

IOU Coaching Certification

Level 3: Professional Coaching

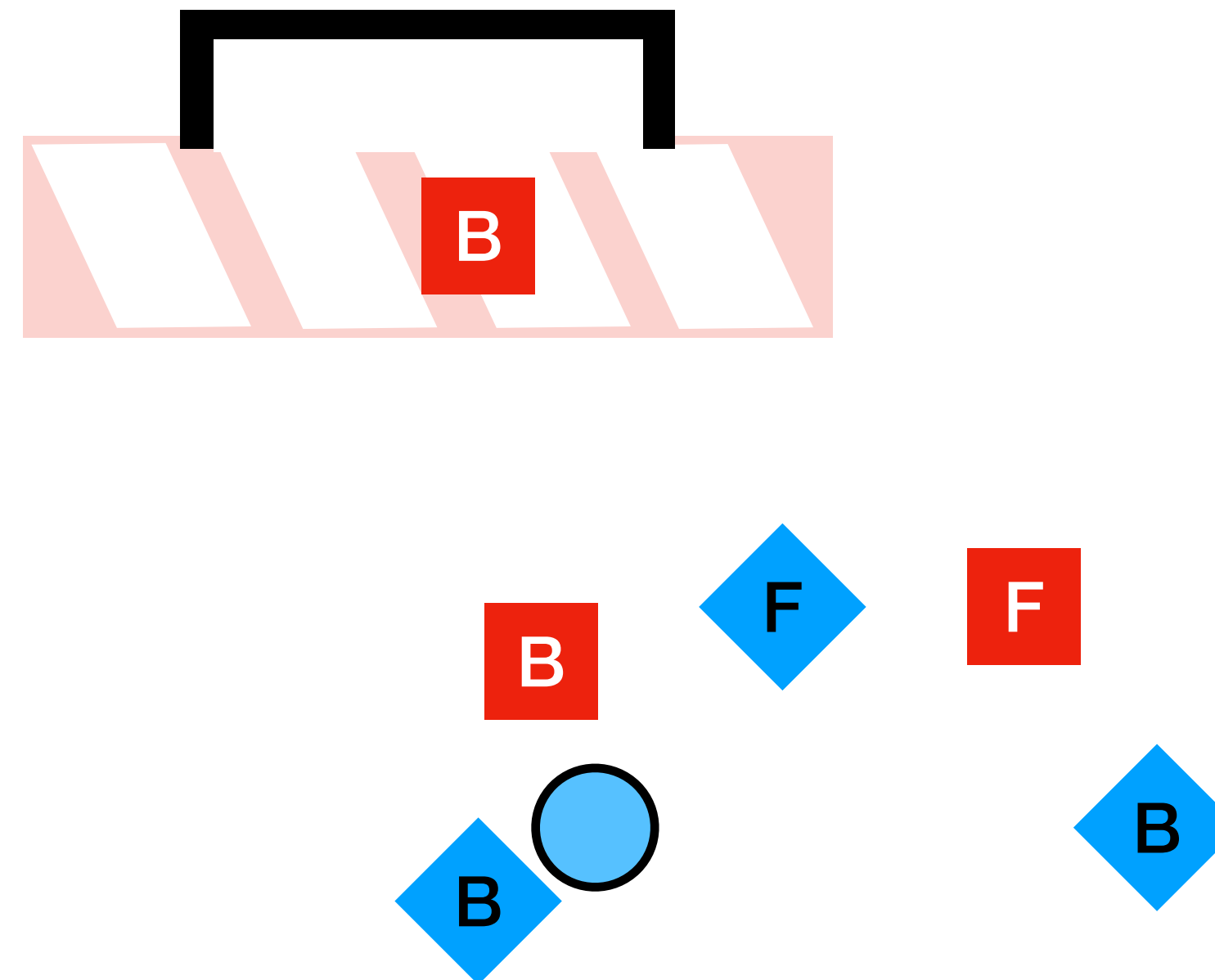
Section 1: Advanced Tactics

3v3 Tactics

- Offense: Standard, High, Low
- Defense: Man, Zone
- Forecheck: Standard, All-or-Nothing, Man to Man

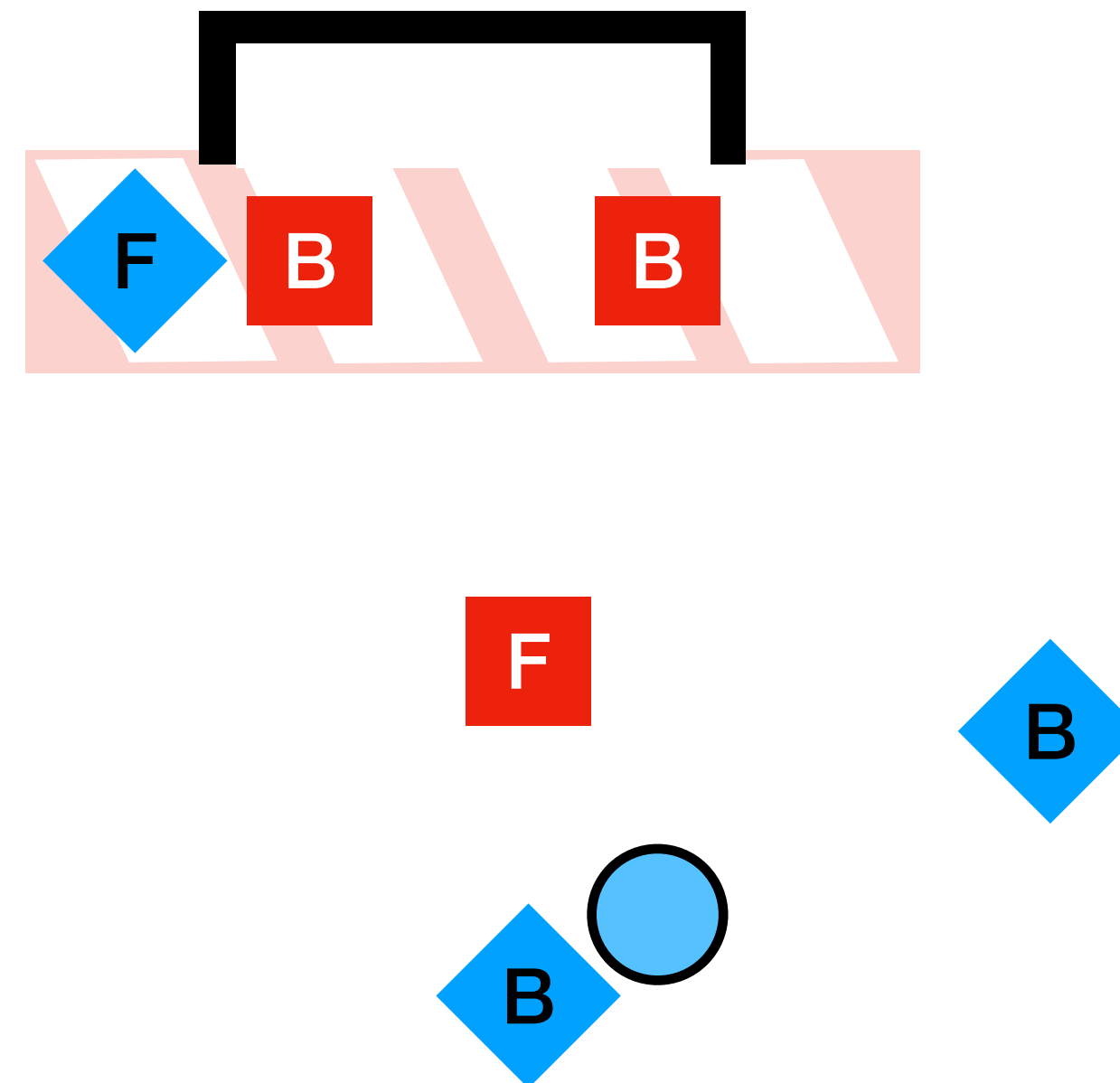
High Offense

- All 3 players stay back to support the ball
- Opposing team is forced to either play man to man and leave the goal open or to concede a 3v2 in the high area



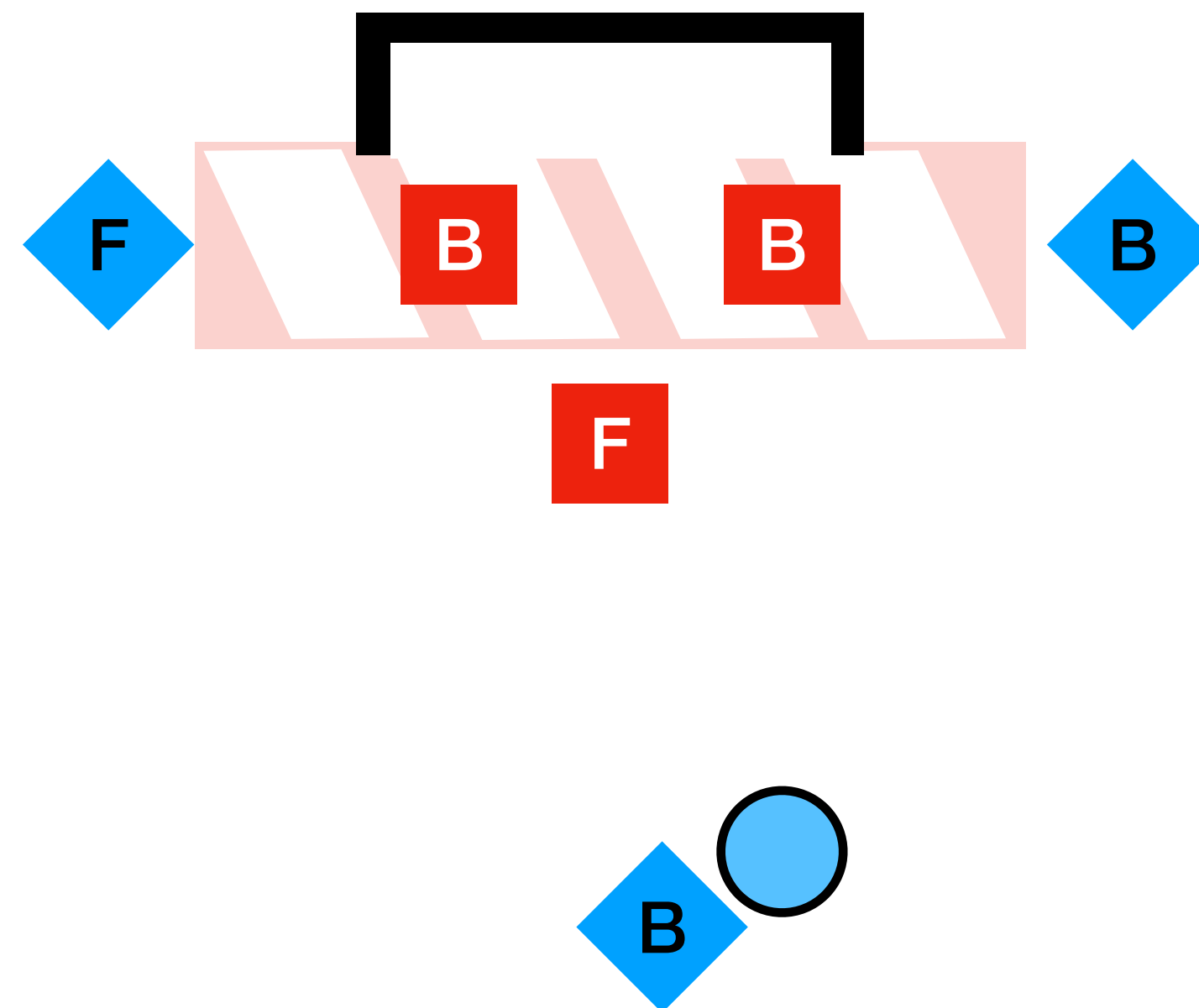
Standard Offense

- Backs stay high, forward goes to the crease
- Creates 2v1 high and gives the team net front presence



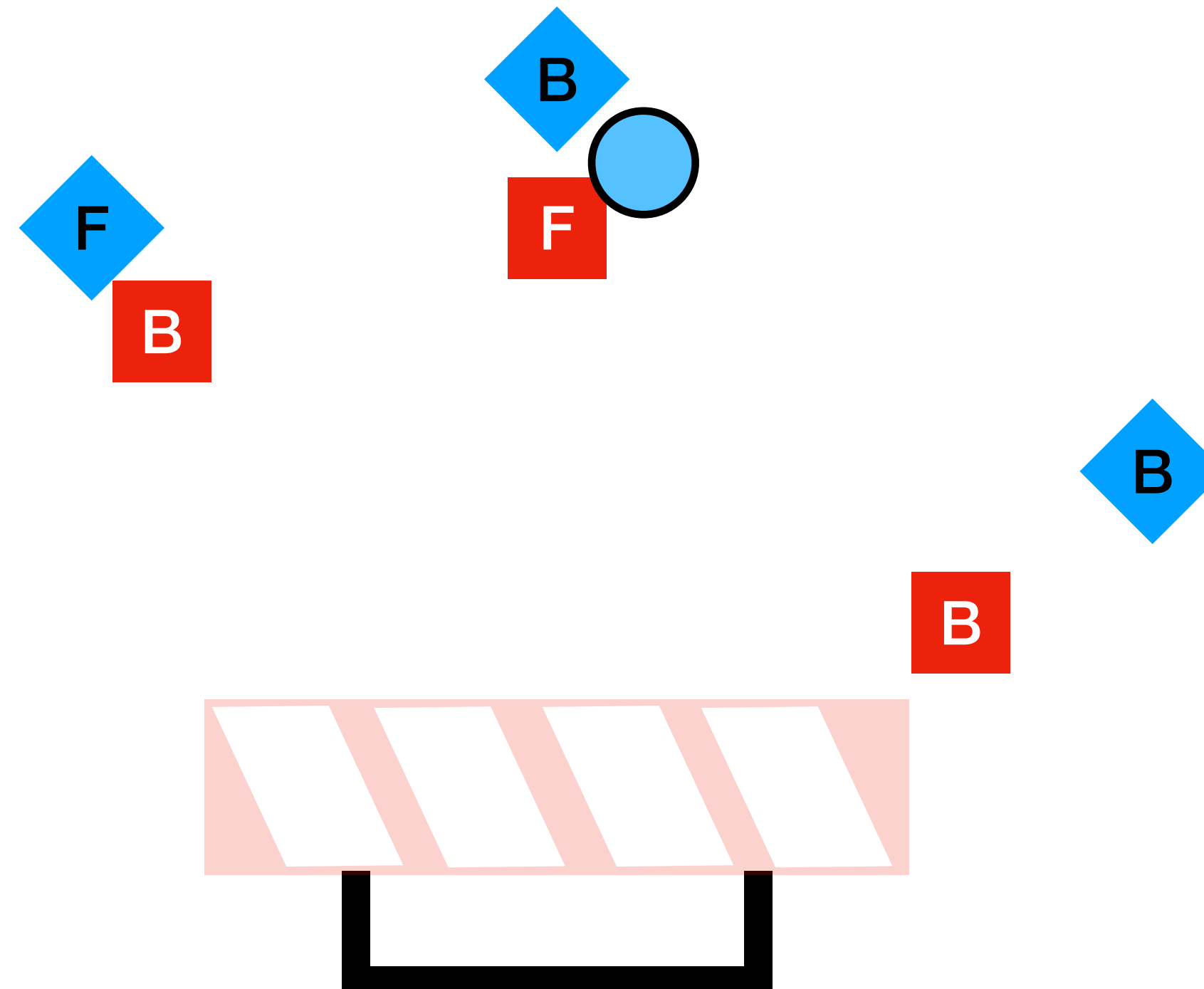
Low Offense

- Two players find positions near or inside the crease
- Draws defense into dropping into a triangle



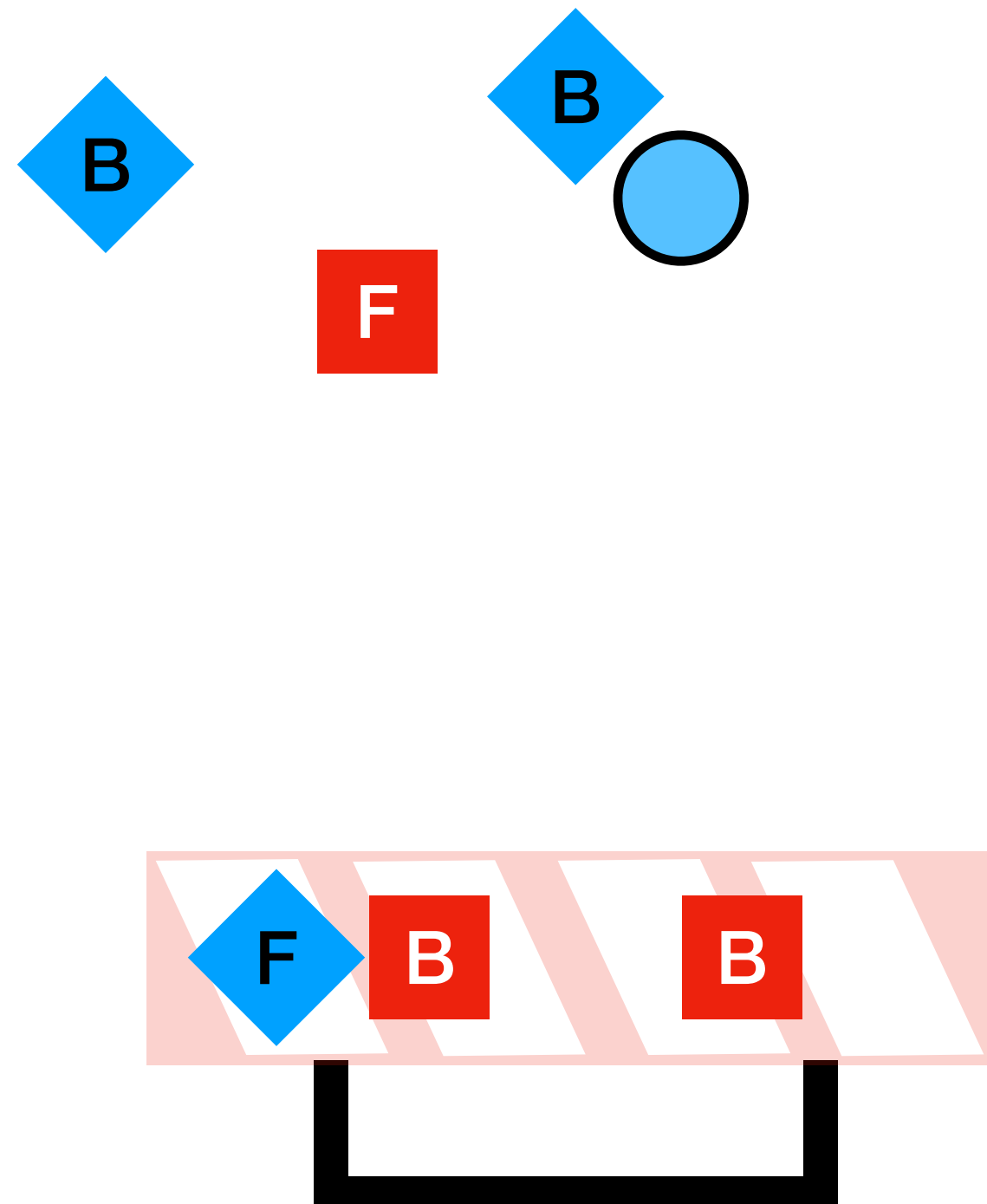
Man Defense

- Players match up man to man
- Prevents offense from having any mismatches, but leaves the goal open



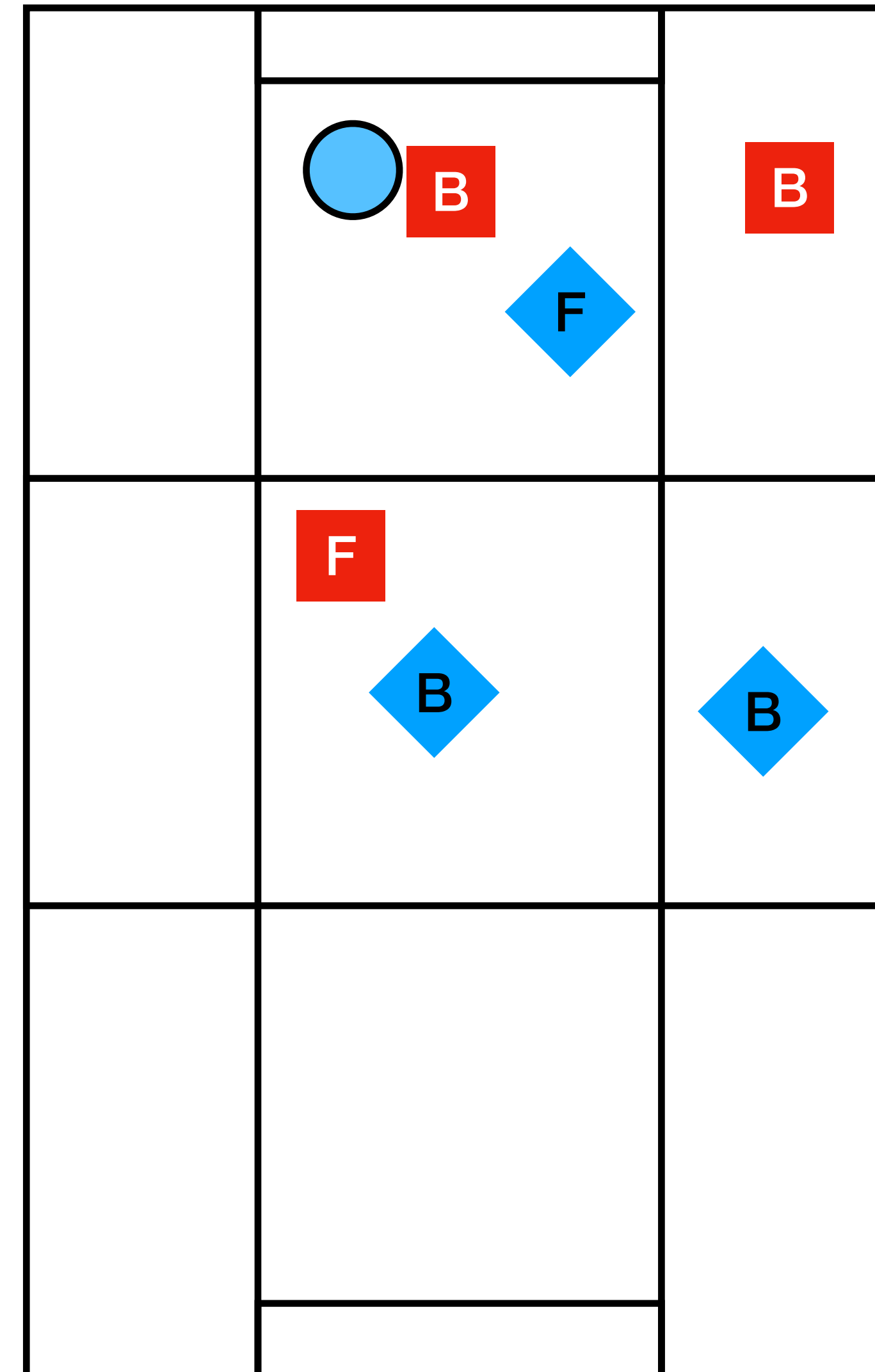
Zone Defense

- Forward defends high, backs defend the crease
- Creates 2v1 advantage in the goal, but a 1v2 high



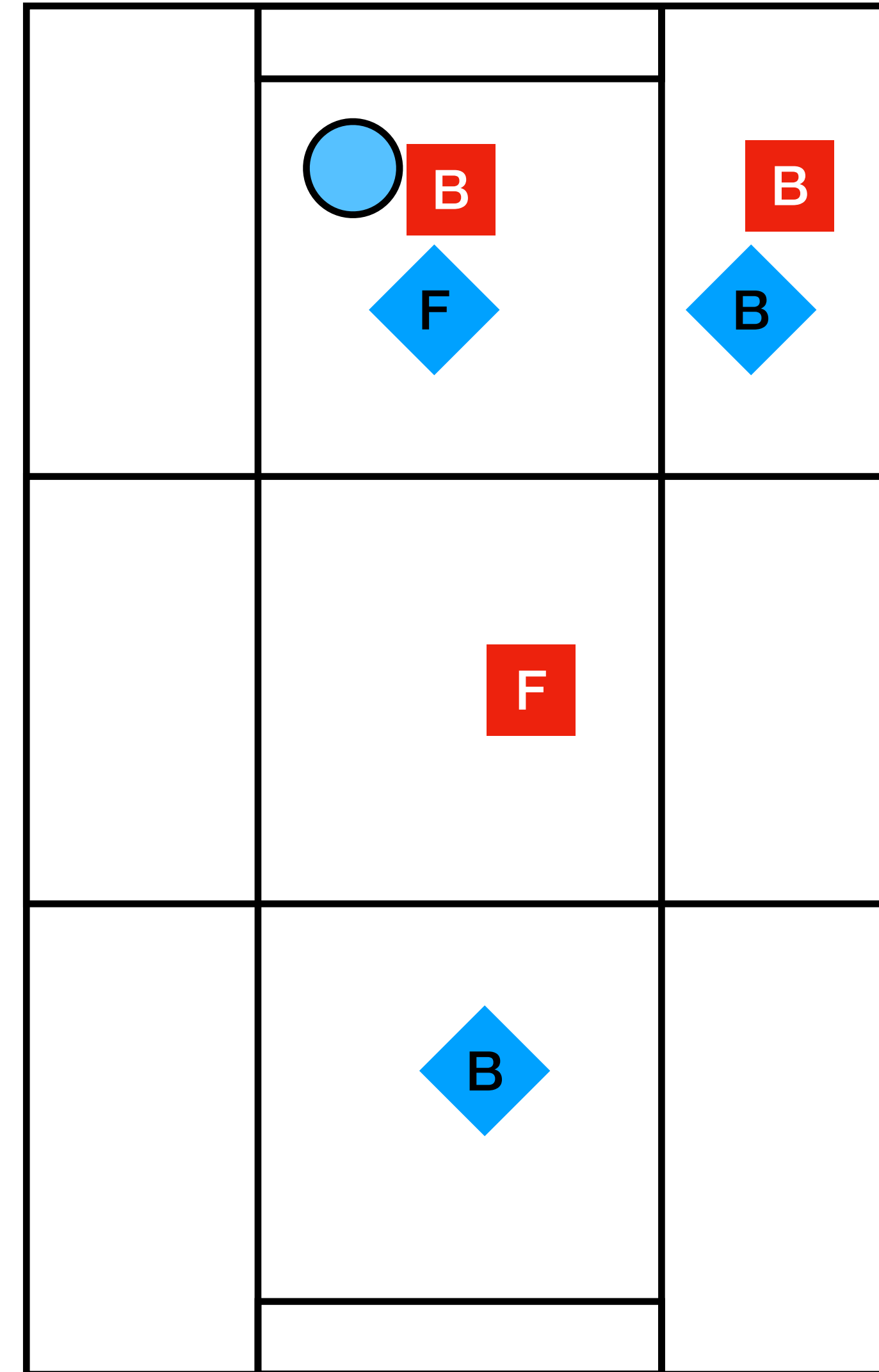
Standard Forecheck

- Forward pressures, backs defend neutral zone
- If there is an opportunity to apply more pressure, one of the backs steps up into the offensive zone
- If there is a threat of a long ball, one of the backs drops back into the defensive zone



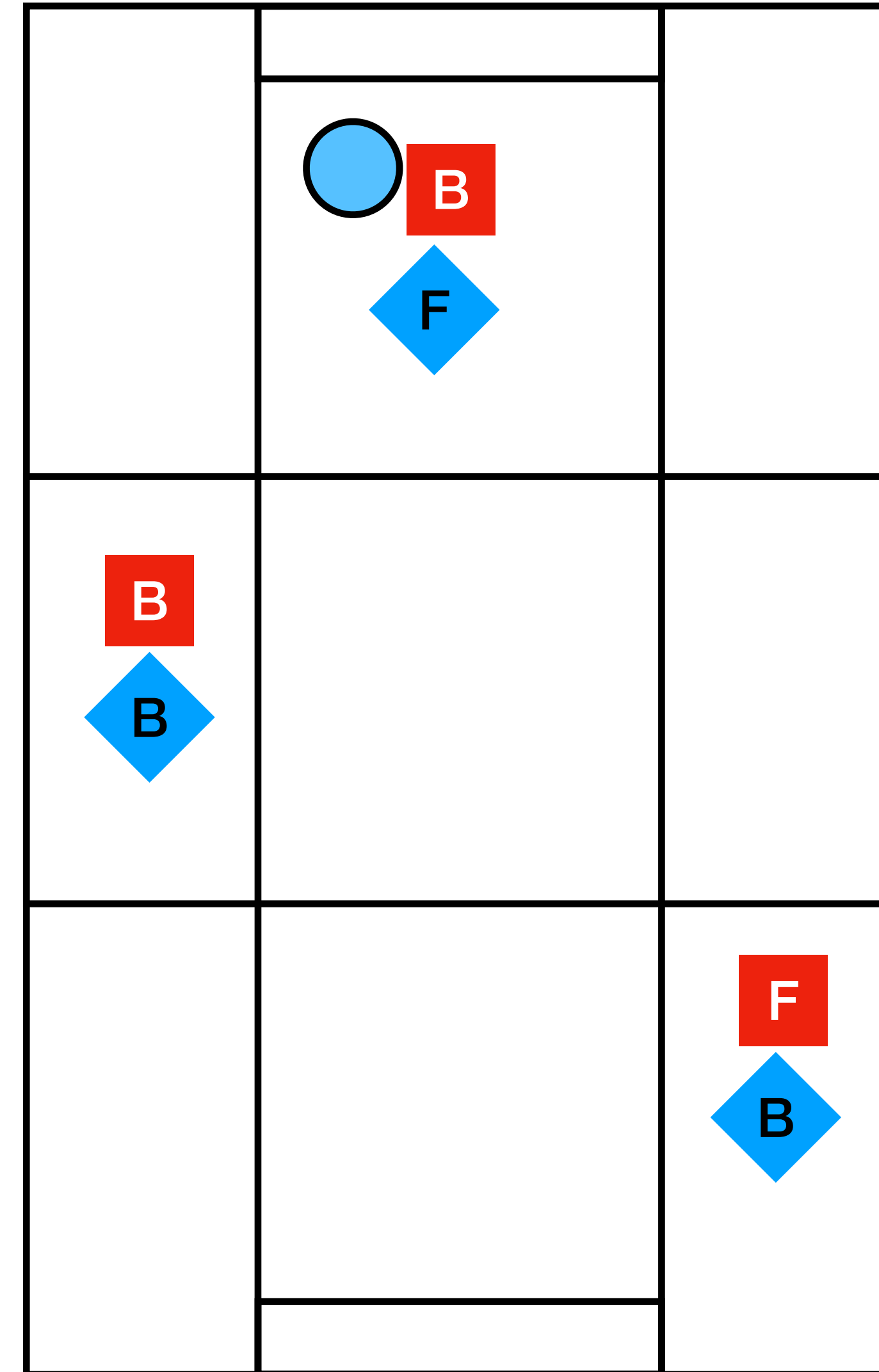
All-Or-Nothing Forecheck

- Forward and one back pressure
- One back stays back in the defensive zone
- Leaves the neutral zone open, but allows the team to use two-man pressure concepts and prevents easy long shots



Full-Field Man to Man Forecheck

- Players play man to man against opponents
- Takes away passing opportunities
- Exposed if one player gets beaten



Defending With The Ball

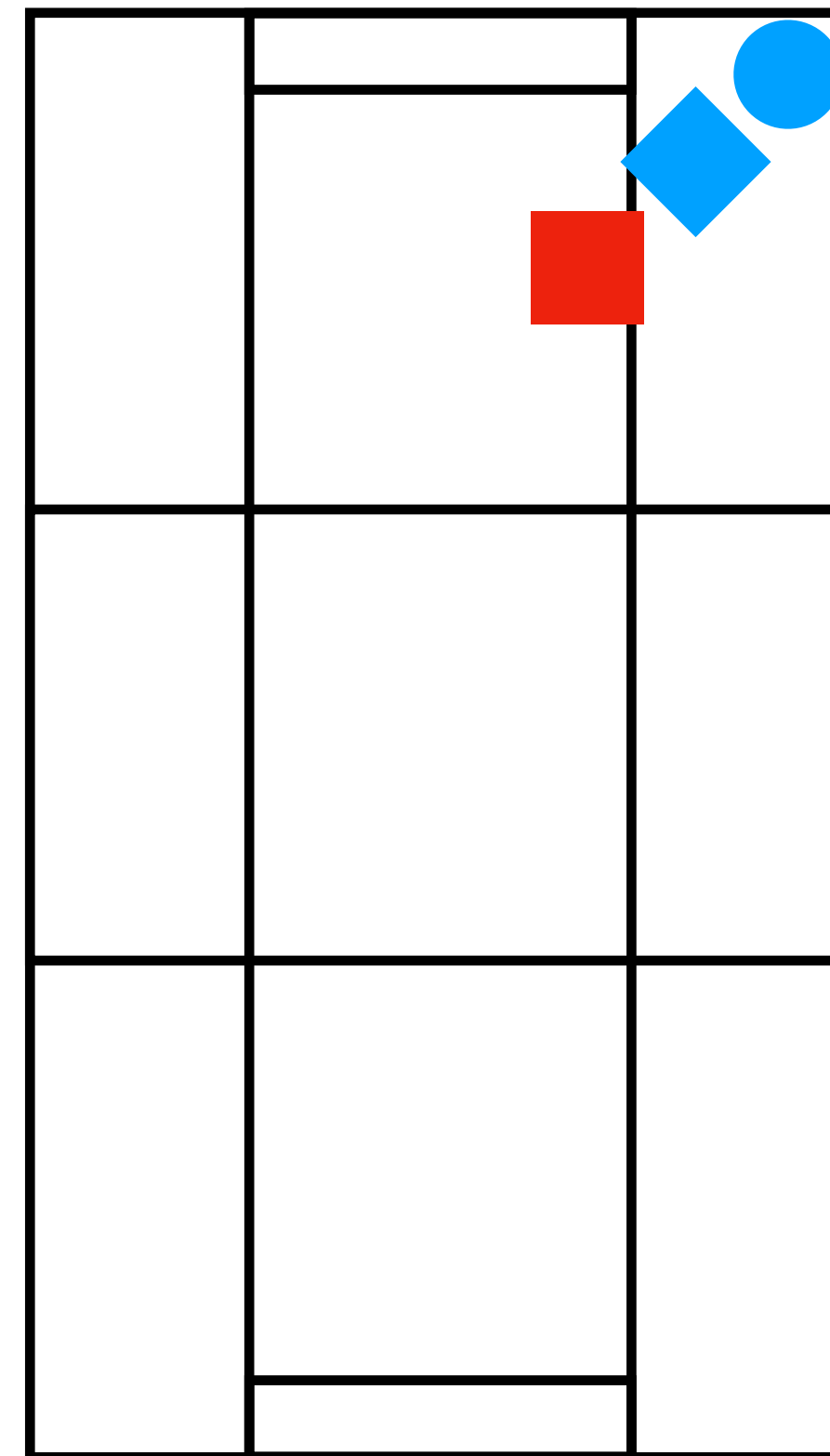
In order to close out a victory or to chew up clock when a player is in the sin bin, defending with the ball is a more efficient tactic than defending without it.

If the opposing team doesn't have the ball, they can't score.

While each of the 3 strategies to defend with the ball are described separately, all of them can and will be used simultaneously to control possession and clock as much as possible.

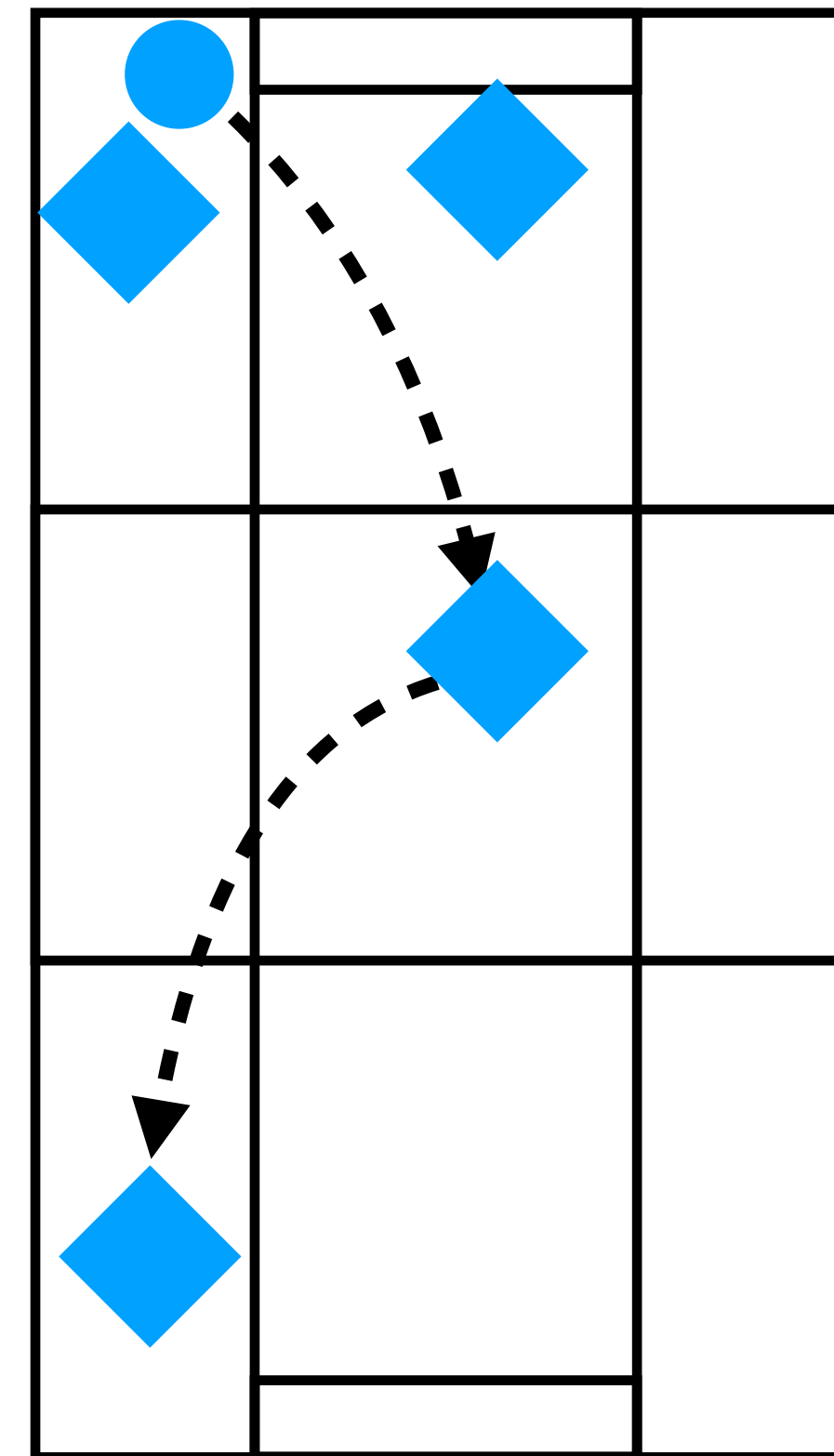
Corner Hold-Up

- Player puts ball near corner of the field, stops it there, and shields it
 - Good shielding involves facing the ball, putting the back to the opponent
 - Good lateral movement and physical strength is vital
 - Some stick handling may be necessary to keep the ball in play and away from opponents
- If opponent touches it, it will likely go out of bounds



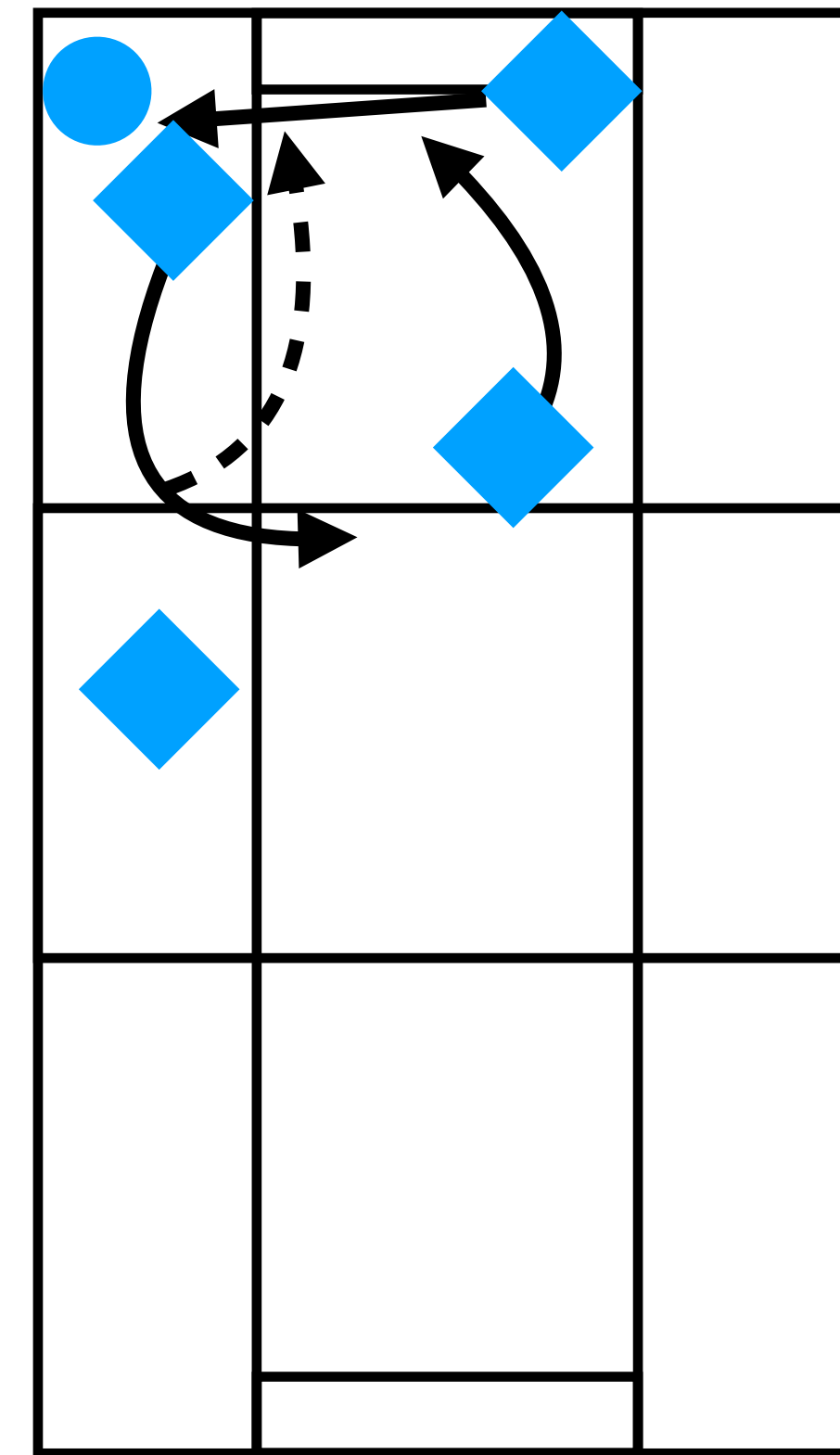
Ragging

- Players hold the ball as long as possible, then when pressured send backwards passes to relieve pressure
- Eventually, the ball gets passed back into the defensive zone. From here, the team has multiple options:
 - Work the ball back up the field (then either take a scoring chance or rag again)
 - Hold the ball up at the defensive corner
- Requires teamwork- every player needs to be ready to rag
- Requires opponent respecting the chance you may score. Passive play will be punished by aggressive defense, but if the defense respects that you may score, that opens up space to rag the ball



Extended Cycling

- Team gets into offensive position, then continuously cycles the ball
- The defense has to respect the chance that you may attack and try to score (and you still can), forcing them to play a proper defensive structure
- If the team is under too much pressure, can drop the ball back and rag



Roles

Diagram Key:

The player goes to this position often



The player goes to this position sometimes



Back Roles

Fundamentally, the job of every back is the same: keep the ball out of the goal and move it up the field. The rules of the game shape how this is done, and this generally limits the possibilities for how the position can be played. Because of this, players tend to specialize heavily and roles tend to be fairly rigid.

Fullback

“1st Receiver”, “Crease Back”, “Blocking Back”, “Big Back”

A big, strong player who clears the crease. They protect their back partner in a 2-back defense, but they may also defend the goal alone in a 1-back defense. They are expected to play the first pass- collecting the rebound after a shot stopped by their partner, or lining up closest to the face-off to take the ball.

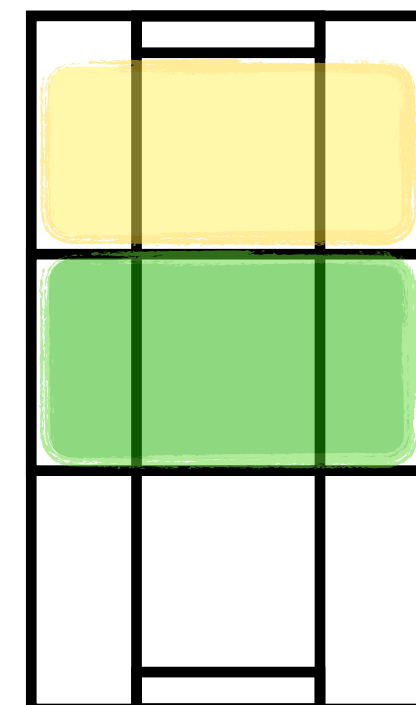
Offense: First step is forwards, wants to get into offensive zone to support play

Forecheck: First step is forwards, wants to step up and make contact

Defense: Seals out harassers, clears away screeners, collects rebounds

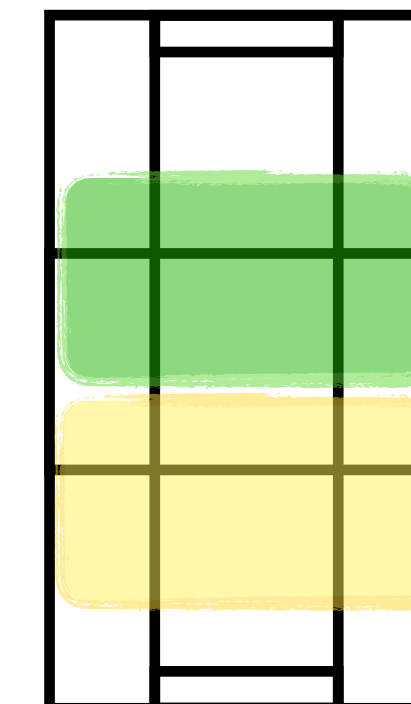
Breakout: Plays the first pass, then supports the ball in the defensive zone

Physical: Tall, heavy, and strong



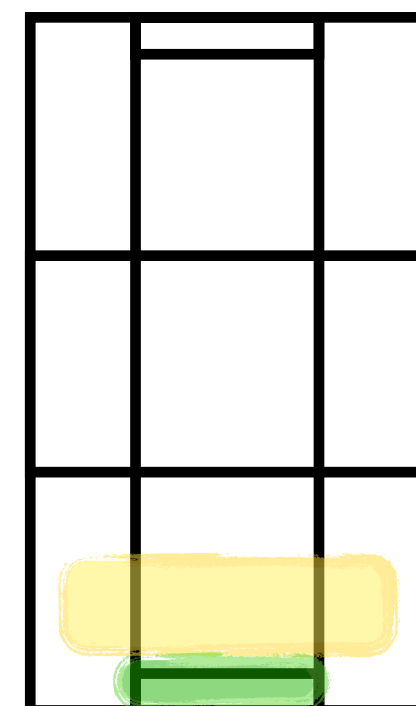
Offense

Defends midfield
Drops in to shooting positions
Posts up



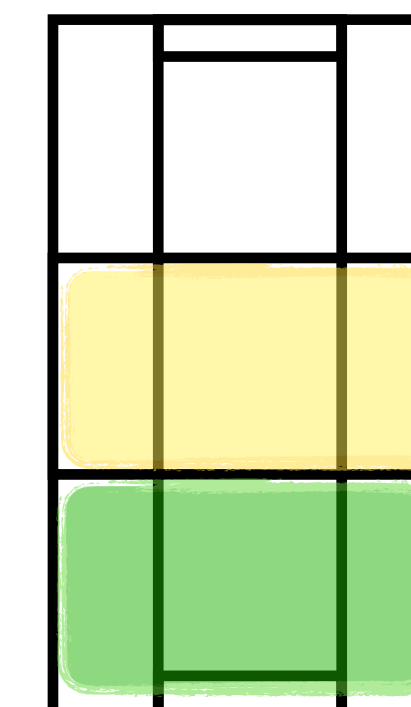
Forecheck

Defends midfield
Often jumps up to close down
Sometimes drops back to sweep



Defense

Plays in the crease
Protects partner from contact
Blocks shots under contact
Follows harassers out of crease



Breakout

Typically the first passer
Sometimes passes then runs to midfield

Loose Back

“2nd Receiver”, “Stopper Back”, “Small Back”, “Receiving Back”

The closest equivalent to a goalie in other sports. Unlike a goalie, they are expected to get upfield to play on offense. They are expected to cover a lot of ground, both to run routes and to sweep up loose balls.

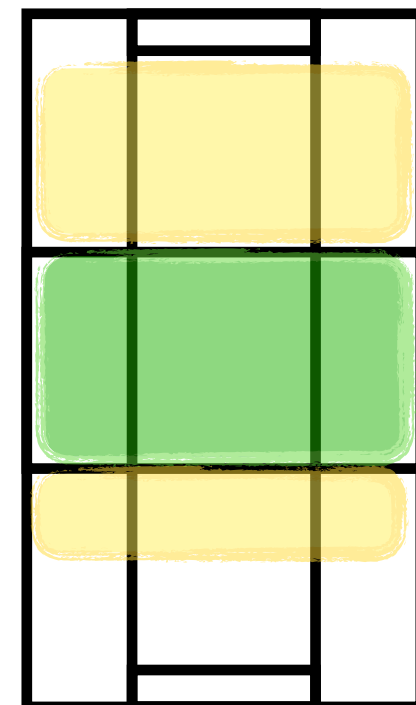
Offense: First step is backwards, ready to defend counter

Forecheck: First step is backwards, ready to sweep up loose ball

Defense: Acts as a goalkeeper, avoids contact

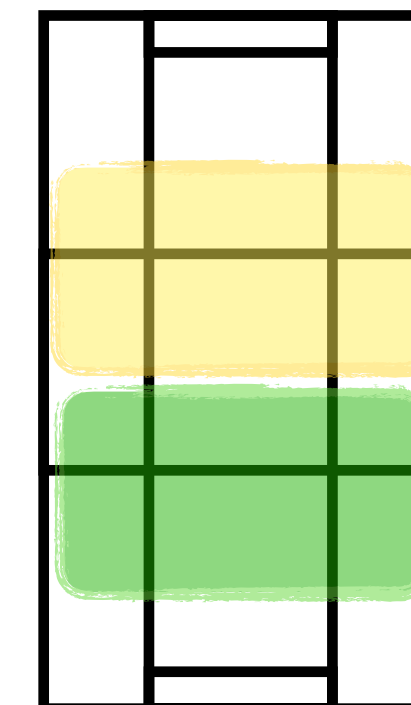
Breakout: Runs routes to get open for the ball

Physical: Short, wiry, and agile



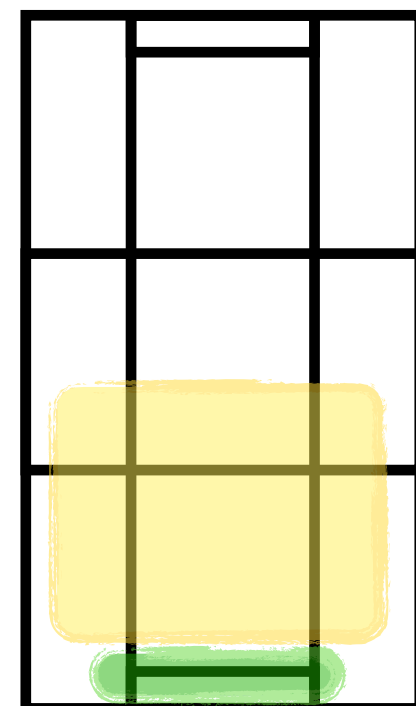
Offense

Defends midfield
Drops in to shooting positions
Drops back to defend counters



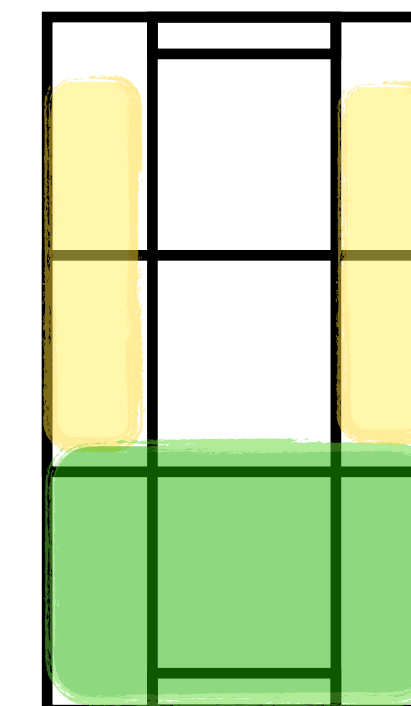
Forecheck

Defends midfield
Often drops back to sweep
Sometimes jumps up to close down



Defense

Stops shots
Avoids contact
Comes out to help forwards
Charges out to play ball



Breakout

Supports the ball close
Sometimes runs channels

Half Back

“Utility Back”, “False Back”, “Switch Back”, “Man-to-Man Back”

A “flex” player. When paired with a crease back, the HB plays like a loose back. When paired with an LB, the HB plays like a CB. Most teams use players like this to play man to man defense.

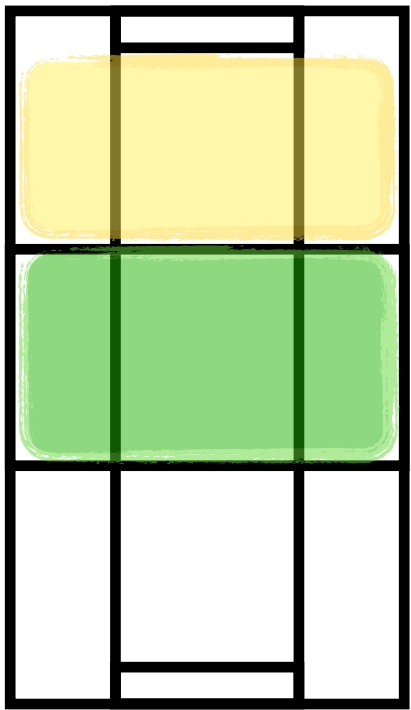
Offense: First step is forwards, wants to get into offensive zone to support play

Forecheck: Covers marked player

Defense: Covers marked player

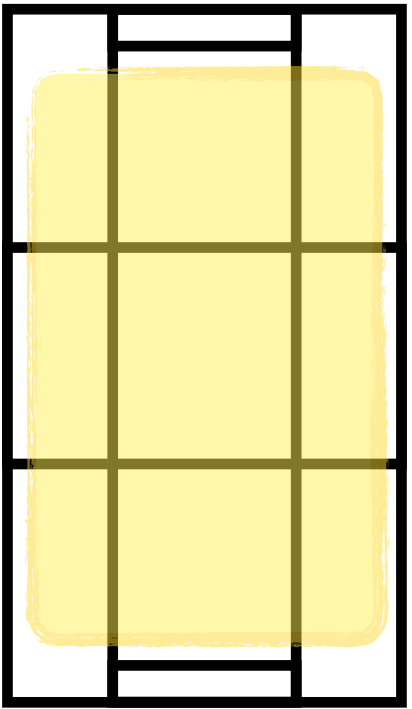
Breakout: Moves up with the ball

Physical: High-endurance, medium build



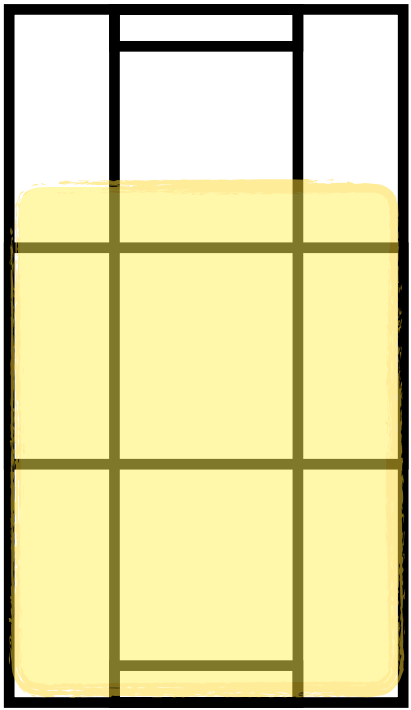
Offense

Gets into the crease
Looks to harass
Sometimes pops out for a shot



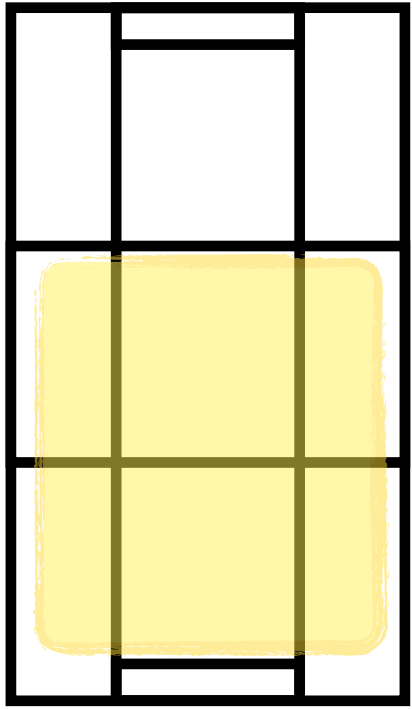
Forecheck

Applies pressure on the forecheck



Defense

Plays in midfield
Occasionally jumps up to counter



Breakout

Supports the ball back

Forward Roles

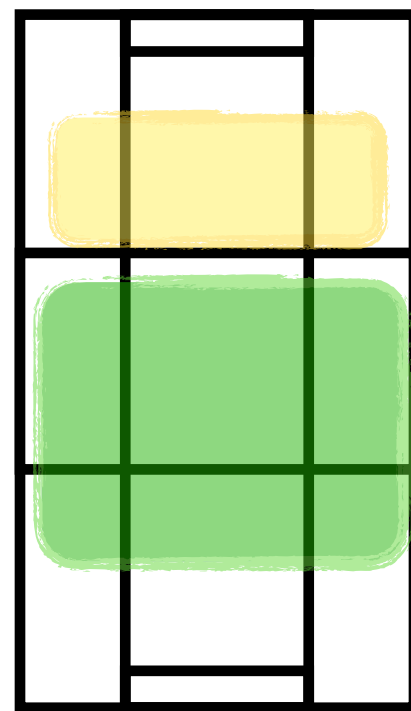
Because of how many forwards are on the roster and forwards are involved in play all over the field, there is a lot of room for different specializations at the forward position based on tactical scheme, player skills, builds, and preferences.

Defense: Full and Half Forward

“Poaching and Dropping Forward”

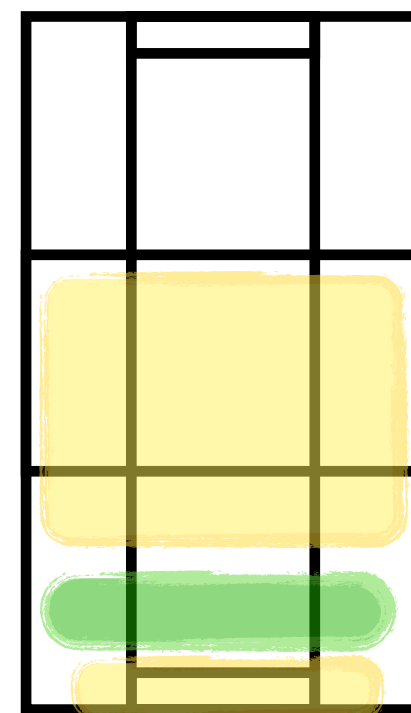
The Full Forward makes lunges upfield and may “cheat” onto offense

The Half Forward stays defense-side of the ball and may drop in front of or even into the crease



Full Forward

Defends in midfield
Occasionally cheats up to counter



Half Forward

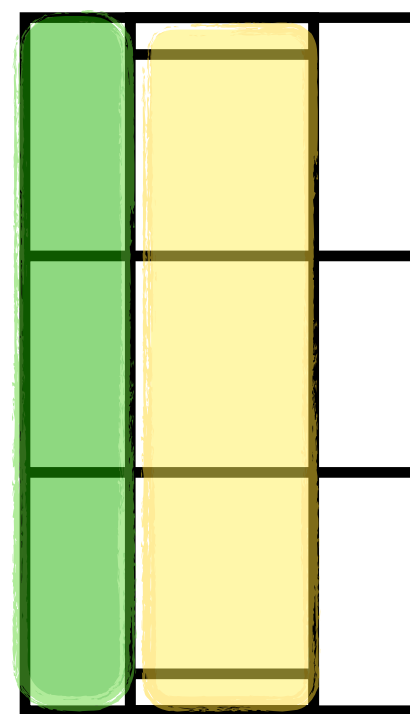
Prefers to defend deep in the zone
Also defends high in midfield
Occasionally drops into the crease

General Play: Left and Right Forward

The Left Forward sticks to the left channel or the middle channel

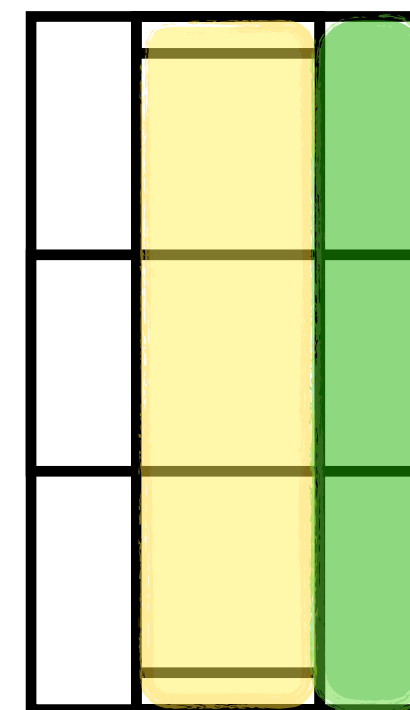
The Right Forward sticks to the right channel or the middle channel

A Left Foot-Right Hand or a Right Foot-Left Hand should be comfortable playing either side



Left Forward

Sticks to left channel
Also fills in the center channel



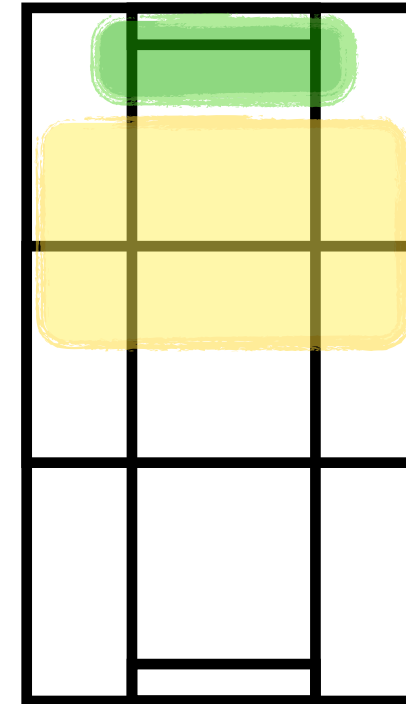
Right Forward

Sticks to right channel
Also fills in the center channel

Offense: Crease and Loose Forward

The Crease

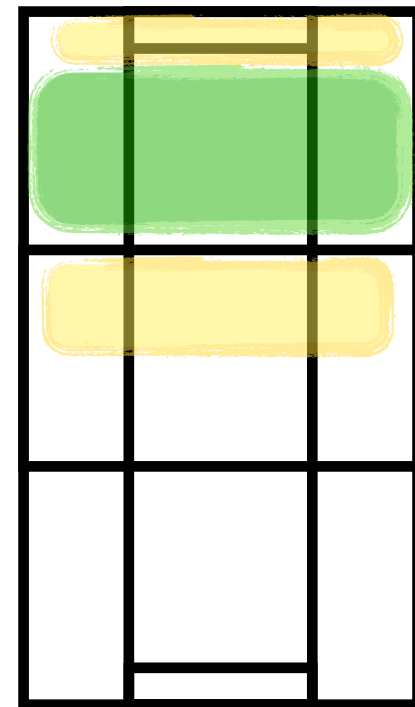
Forward gets into the opposing goal crease and looks to disrupt goalkeeping



Crease

Gets into the crease
Looks to harass
Sometimes pops out for a shot
Sometimes drops into midfield

The Loose Forward gets open to be an option, either cutting or posting up to receive a pass



Loose

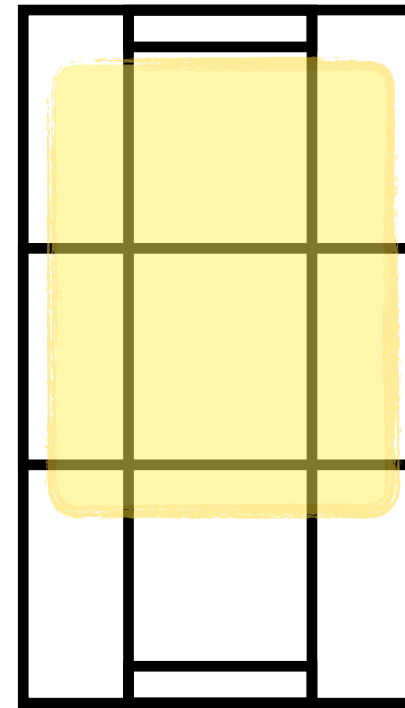
Fills space
Looks to screen or post up
Sometimes drops into crease
Sometimes drops into midfield

Breakout: Linking and Receiving Forward

“Low and High Forward”

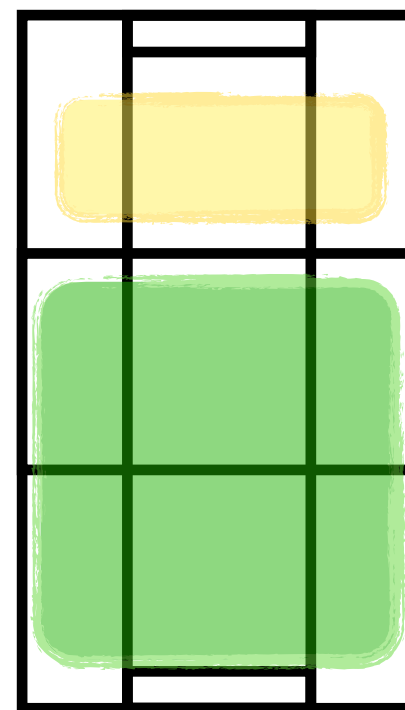
The Receiving Forward starts in a more open position and is readily able to make deep runs or complex routes

The Linking Forward starts in a tighter position and takes longer to get into their routes, either making short supporting routes or late surging runs



Receiving Forward

- Runs deep routes
- Runs complex routes
- Runs dummy and clear-out routes
- Stretches field vertically

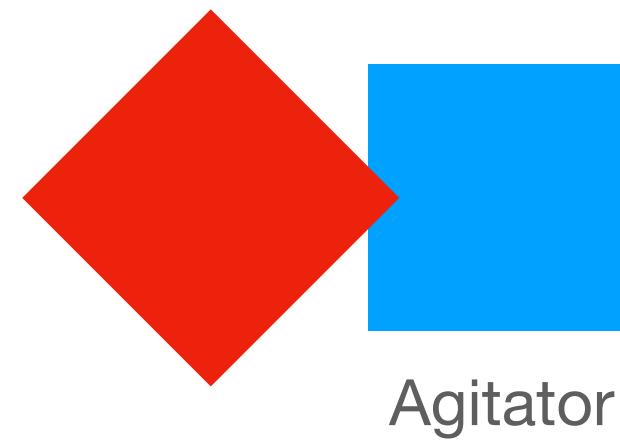


Linking Forward

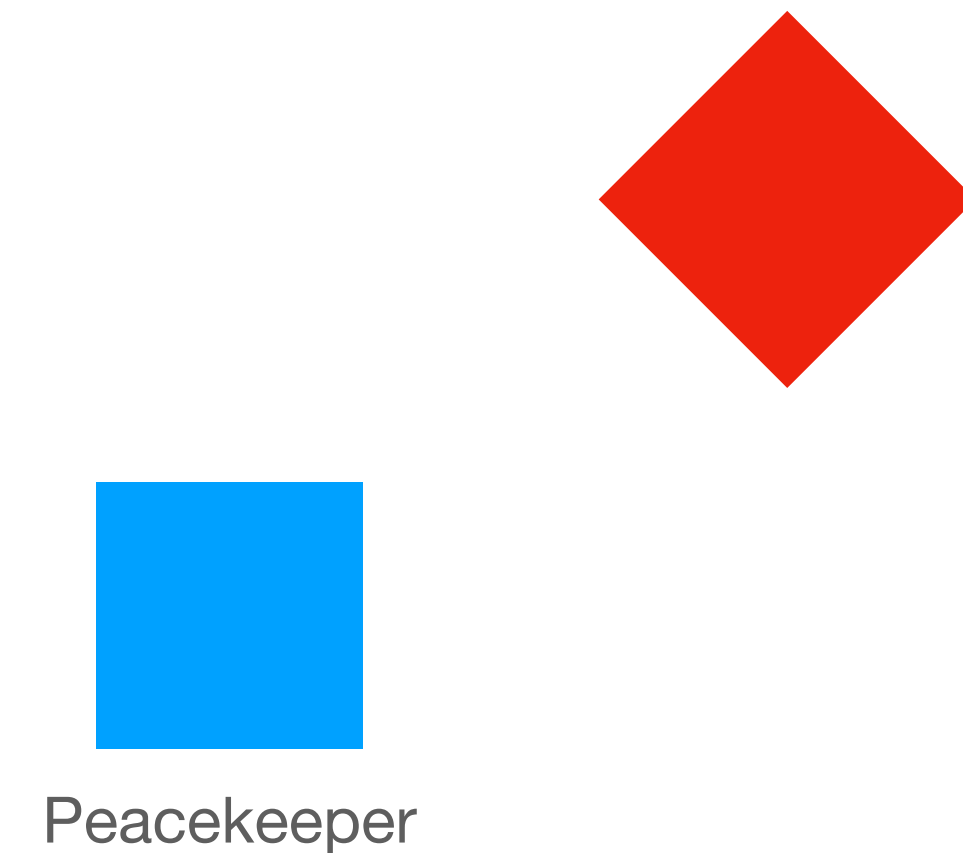
- Supports the ball close
- Sometimes makes a late surging run

Post-Whistle: Agitator and Peacekeeper

The Agitator gets into combative situations with opponents, up to and including shin kicking, to grind down opponents, create 3v3, and take key opponents off the field



The Peacekeeper gets away from combative situations, keeping additional players from joining a fray, and looks to be a neutral observer in a self-officiated match



Breaking Conventions

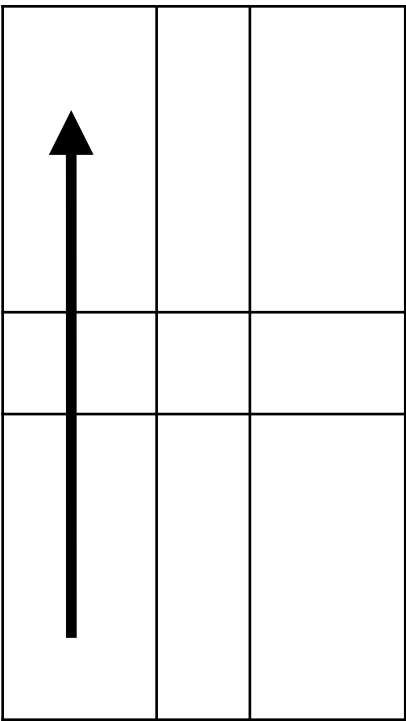
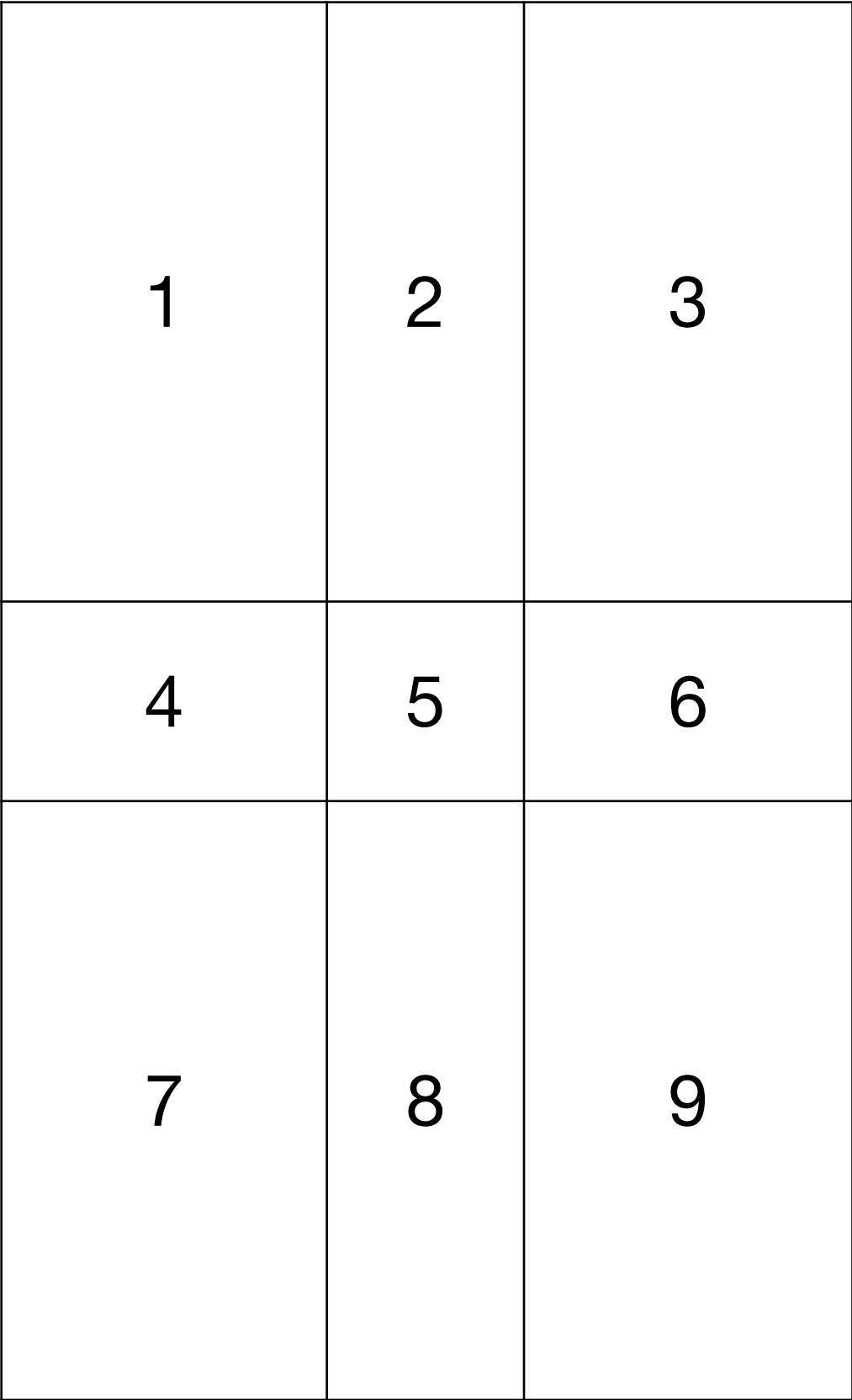
- Overloaded line: Both players play on the same side of the field
- Shutdown line: Both players are half forwards
- Counterattacking line: Both players are full forwards
- Bruising Line: Both players are agitators
- Energy Conserving Line: Both players are peacemakers

Square-off Play Concepts

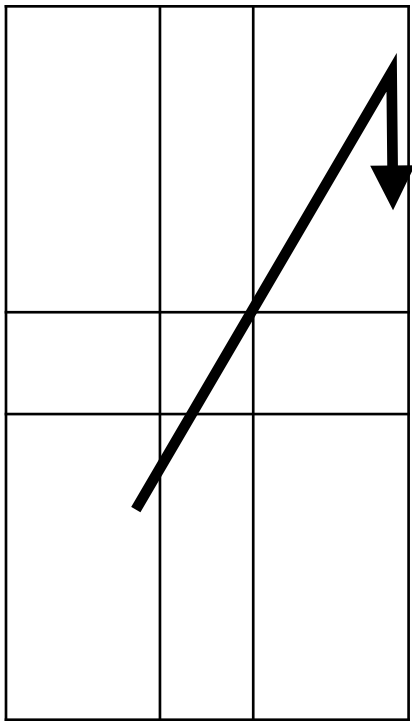
- At higher levels of play, set plays become more valuable. Players are better able to execute plays, and scoring without a set play becomes more difficult. At the very highest levels, teams run set plays every face-off, and the game is almost 50% scripted, with much of the chaotic improvisation of lower levels reserved for the later parts of every play.
- The standard square-off play calling system consists of three parts: the loose back route, the forwards route concept, and the fullback ball movement

Loose Back Routing

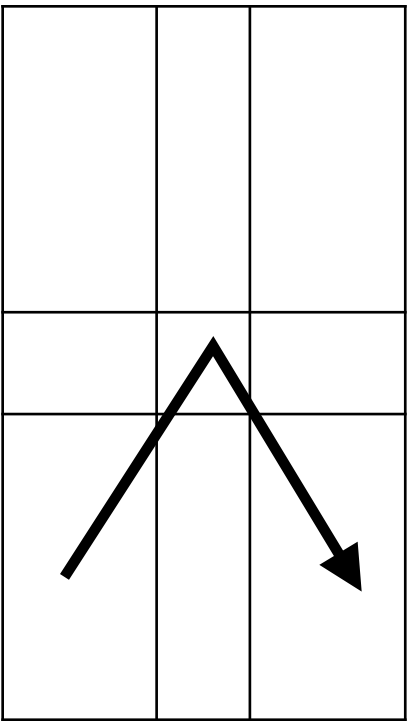
- The standard back route system involves three numbers
- Each zone on the field corresponds to a number on the field. 8 is in front of the defending goal and 2 is in front of the attacking goal
- The first number is where the loose back starts
- A “0” at the end of the route means the player stops and posts up
- A number other than 0 at the end of the route means the player moves and gets open in that zone
- A “0” in the middle of a route means a player should fake instead of running the route directly. Which way a player fakes is up to them



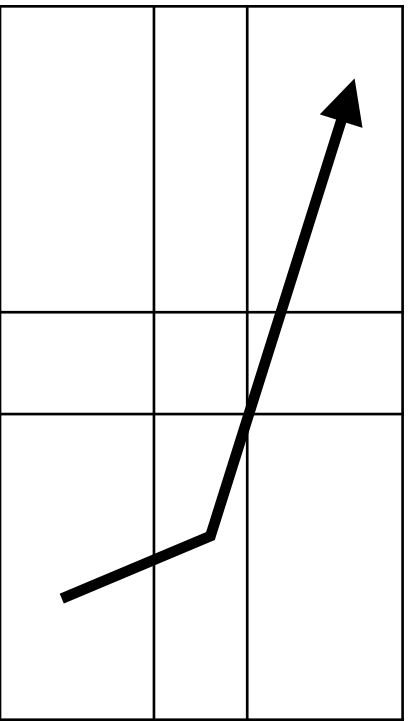
741 Route



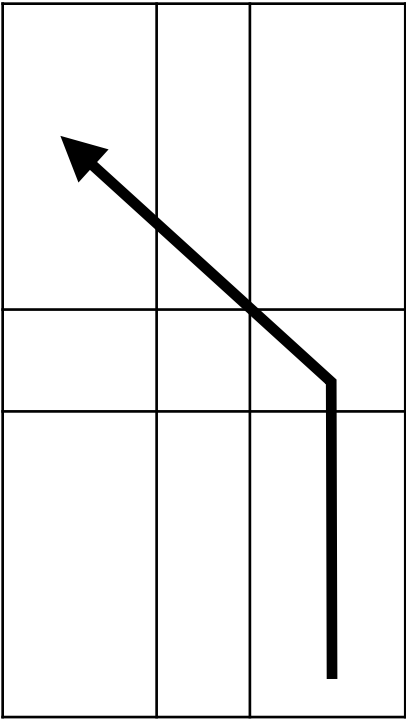
730 Route



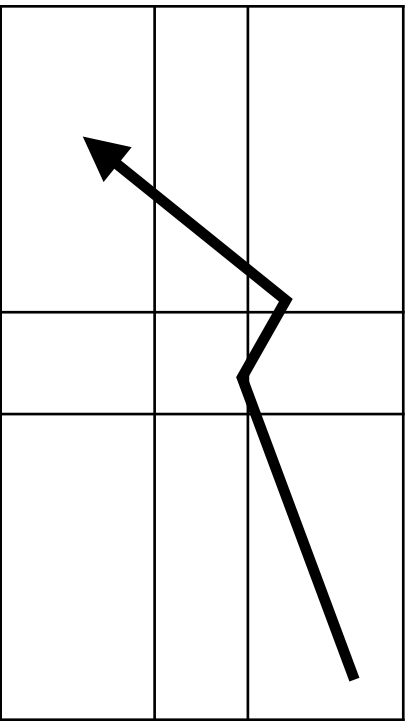
759 Route



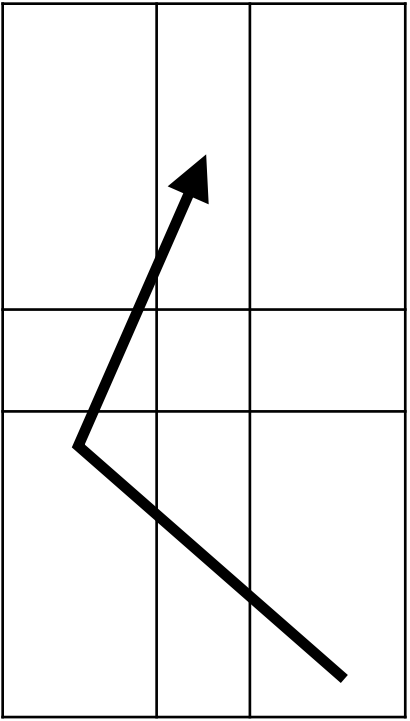
783 Route



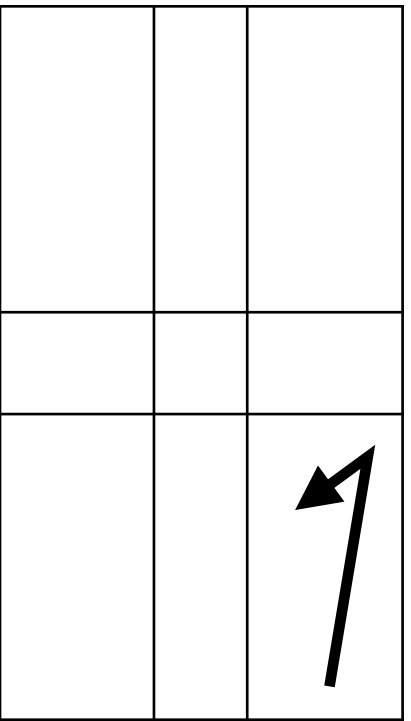
961 Route



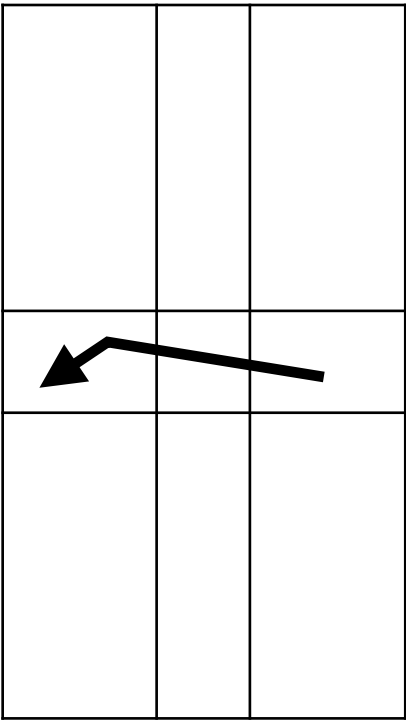
901 Route



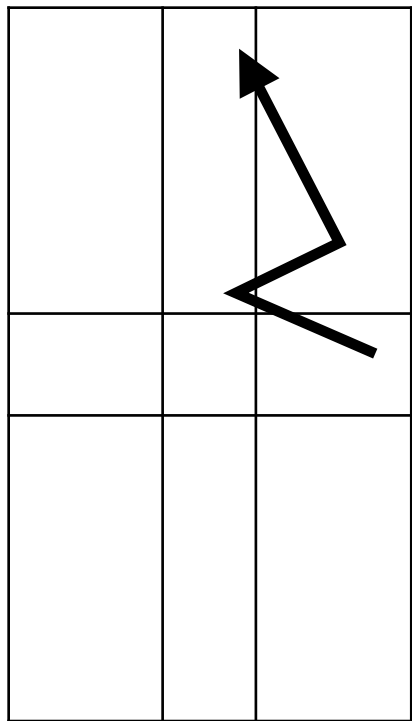
972 Route



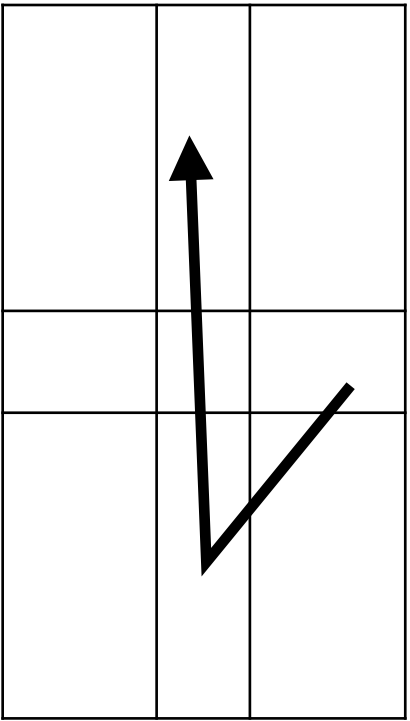
900 Route



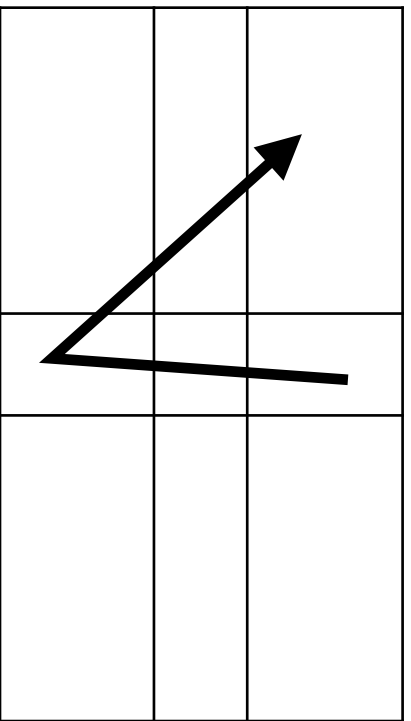
640 Route



602 Route



682 Route

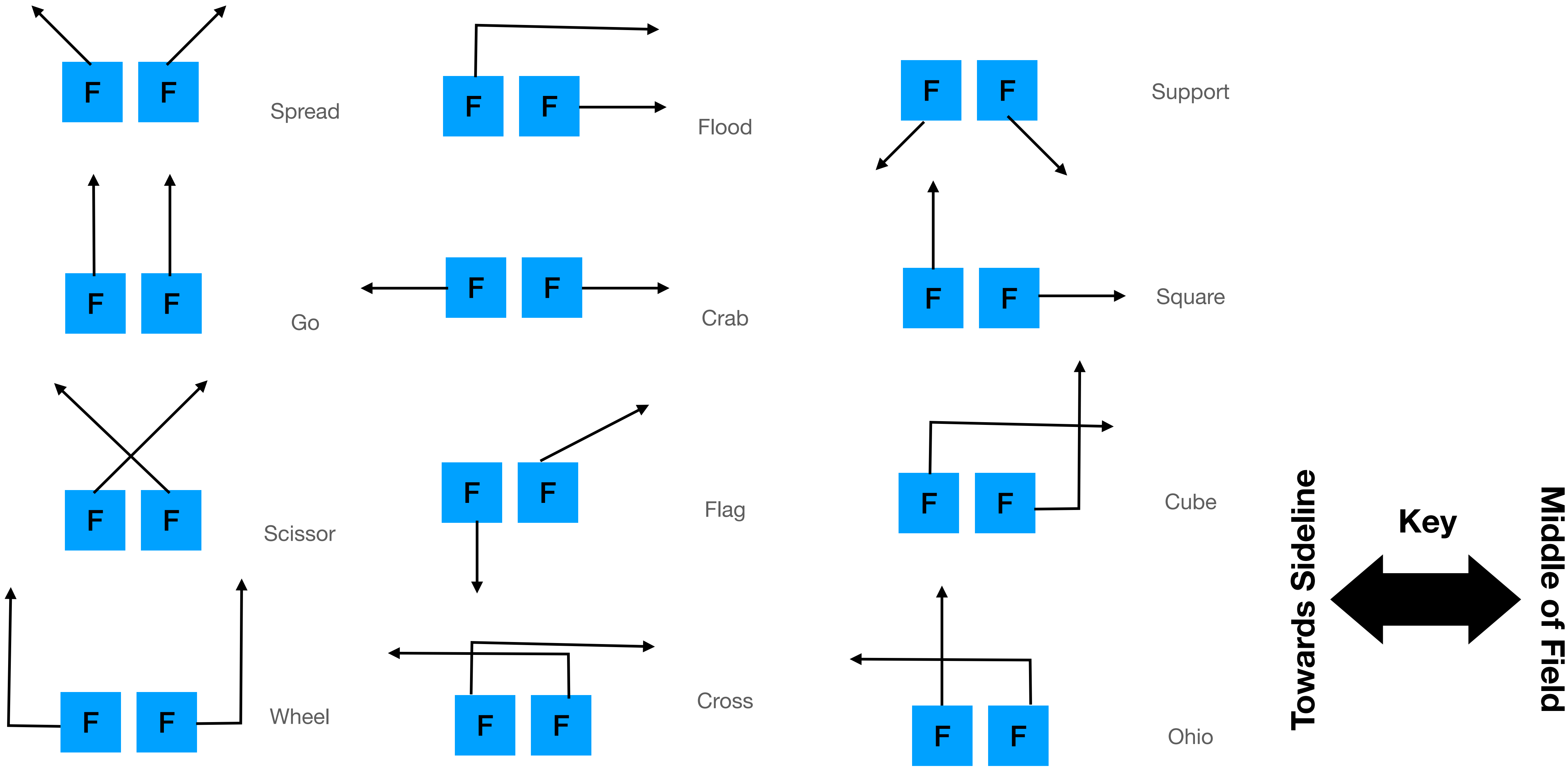


643 Route

Forward Routing

- Forward routes are given names. Different coaches may have different names for each concept, but names generally follow similar themes to make remembering easier for players
- Every name corresponds to how both forwards move away from the square-off. The zones themselves don't matter
- Forward routes “mirror”: players change the route depending on if they are the player closer to the sideline (outside forward) or the player closer to the middle (inside forward)

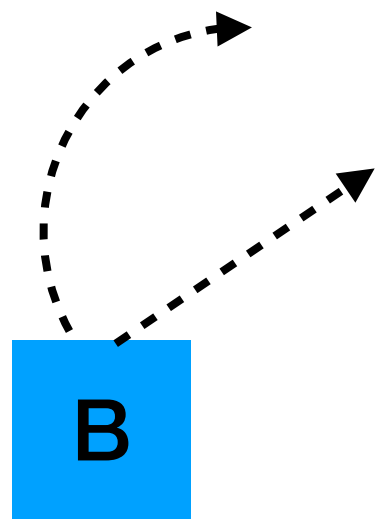
Common Forward Route Concepts



Fullback Ball Movements

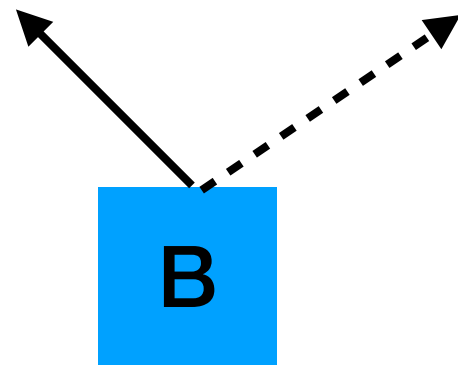
Quick

The FB takes 2-3 touches and quickly passes the ball to an open player. If no one is open in time, the FB dumps it or shoots it depending on field position



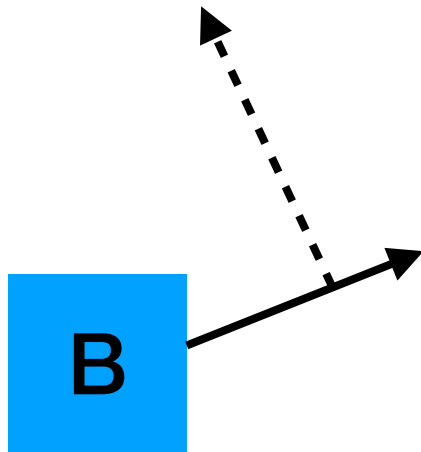
Option

The FB takes 2-3 touches and quickly passes the ball to an open player. If no one is open in time, the FB runs with it



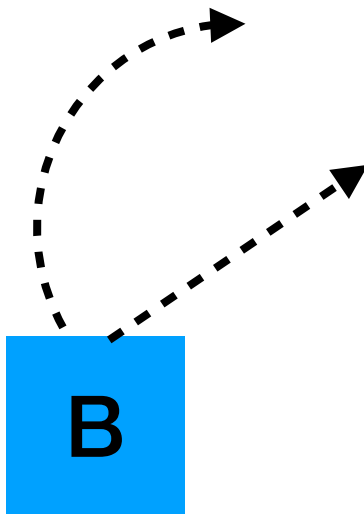
Rollout

The FB runs laterally to open up space for a pass



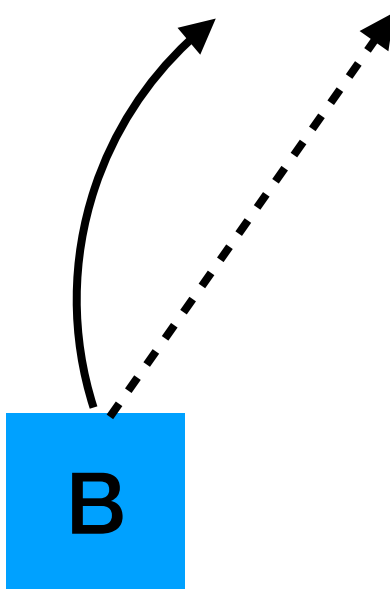
Slow

The FB holds the ball for an extended period to allow teammates to get open and run their entire routes. If no player is open, the FB dumps it or shoots it depending on field position



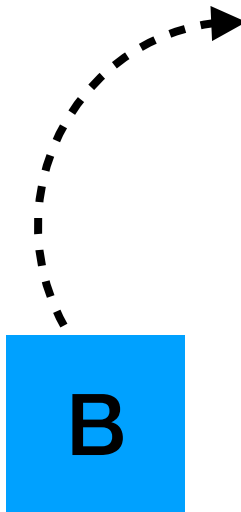
Pocket

The FB holds the ball for an extended period to allow teammates to get open and run their entire routes. If no player is open, the FB runs with it



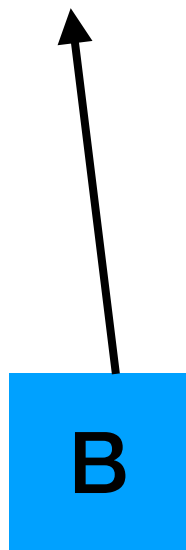
Boot

The FB immediately dumps or shoots depending on field position

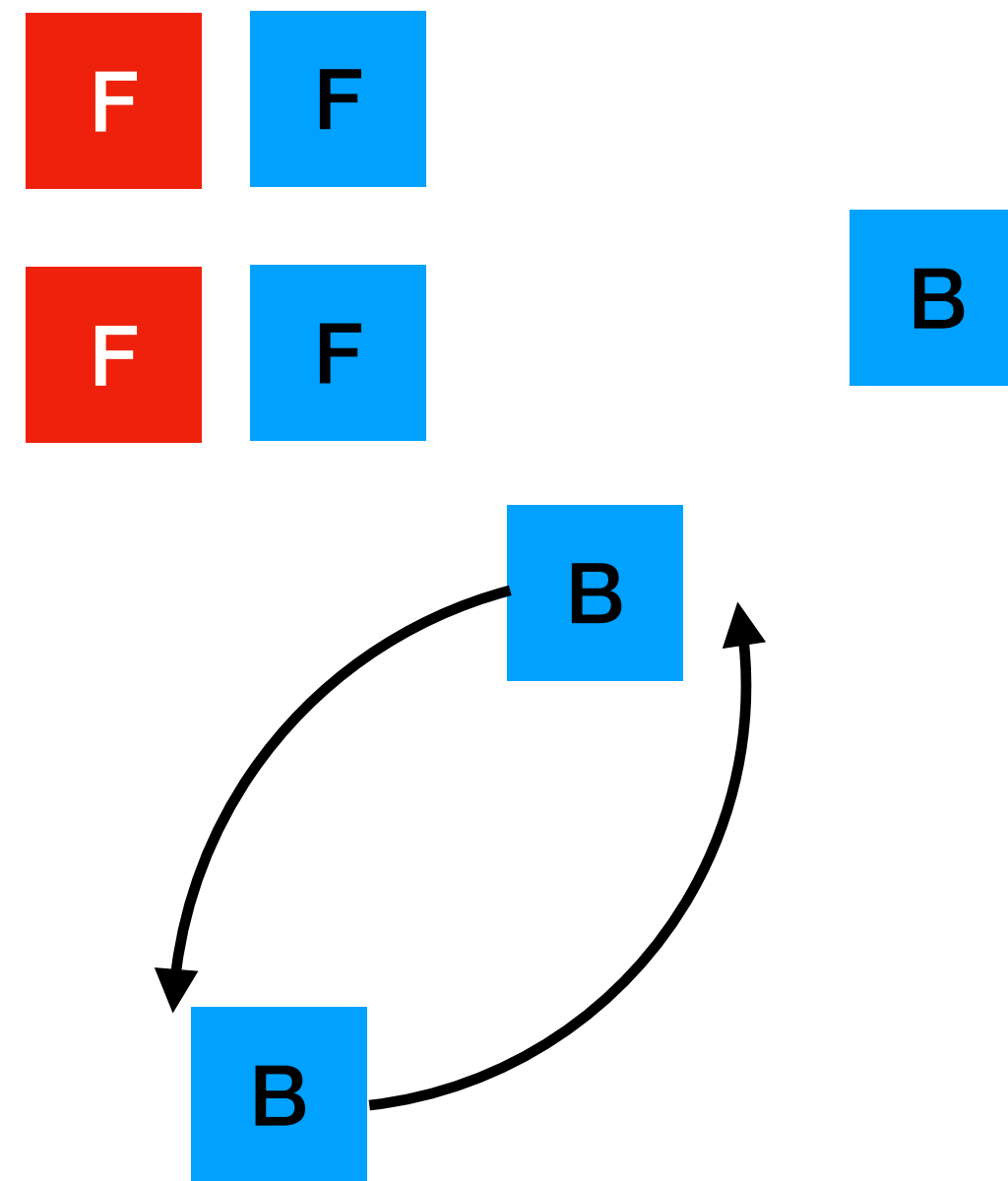


Run

The FB runs with the ball and makes and immediate go

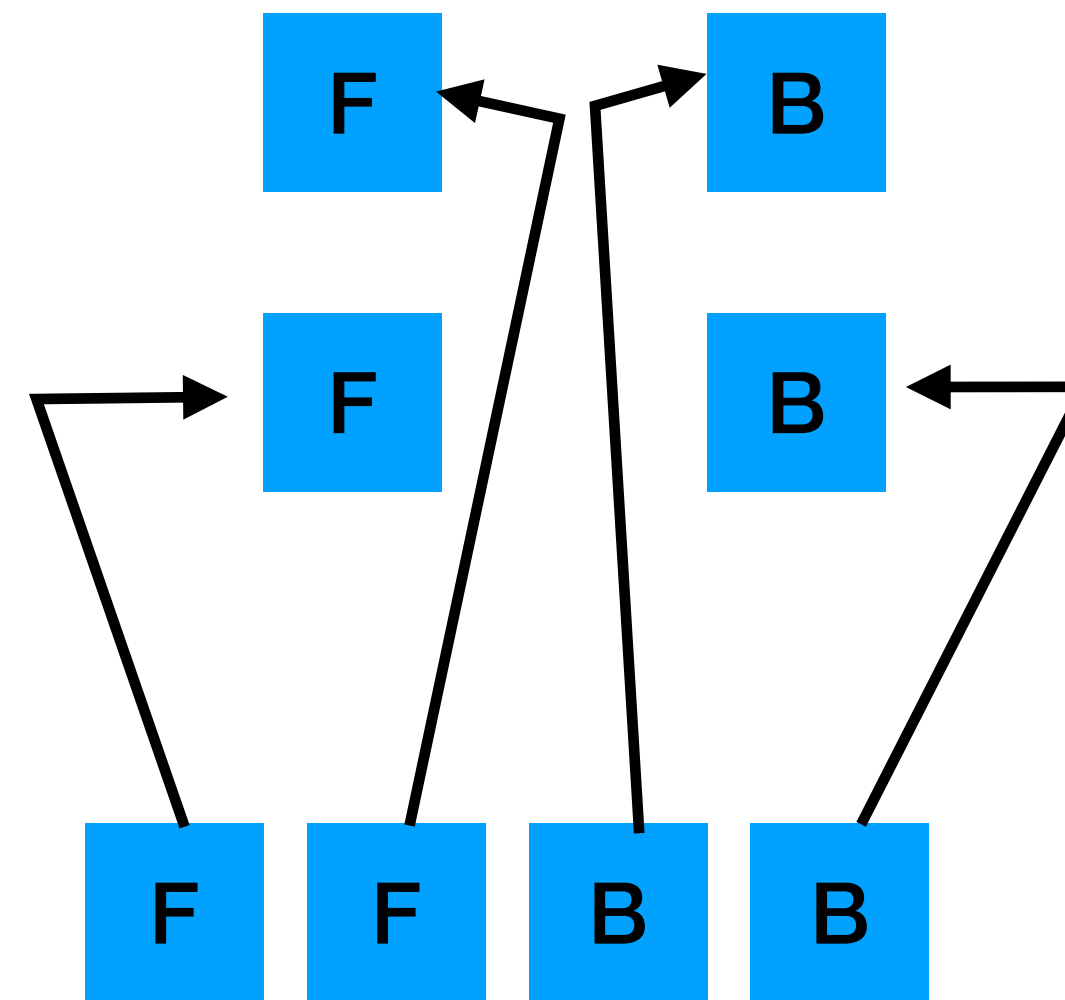


Play Calling Systems



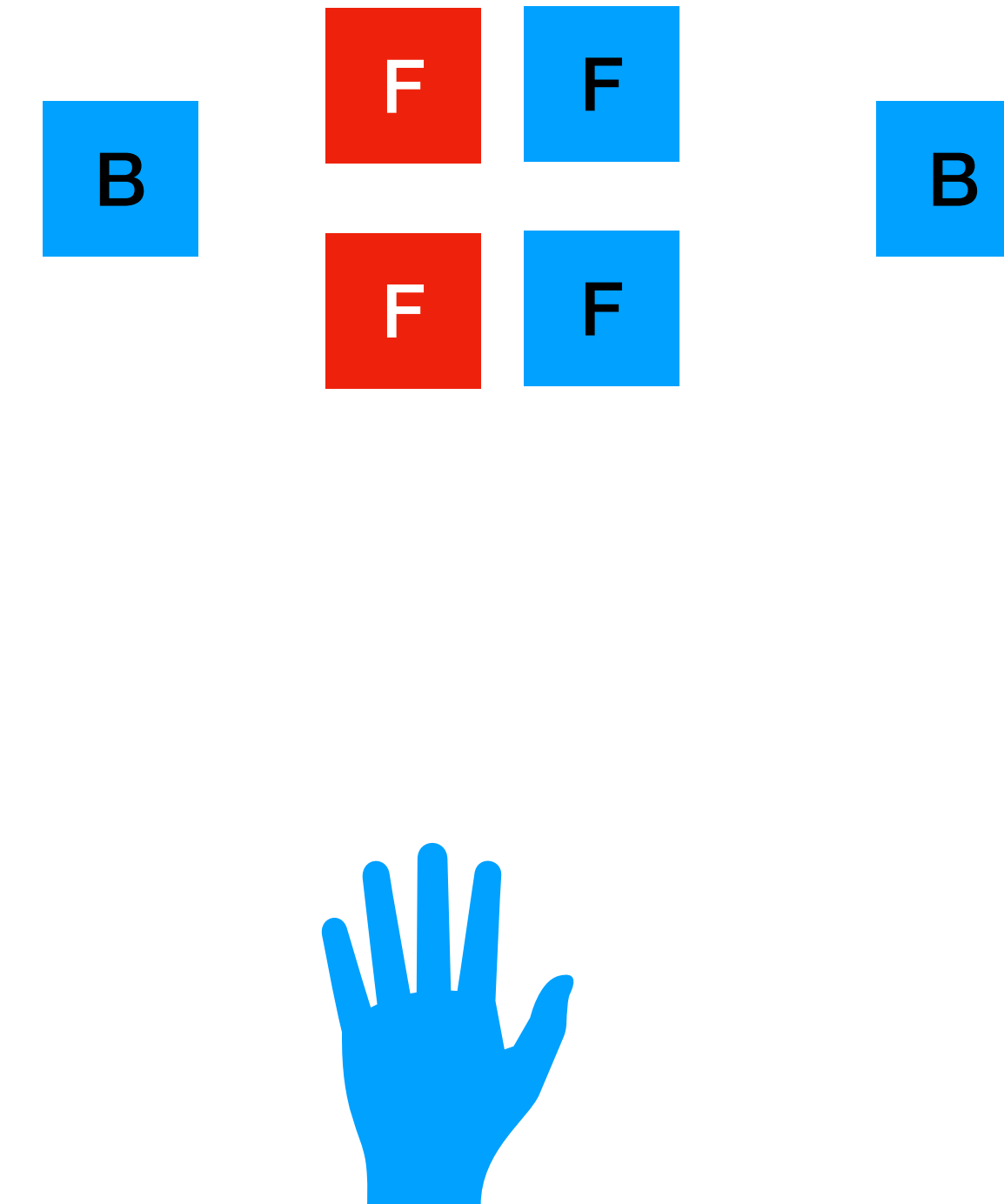
Relay

The play is told to a substitute. The substitute comes onto the field, then relays the play to their teammates before the draw, typically before the ball even settles



Shift

Before the players go onto the field, every player on a shift is told what their next set play will be. They continue to use that set play for every square-off in their shift.



Signal

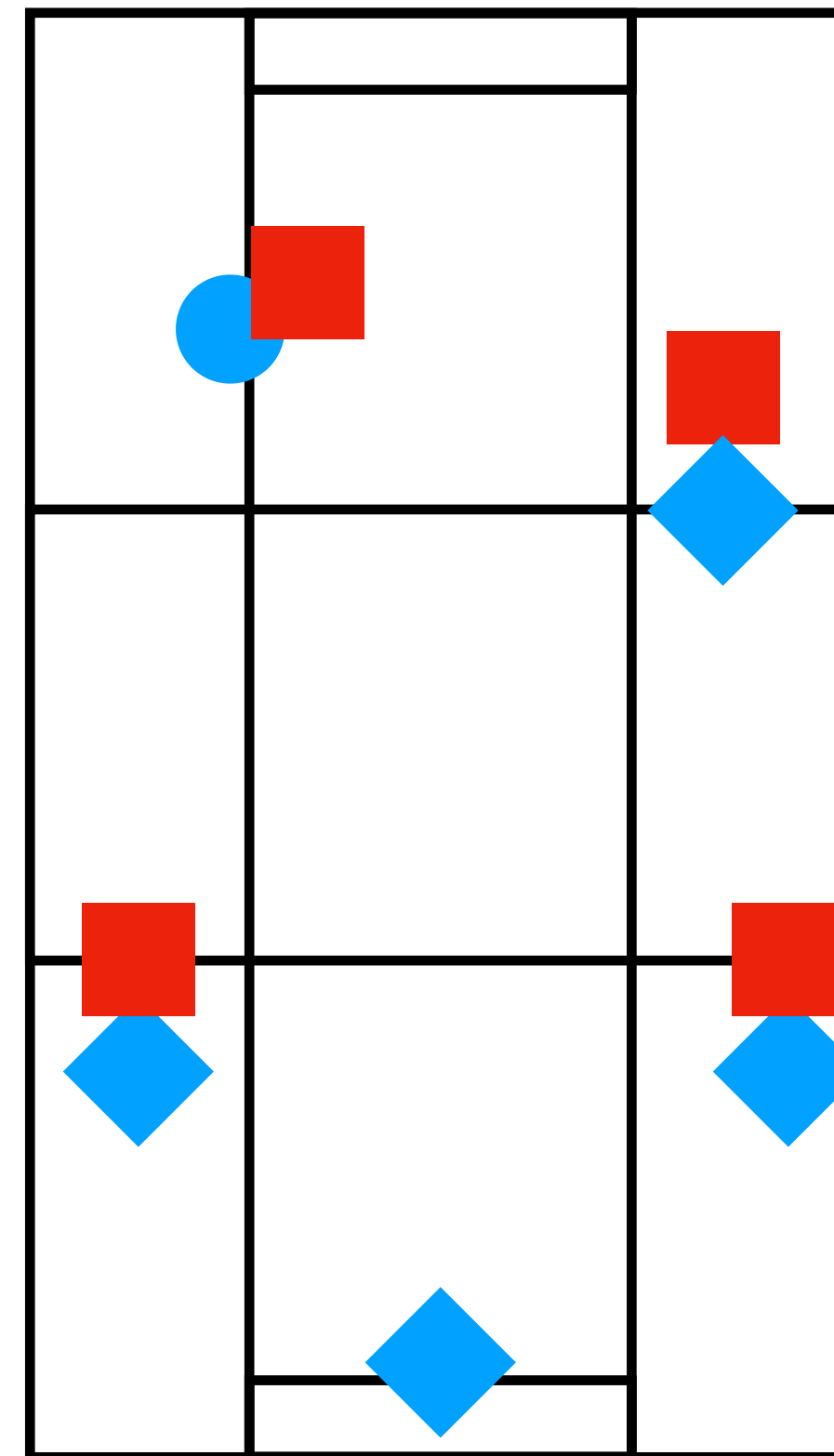
Players memorize two to 3 plays. The coach signals a play from the sideline before the square-off

Rollout Defenses

- Because there is no two-line pass on a rollout, the entire field is open for passing options
- Standard forechecking concepts do not work in this situation

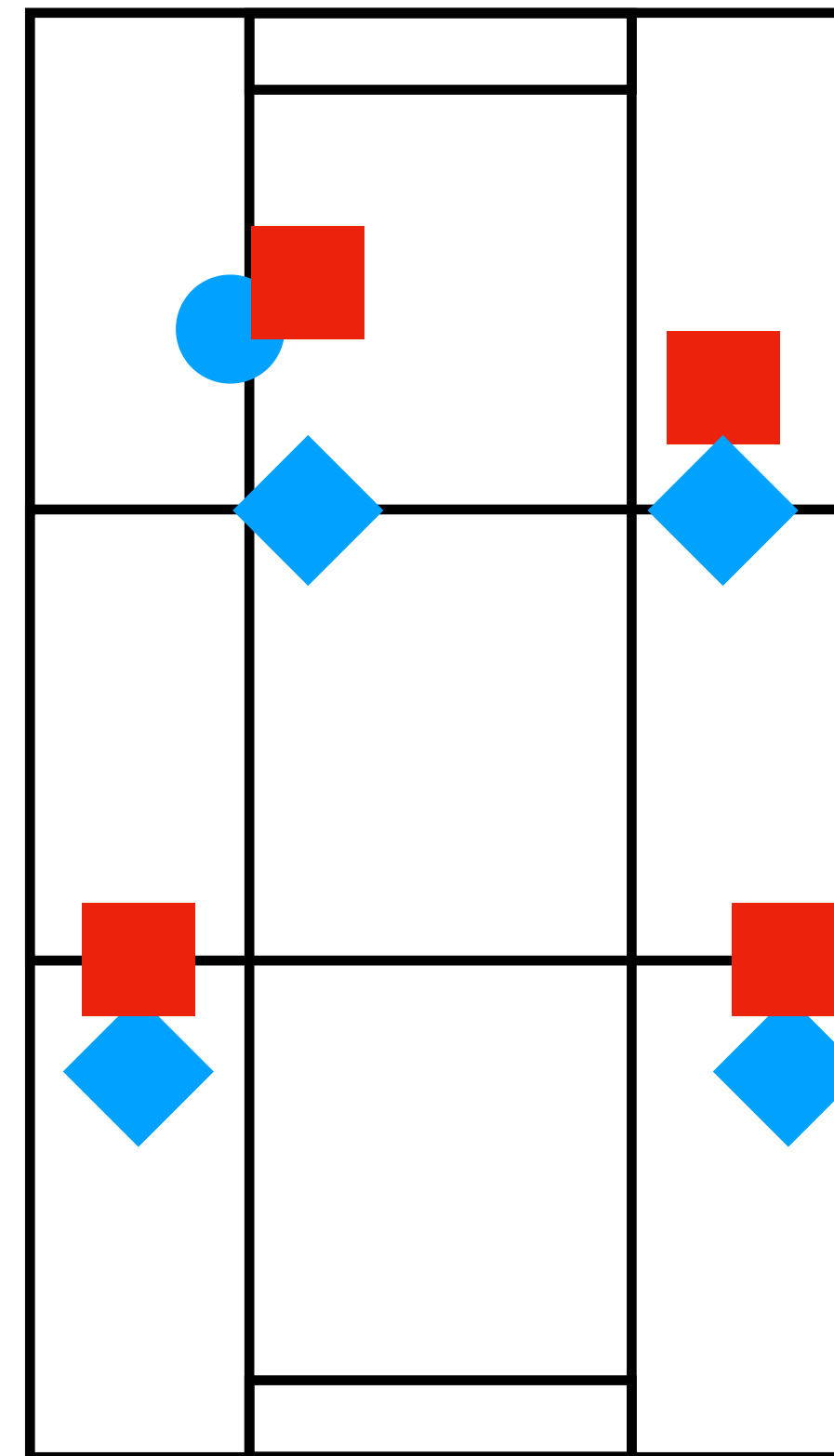
Walk-Up Rollout Defense

- Every player picks up a man, except one back, who gets to the goal to defend
- Allows the ball carrier to “walk up” but takes away any passing options



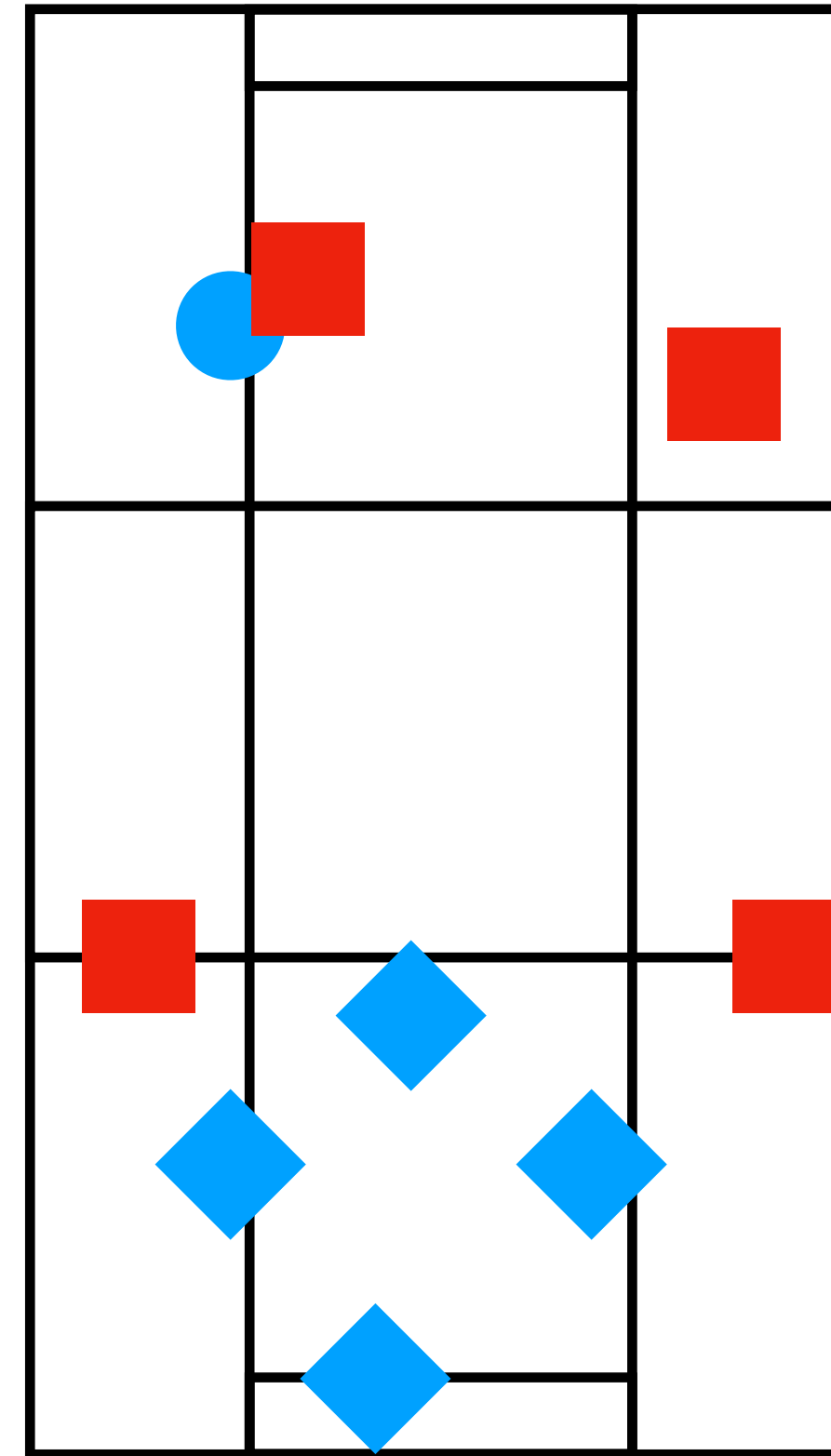
True Man Rollout Defense

- Every player picks up a man, including someone who is tasked with pressuring the roll-out
- Remind your players not to touch the roller
- Takes away every pass, but risky because it only requires one small mistake from one player to break down



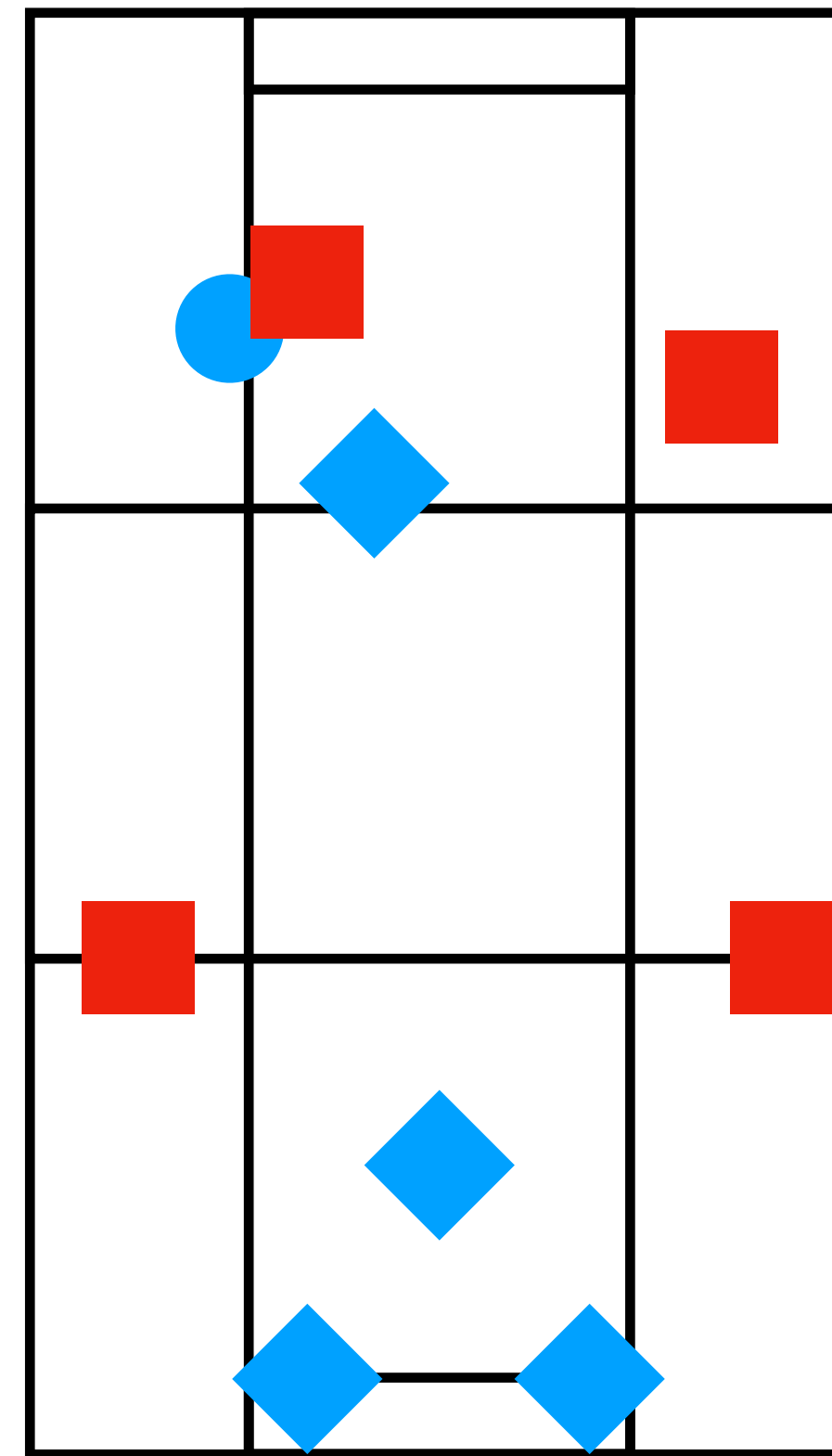
Retreat Rollout Defense

- Every player drops back into the defense and zones up
- Safe option, but lets opponent make any pass they want



Partial Retreat Rollout Defense

- Every player drops back into the defense and zones up, except for one forward who pressures the roll-out
- Applies some pressure that the retreat doesn't, but the one forward is likely to get burned



Developing a Playbook

- Before even considering your playbook, it's important to decide on your team's identity and philosophy
- Mentality
 - Defensive: preventing goals is more valuable to you than scoring them
 - Neutral: equal focus on scoring and preventing goals
 - Offensive: scoring goals is more valuable to you than preventing them
- Offensive Style
 - Counterattacking: use speed to take advantage of the space left by your opponents before they can set up to defend
 - Deep Ball: shoot from deep to stretch the field and force the opposing defense to open up
 - Power: use physicality to control the goal and make shots easier
 - Intricate: use skillful passing to pick apart defenses and find space
- Defensive Style
 - Pressure: You want the ball, and want to make it as difficult as possible for the opponent to keep the ball
 - Man to Man: By covering every player on the field, you make it difficult for your opponents to pass
 - Key Areas: It's easier to score goals from in front of the goal, and it's easier to pass from the center square. By taking these areas away, you force the opponent into more difficult positions
- Identity
 - Creative: Your players make decisions, finding space and doing the unexpected to ruin opposing gameplans
 - Grinding: Your team wants to wear down their opponents, winning a battle of attrition that leaves your team standing at the end of the game
 - Dump and Chase: Your team builds off of a dump and chase strategy, trading possession for territory
 - Set Piece: With careful planning and execution, finely crafted moves can be unstoppable to your opponents
 - Flexible: Whatever your opponent does, you are ready for it. Players can play multiple tactics, even multiple positions, to meet the demands of every opponent
- The playbook is a vehicle for enacting that philosophy on the field

Standard Playbook

For most senior and scholastic teams

- 4 Signal Square-Off Plays
- 2 Forechecks
- 2 Defensive Schemes
- 1 Rollout Defense
- 1 Base Breakout scheme
- 1 Base Offense scheme

Counterattacking Playbook

For a team that wants to build quick attacks from the defense

- 4 Signal Square-Off Plays
- 1 Forecheck
- 2 Defensive Schemes
- 1 Rollout Defense
- 2 Base Breakout schemes
- 1 Base Offense scheme

Dump and Chase Playbook

Modified for teams that deliberately trade possession for territory

- 2 Breakout Formations, 3 Plays Each (6 total set plays)
- 2 Offensive Zone Face-off Plays, 4 Offensive Crease Face-Off Plays (6 total set plays)
- 2 Forechecks
- 1 Defensive Scheme
- 1 Rollout Defense
- 2 Base Breakout schemes
- 1 Base Offense scheme

Selects Playbook

Lighter in order to get players into

- 1 Breakout Formation, 3 Plays (3 total set plays)
- 2 Offensive Zone Face-off Plays, 2 Offensive Crease Face-Off Plays (4 total set plays)
- 1 Forecheck
- 1 Defensive Scheme
- 1 Rollout Defense
- 1 Base Breakout scheme
- 1 Base Offense scheme