don't cut at half speed or hang around the crease after your cut.

29. Zig your cuts, fake left - go right, fake right - go left. Don't always run at the same speed, change of pace is a very effective method of getting open.

30. After the ball has been cleared, if you have a wide open opportunity to dodge, do it, or if you are sure a teammate is open, pass to her, otherwise settle the ball down and let your attack get set up. Remember, after a clear the wimpy midfielders will need time to catch their breath. Middies rest on offense, not defense, Control The Ball!

31. Every player on the attack should try at least two dodges every game. Learn at least three different types of dodges.

32. When you lose the ball, ride it. The close attack must ride and ride hard until the ball is past midfield.

33. Don't rush at an opponent when riding - particularly behind the goal. Force her to pass - force her in the direction where there is help. Talk all the time and run hard. The success of an attack depends on their riding ability and their desire to have the ball.

Always remember that teamwork is the key to a good attack.