



BOX LACROSSE

OFF-BALL OFFENSIVE PROGRESSIONS

TWO-PERSON VARIATIONS



If you would like more information on Alberta Lacrosse programs,
publications, videos, or equipment, please contact:

Alberta Lacrosse Association

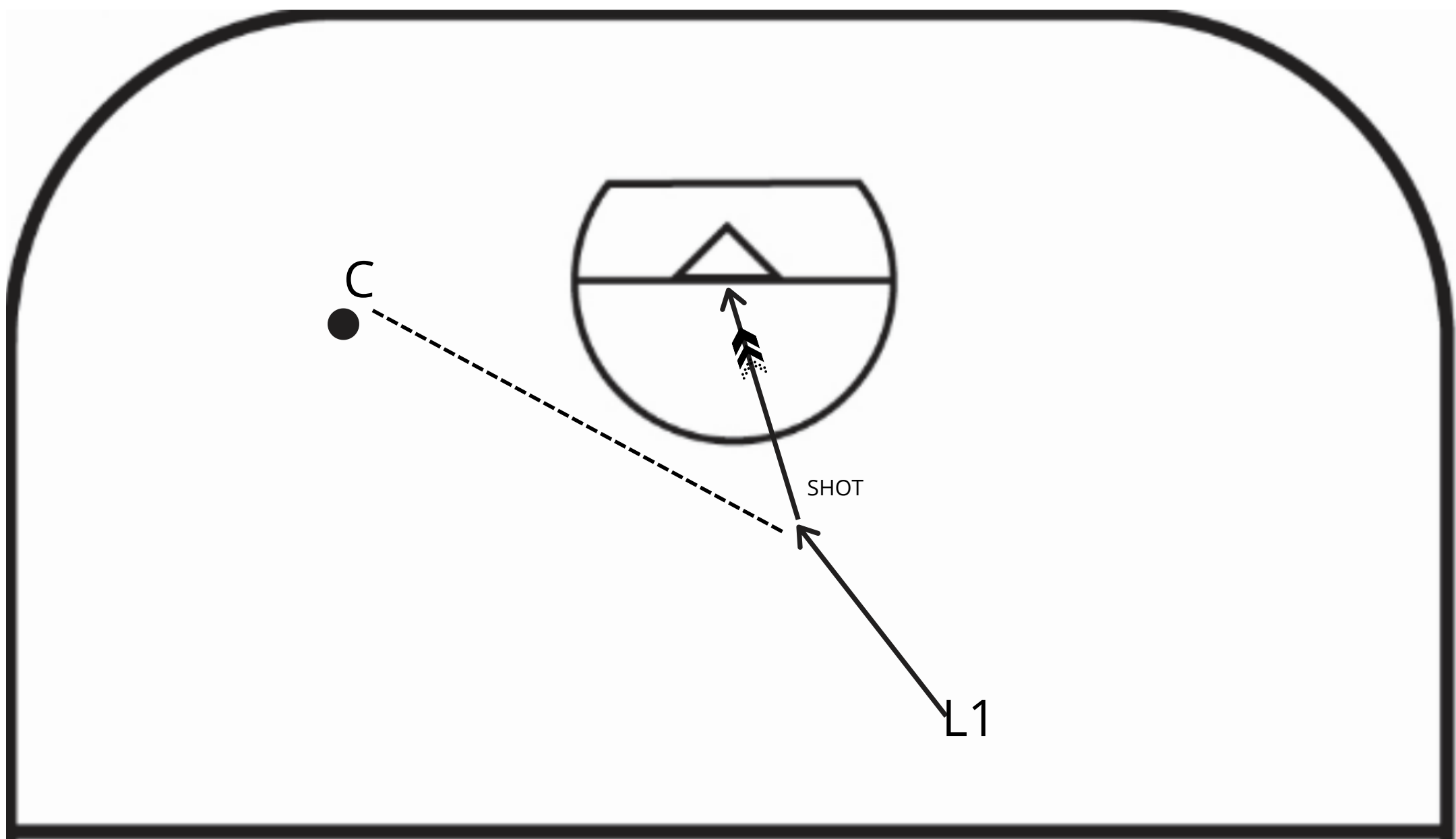
Box 3018

Sherwood Park, AB T8H 2T3

Email: info@albertalacrosse.com

OFF-BALL OFFENSIVE PROGRESSIONS

Off-Ball Cut - 1



Description

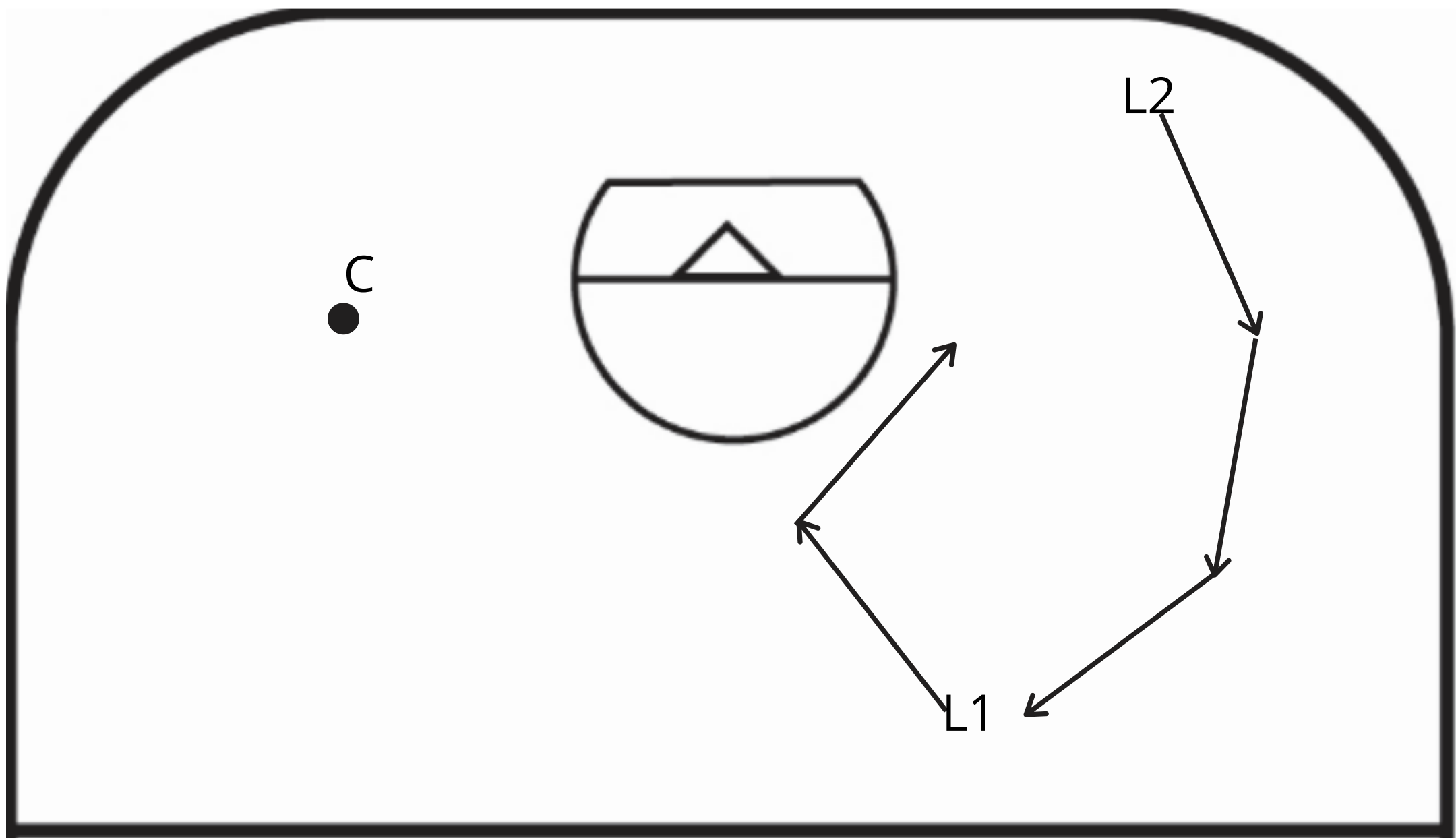
The ball starts down low in the opposite corner from L1. L1 will cut towards the middle of the floor and receive the pass from the opposite corner for a shot in the middle of the floor.

Variation(s):

- This can be run out of four corners with four players being used in lieu of the coach
- This can be run with 5 offensive players
- This can be run 1 on 1 from the top of the floor

OFF-BALL OFFENSIVE PROGRESSIONS

Off-Ball Cut, and Follow - 1



Description

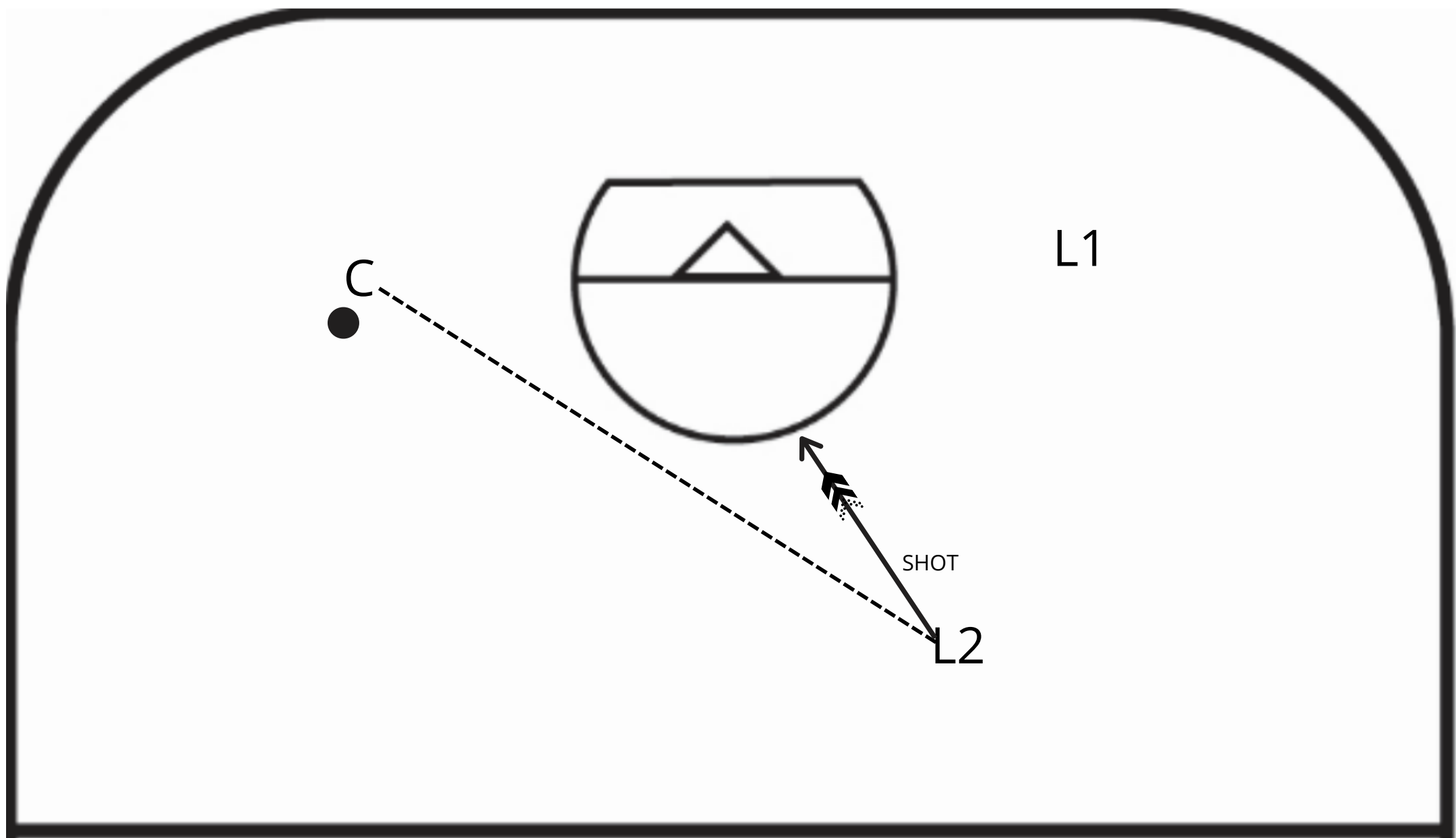
The ball starts down low in the opposite corner from L1. L1 will cut towards the middle, but not receive the pass. As L1 is moving down the floor, L2 will begin to move up the floor near the open space that L1 vacated.

Variation(s):

- This can be run out of four corners with four players being used in lieu of the coach
- This can be run with 5 offensive players
- This can be run 2 on 1 on the right side of the floor
- This can be run 2 on 2 on the right side of the floor

OFF-BALL OFFENSIVE PROGRESSIONS

Off-Ball Cut and Follow - 2

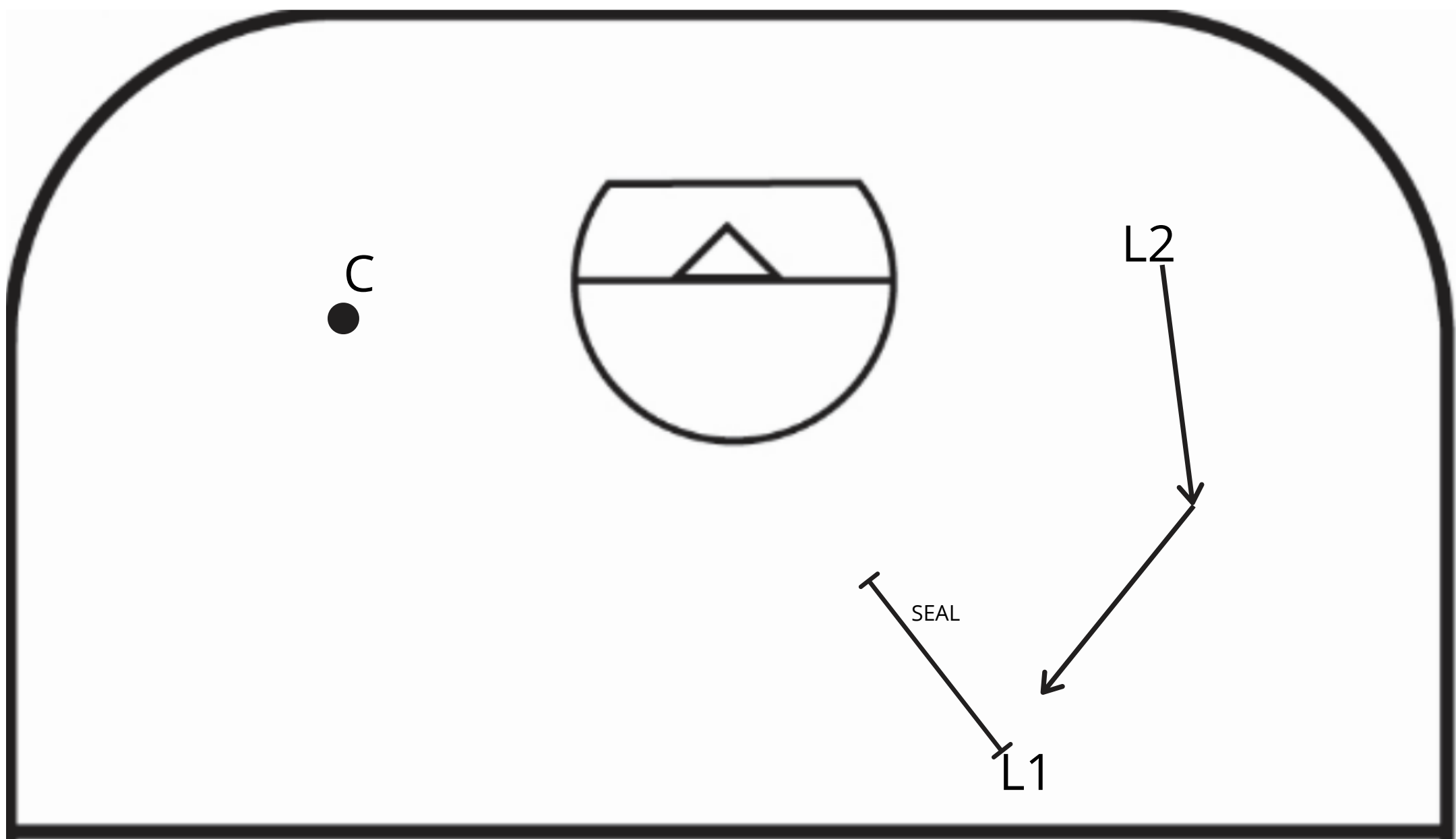


Description

L2 will catch the pass from the opposite corner and shoot a mid-long range spot in the space initially vacated by L1.

OFF-BALL OFFENSIVE PROGRESSIONS

Seal and Shot - 1



Description

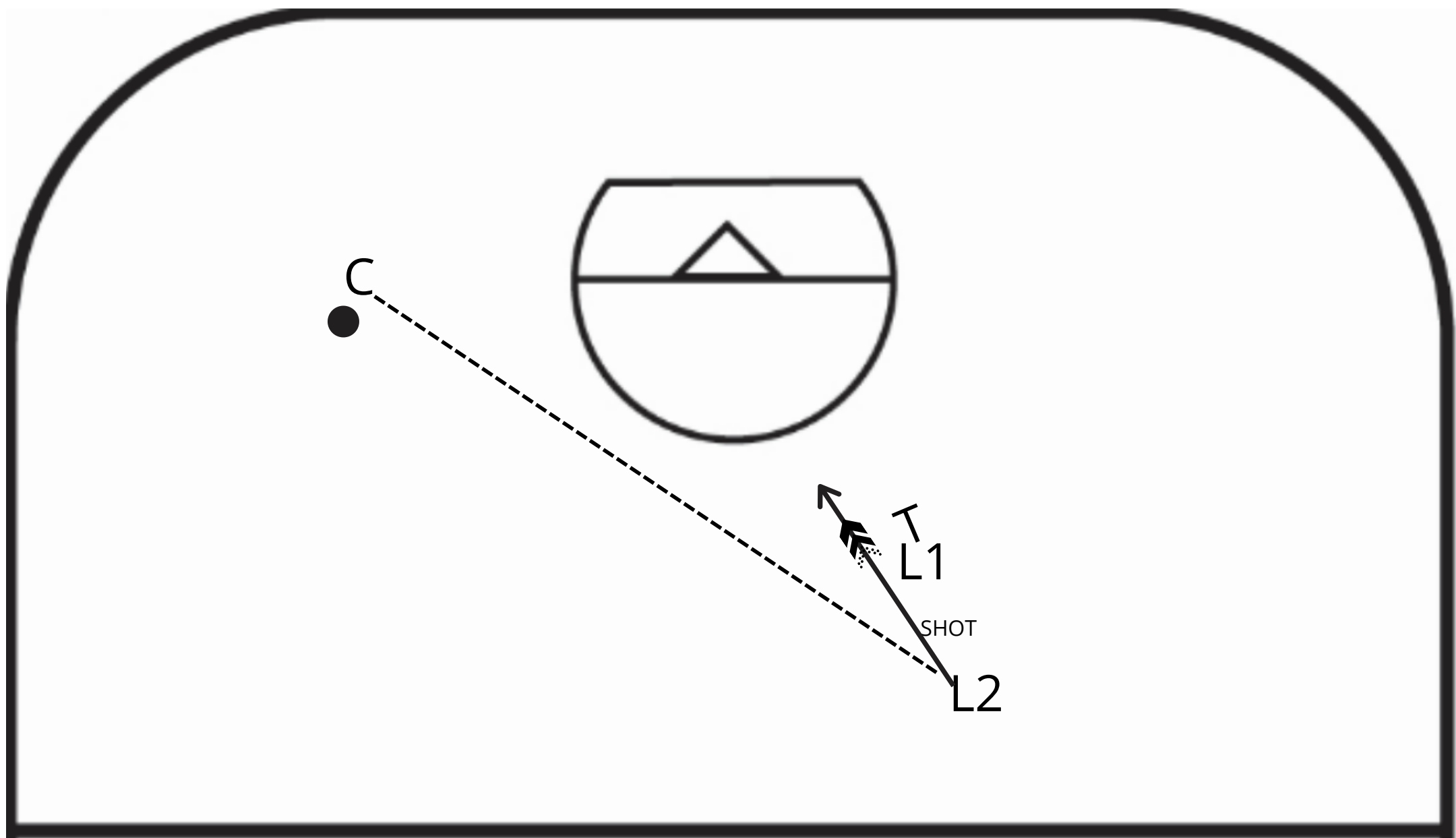
L1 will look to run and seal space for L2. L2 will begin to move up the floor near the open space that L1 vacated.

Variation(s):

- This can be run out of four corners with four players being used in lieu of the coach
- This can be run with 5 offensive players
- This can be run 2 on 1 on the right side of the floor
- This can be run 2 on 2 on the right side of the floor

OFF-BALL OFFENSIVE PROGRESSIONS

Seal and Shot - 2

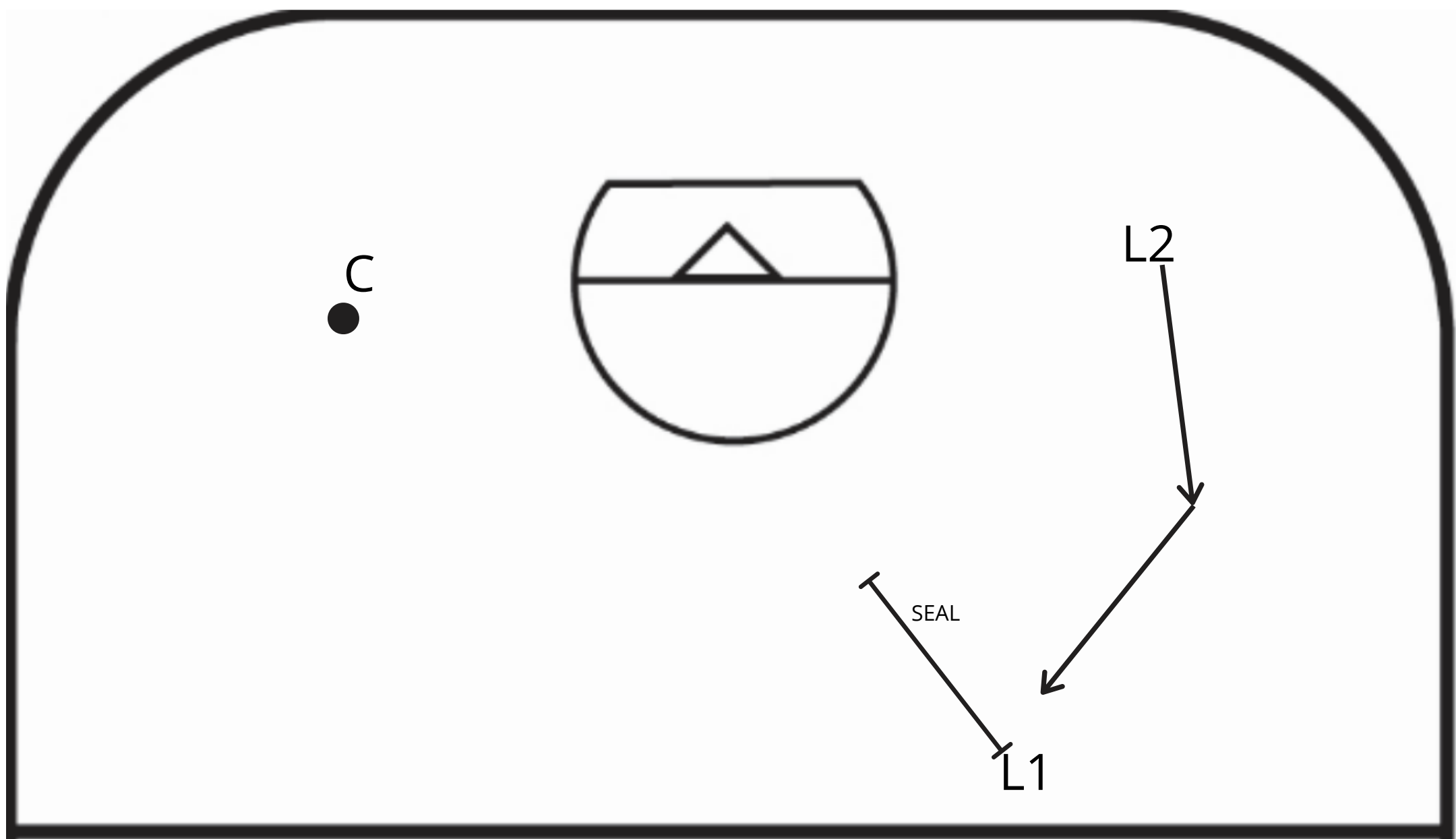


Description

L2 will catch the skip pass from the opposite corner for a mid-long range shot around L1.

OFF-BALL OFFENSIVE PROGRESSIONS

Seal, Skip, and Slip - 1



Description

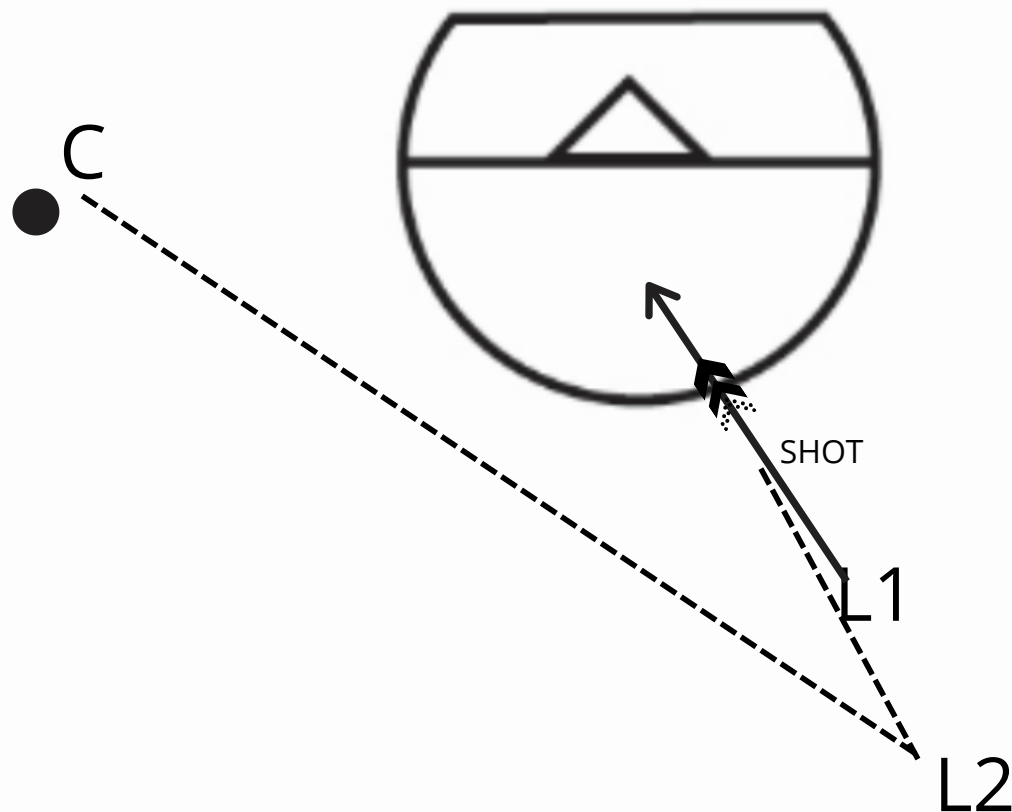
L1 will look to run and seal space for L2. L2 will begin to move up the floor near the open space that L1 vacated.

Variation(s):

- This can be run out of four corners with four players being used in lieu of the coach
- This can be run with 5 offensive players
- This can be run 2 on 1 on the right side of the floor
- This can be run 2 on 2 on the right side of the floor

OFF-BALL OFFENSIVE PROGRESSIONS

Seal, Skip, and Slip - 2

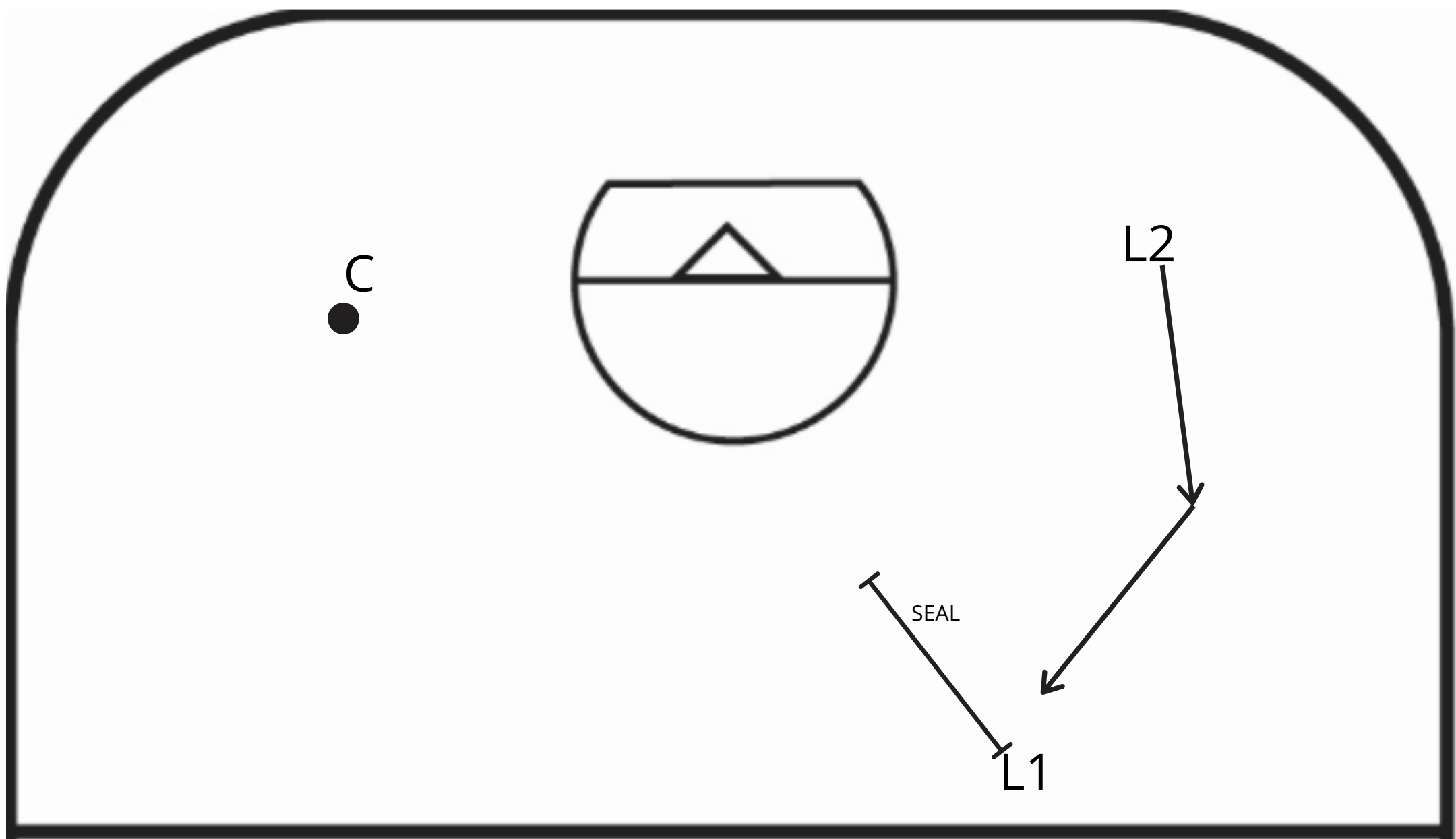


Description

L2 will catch the skip pass from the opposite corner, as L1 slips towards the middle of the floor. L1 will look to catch the ball over their shoulder as they receive the pass from L2 for a shot in the middle of the floor.

OFF-BALL OFFENSIVE PROGRESSIONS

Seal, Skip, Skip, Shot - 1



Description

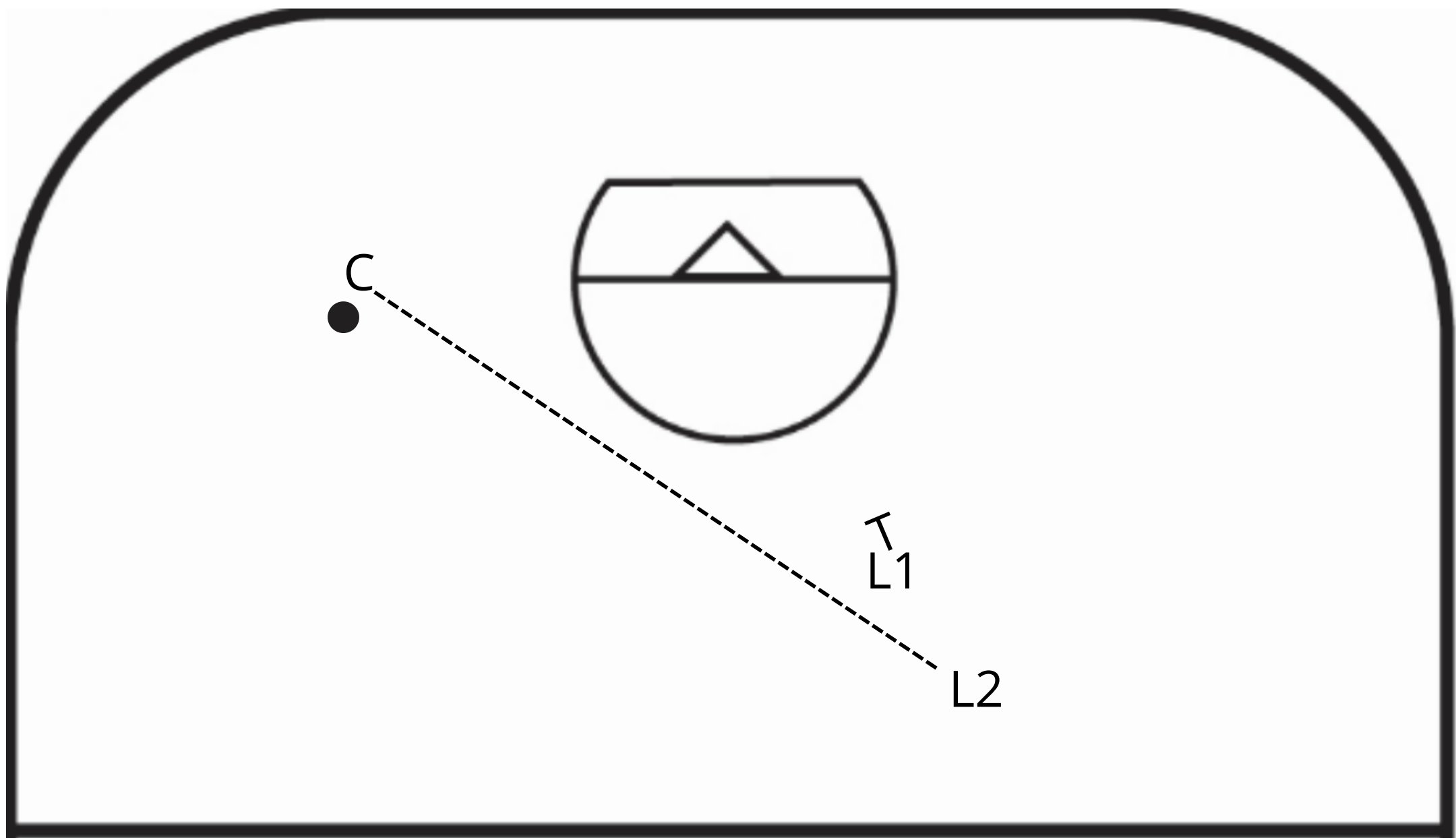
L1 will look to run and seal space for L2. L2 will begin to move up the floor near the open space that L1 vacated.

Variation(s):

- This can be run out of four corners with four players being used in lieu of the coach
- This can be run with 5 offensive players
- This can be run 2 on 1 on the right side of the floor
- This can be run 2 on 2 on the right side of the floor

OFF-BALL OFFENSIVE PROGRESSIONS

Seal, Skip, Skip, Shot - 2

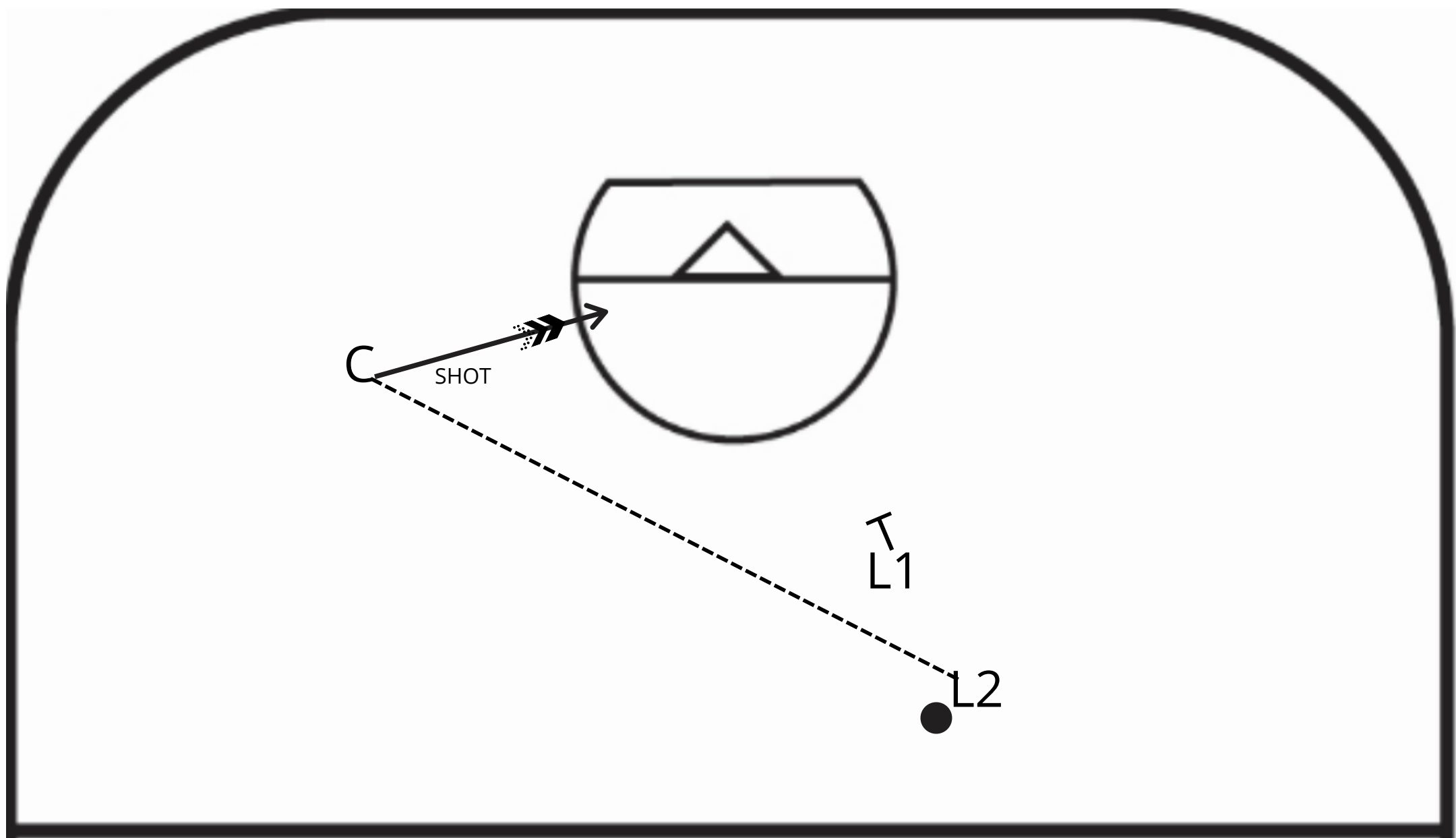


Description

L2 will catch the skip pass from the opposite corner, as L1 continues to seal.

OFF-BALL OFFENSIVE PROGRESSIONS

Seal, Skip, Skip, and Shot - 3

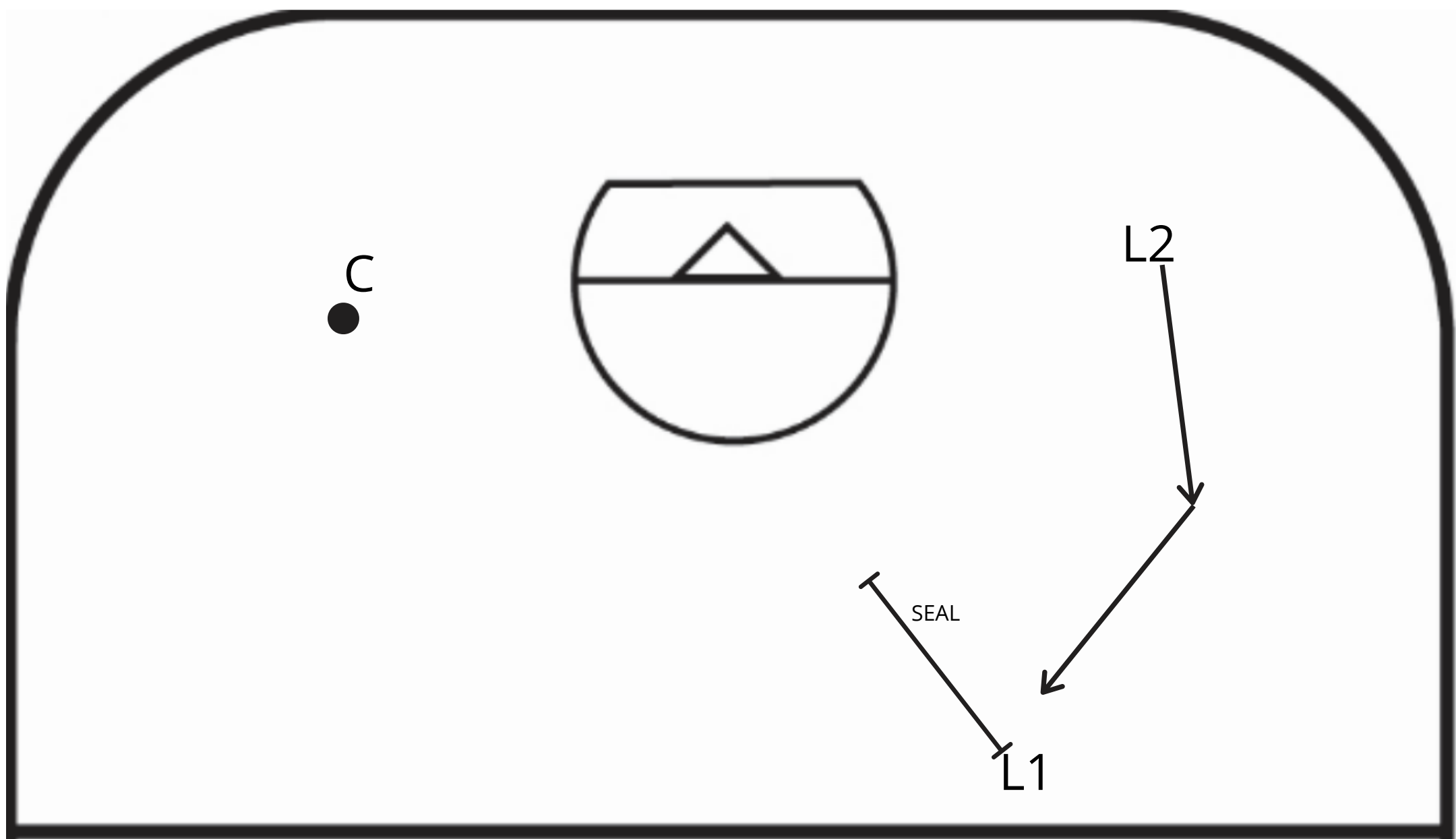


Description

L2 will immediately skip the ball back to the opposite corner, as C works slightly up the floor to catch the pass and improve their shooting angle for a mid-range shot.

OFF-BALL OFFENSIVE PROGRESSIONS

Seal, Skip, Skip, and Slip - 1



Description

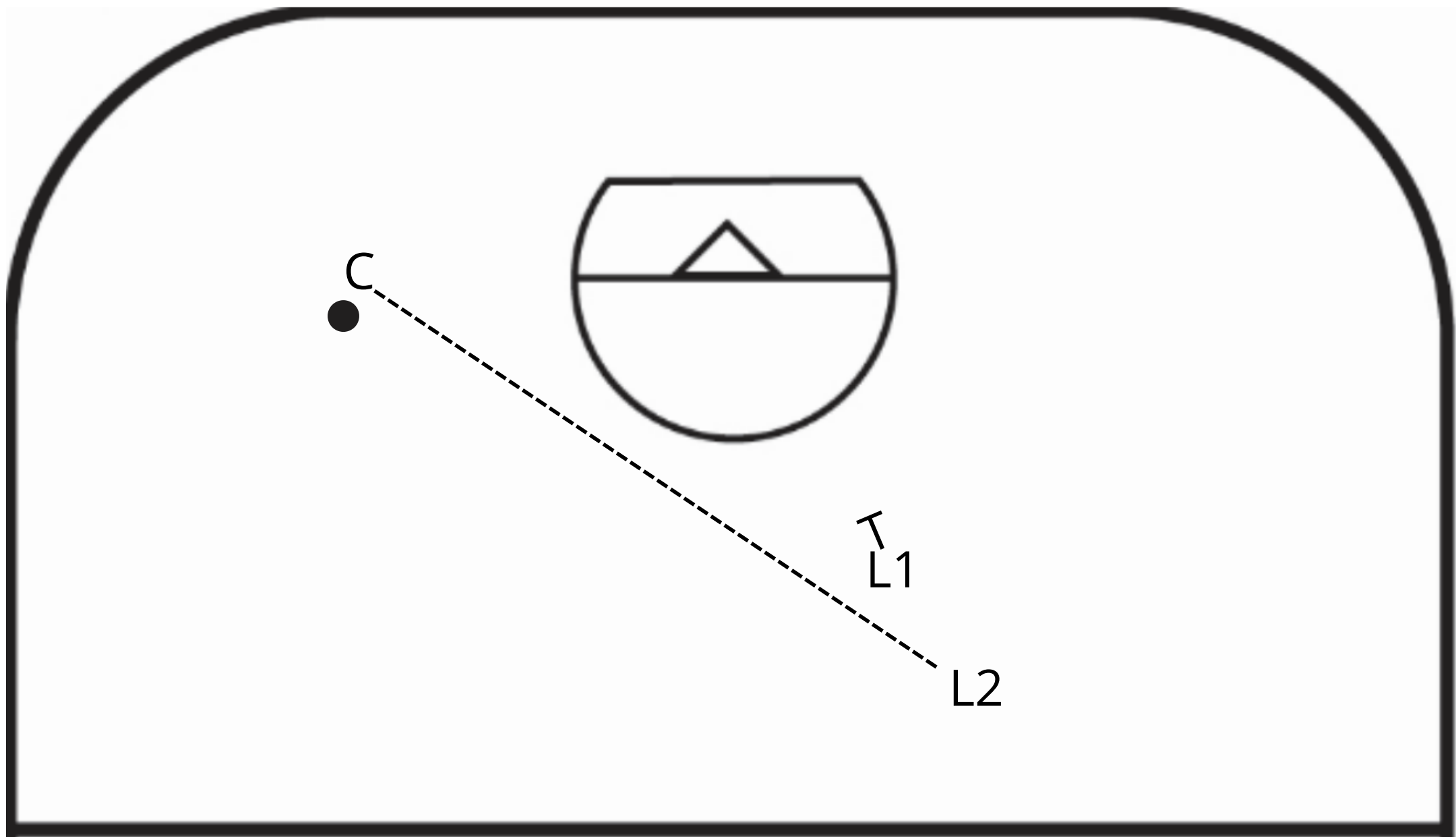
L1 will look to run and seal space for L2. L2 will begin to move up the floor near the open space that L1 vacated.

Variation(s):

- This can be run out of four corners with four players being used in lieu of the coach
- This can be run with 5 offensive players
- This can be run 2 on 1 on the right side of the floor
- This can be run 2 on 2 on the right side of the floor

OFF-BALL OFFENSIVE PROGRESSIONS

Seal, Skip, Skip, and Slip - 2

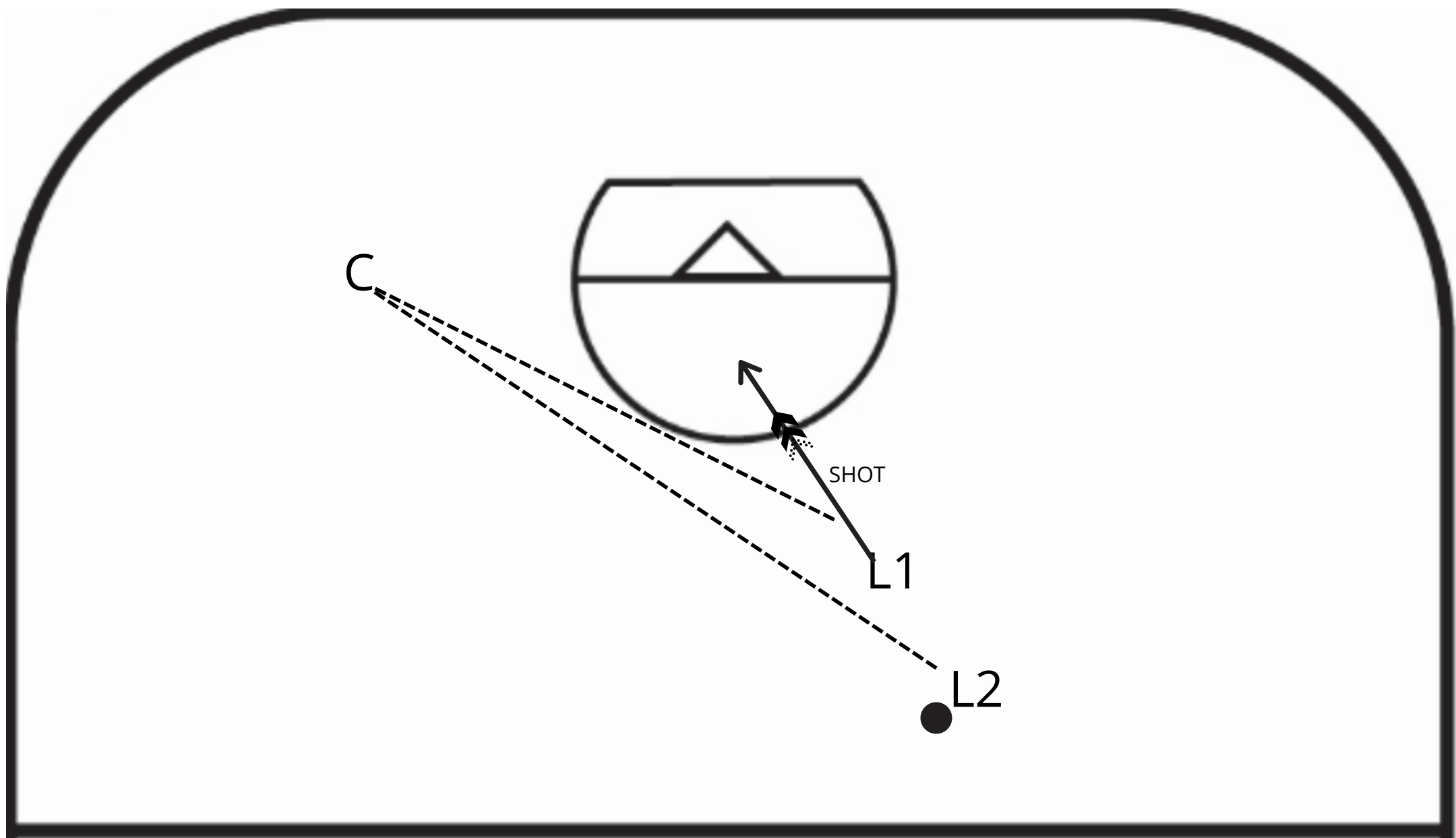


Description

L2 will catch the skip pass from the opposite corner, as L1 continues to seal.

OFF-BALL OFFENSIVE PROGRESSIONS

Seal, Skip, Skip, and Slip - 3

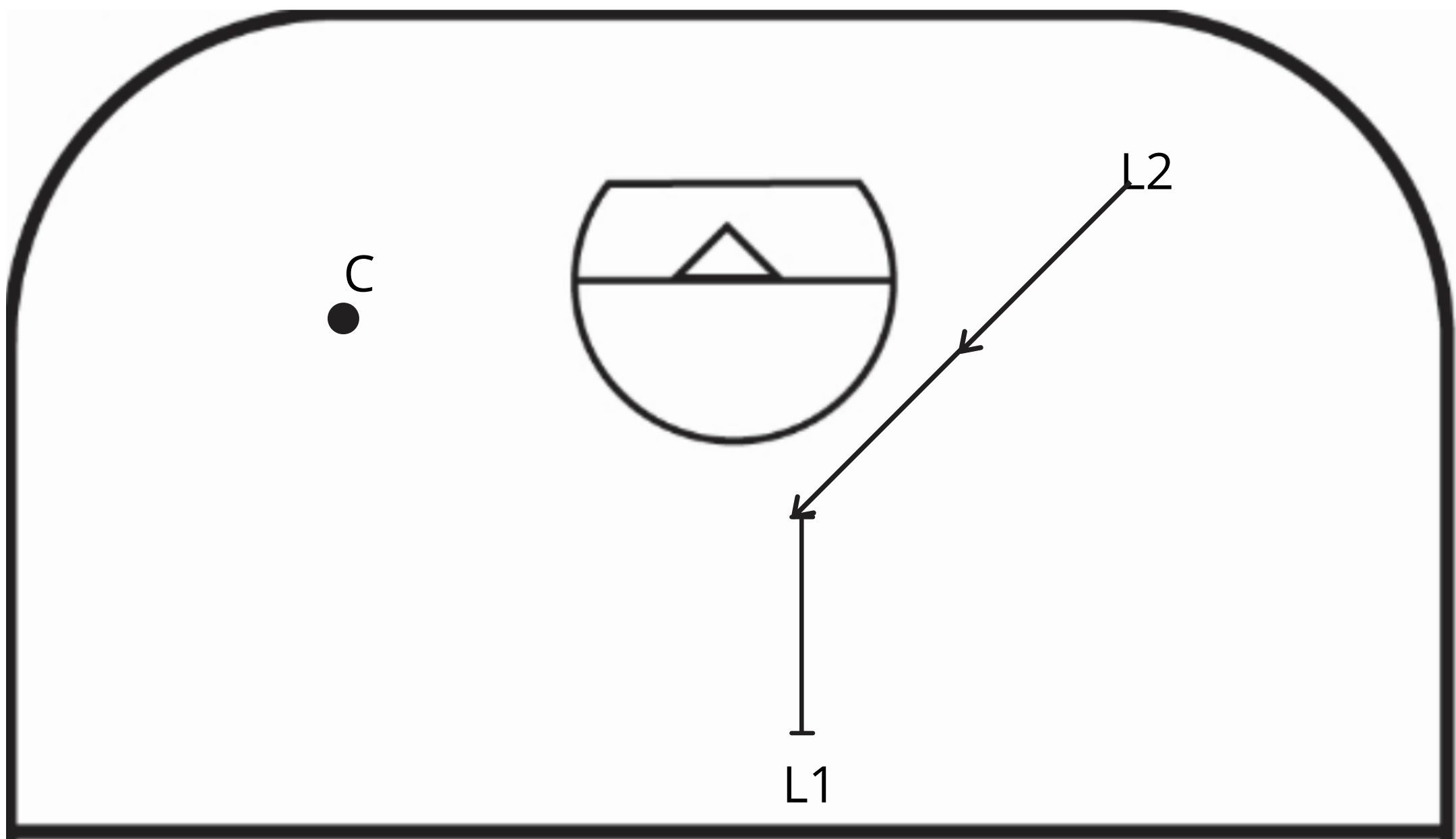


Description

L2 will immediately skip the ball back, and the ball will be re-entered to L1, who will slip into the middle of the floor and who will catch the pass from the low corner and shoot from the middle of the floor.

OFF-BALL OFFENSIVE PROGRESSIONS

Up Pick - 1



Description

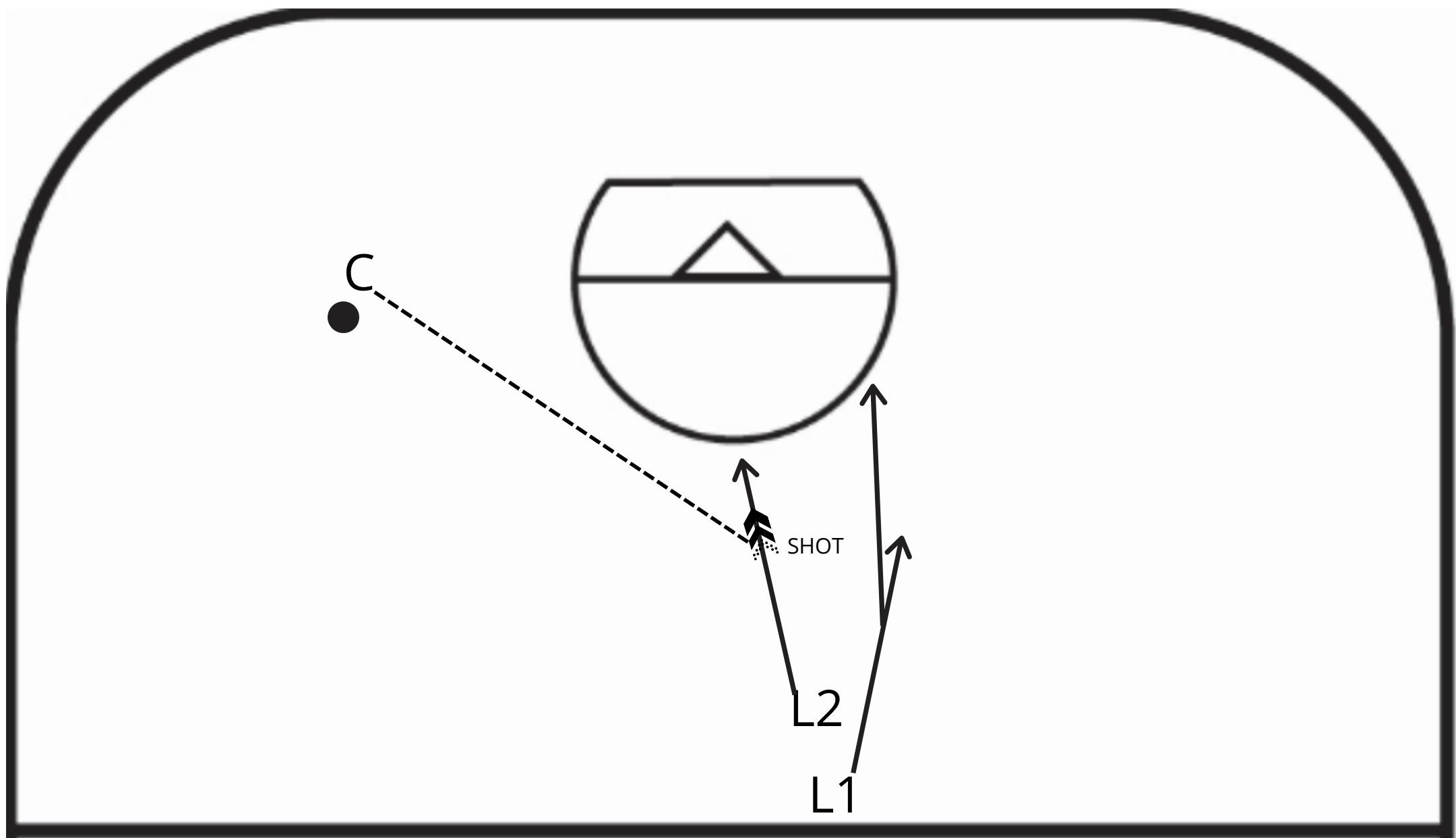
L2 will run towards the middle of the floor, looking for a pass from C. L2 will not receive the pass and will continue to work up the floor, looking to set a pick on L1's defender.

Variation(s):

- This can be run out of four corners with four players being used in lieu of the coach
- This can be run with 5 offensive players
- This can be run 2 on 1 on the right side of the floor
- This can be run 2 on 2 on the right side of the floor

OFF-BALL OFFENSIVE PROGRESSIONS

Up Pick (Inside Feed) - 2



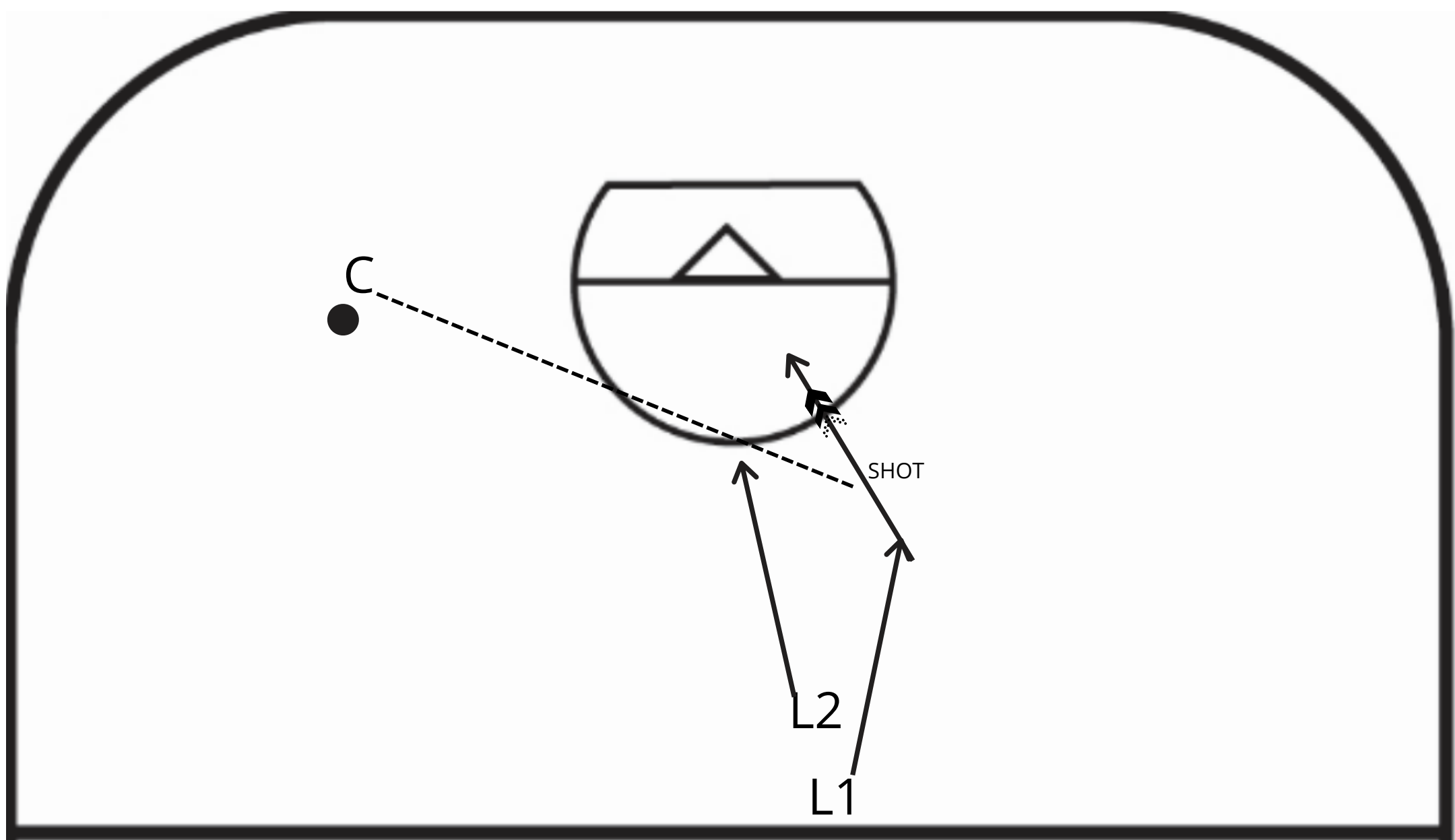
Description

Upon L2 setting the pick, L1 will run down the outside alley, while L2 will roll towards the middle of the floor and receive a pass from the low corner.

**It is important that L1 runs hard down the alley despite not receiving the pass in order to occupy the defender.*

OFF-BALL OFFENSIVE PROGRESSIONS

Up Pick (Alley Feed) - 3



Description

Upon L2 setting the pick, L1 will run down the outside alley, while L2 will roll towards the middle of the floor. L1 will continue to run the alley and receive the pass from the low corner.

**It is important that L2 continues to roll to the middle of the floor in order to occupy the defender.*