

# Girls Lacrosse Rides

Videos by Ricky Fried

# Diamond Ride

This ride starts when the ball is outside. The 4 attackers are in a Diamond setup. The attacker runs with the defender forcing the ball out while her team mates shift over and shut off a player on the ball side (figure 1). **A1** will follow behind the ball carrier so when **A2** forces the defender to turn around into an immediate double (figure 2).

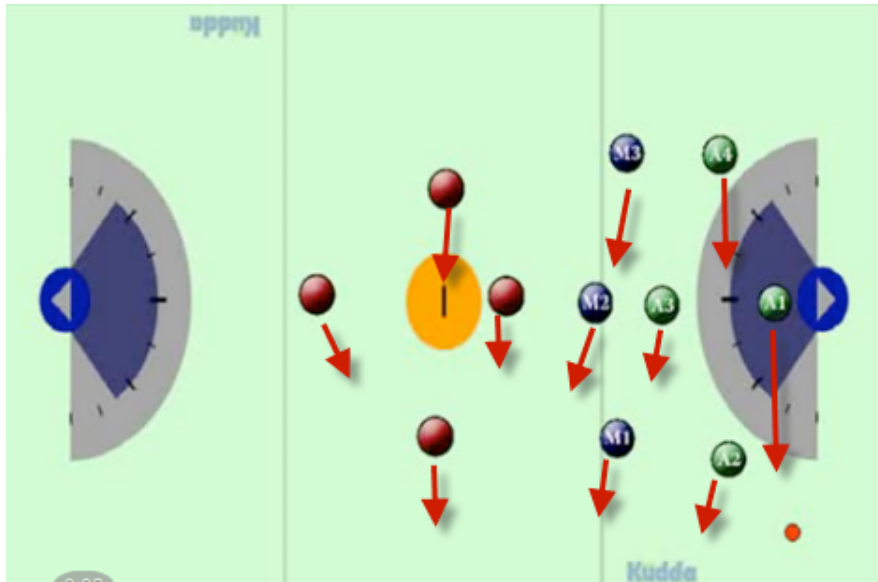


Figure 1

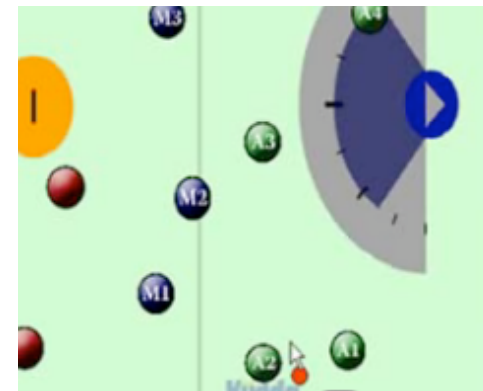


Figure 2

## 43 Ride Part 1

This ride starts when the ball is outside. The defense is aligned in a 4-3 formation to start with the 4 attackers flat. **A1** runs out and forces the ball carrier to the inside. All other players drift to pick up a player in their zone. Some of the zones may overlap as the primary objective is to force the ball carrier to throw the ball back to the goalie or to the adjacent side of the field.

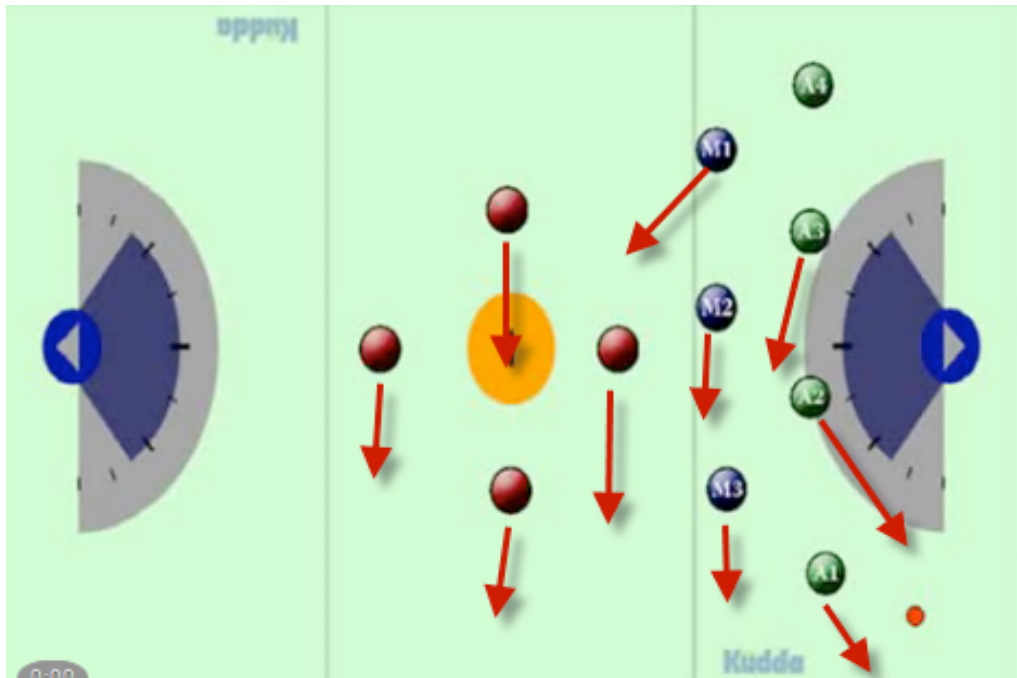


Figure 3

## 43 Ride Part 2

As the ball swings to the other side of the field, the players should shift while the ball is in the air. A1 and A3 trap the ball as the rest of the team shifts to guard a girl in their respective areas. The objective is to force as many difficult passes as possible in hopes of a turnover.

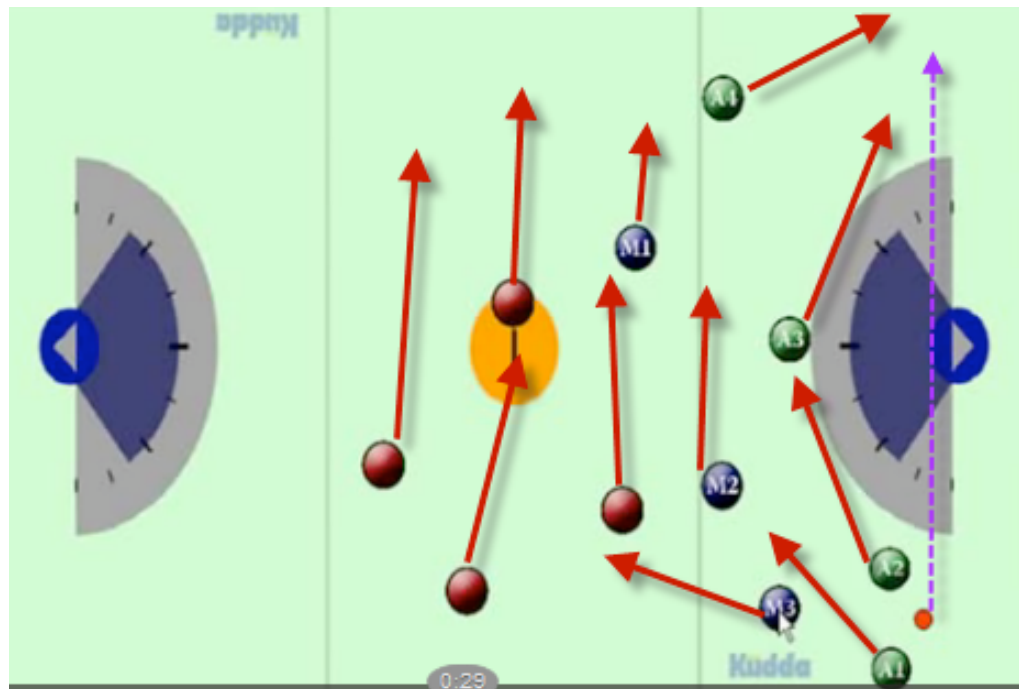


Figure 4

## 13 Ride

This ride starts with the ball outside. The Attack starts in a 1-3 formation with **A1** shutting off the goalie for the duration of the ride. **A2** forces the ball to the outside while **A3** sprints to the sideline to trap the ball carrier. All other players shift to lock of players closest to the ball side.

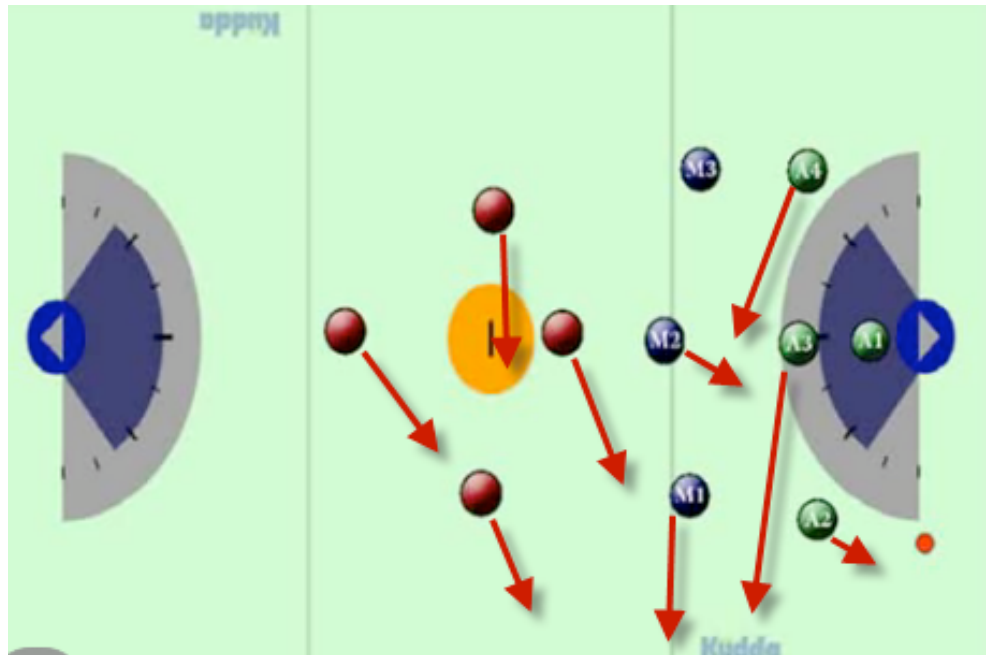


Figure 5