

## **Other Considerations**

### **The Draw**

- Emphasize heart, boxing out, first step at this age. Save the technical stuff for later.
- Only hint to draw specialist= power comes from the legs.

### **The Ride**

- are you in a man? A zone? Full court? Half court? Is it a trap?

### **Clear**

- Do you have any plays for the clear? How do you break a ride? Do you have a press-break?

### **Offensive Transition**

- Move the ball across 3 lanes. Middies should move between 2 lanes each set.
- discuss roles

### **Defensive Transition**

- Discuss roles
- flip the switch quickly!
- what do we do with the cherry picker?
- Attack better hustle all the way to 30.

### **Thoughts on Goalie**

- don't need an amazing goalie to be good
- just need her to stop the shots we let her see/ the ones she is supposed to
- other team is going to shoot... but when they do, we want it to be on our terms
- is she active? Can you use her as an 8<sup>th</sup> defender in a trap, stall break or ride?

### **Promote Multi-Sport Athleticism**

Train Coaches and Officials (especially in non-traditional areas) to understand nuances of the game and the "why" or context of some of our rules.