

# 1-4-1L

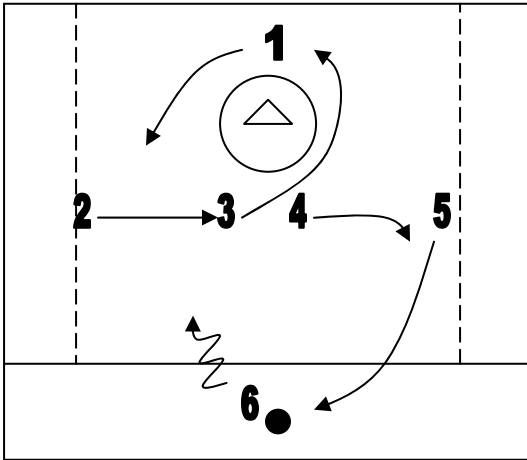


Diagram A

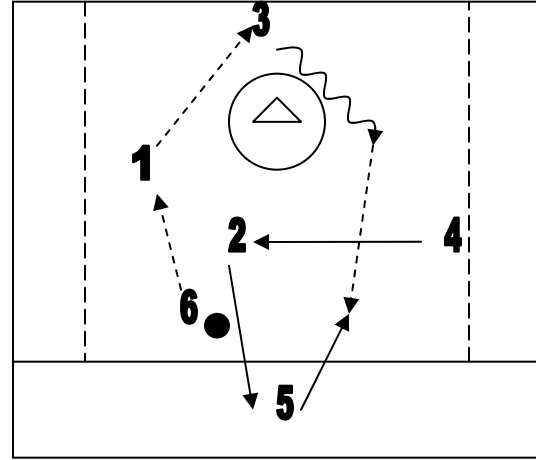


Diagram B

## Objective

To use the 1-4-1 formation to execute a constant dodging offense.

## Set Up

Players 1, 2 and 3 represent the attackmen and players 4, 5 and 6 represent the midfielders. Players will need to learn all positions on the field to run this style of motion offense out of the 1-4-1 formation.

## Instructions

### Diagram A

1) In this offense there are 2 basic principles that need to be followed. First, the dodging player will always end up on the crease after his dodge is complete. Secondly, the next dodge does not begin until the ball is passed two times.

2) In the example above the offense works as follows. Player 6 begins

with a lefty dodge from up top. Player 2 cuts to the crease to clear space. Player 3 rolls to "X" off the crease. Player 1 supports player 6 by cutting wide. Player 4 rolls off crease to the back wing. Finally, player 5 replaces player 6 up top.

3) Player 6 dodges to score. If he is unable to score he will pass to player 1.

### Diagram B

4) Player 1 will immediately make a second pass to player 3.

5) Player 3 will dodge lefty from "X". Player 4, who was previously in the skip pass lane, will clear through to the crease. Player 2 will replace player 5 up top because player 5 will support player 3 from the top by cutting toward him. Player 6 will roll to "X" from the crease and player 1 will balance on the wing looking for a skip pass.

6) If player 3 does not have a shot he should pass the ball to player 5.

## Coaching Tips

1) This offense can be run in any direction to take advantage of right and left handed dodgers.

2) When a dodge is unsuccessful at producing a shot the ball should be passed to the player supporting the dodge. In Diagram A this is represented by player 1 and in Diagram B this is represented by player 5. Both players 1 and 5 will then be able to make the quick second pass to the next dodger. In the example above that player is represented by player 3 and in diagram B it would be represented by player 2 if the diagrams continued.

3) If your team has a couple of good dodgers this offense is extremely effective for creating good scoring opportunities or for controlling the ball.

# 1-4-1 L Diagrams

## The Play

1) This play begins when player 6 gets the ball. Player 6 will begin to dodge while player 2 clears through to the crease. Player 3 will get bumped by player 2 and curl behind to "X" and player 1 will cut wide to support 6 behind GLE.

2) As player 6 dodges player 5 will cut high to support player 6 up top in case he needs to curl away from pressure. Player 4 will bump from the crease and assume 5's position on the wing.

3) If player 6 has no shot or does not have a clear pass to the crease he should pass to player 1 supporting wide.

4) Player 1 will then pass to player 3 who is ready to dodge.

5) When player 3 catches the ball player 4 will clear back to the crease and player 2 will cut high.

6) Player 5 will cut as player 3 dodges the weak side. Be sure player 5 does not cut too low and bring unnecessary pressure to player 3. He is also the support for player 3.

7) Player 6 will find the skip pass lane.

