

Long Pole 1

Use the Long Pole when riding. Have the LP (circled) be the furthest back and in center of field. *Figure 1*

If clearing team gets middle across, the LP will then cover and prevent fast-break. *Figure 2*

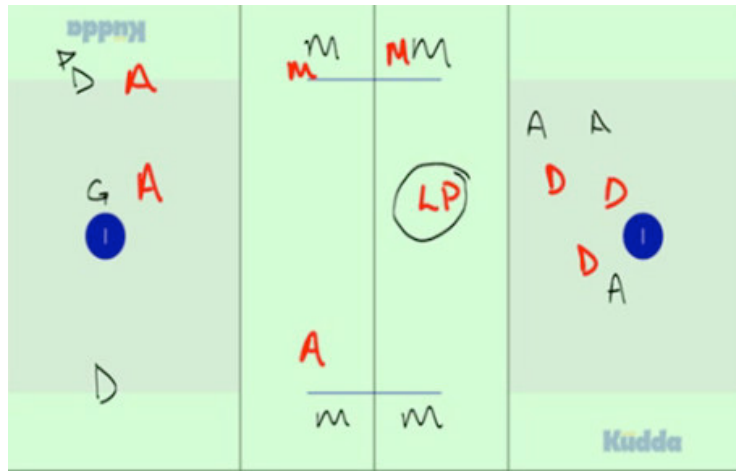


Figure 1

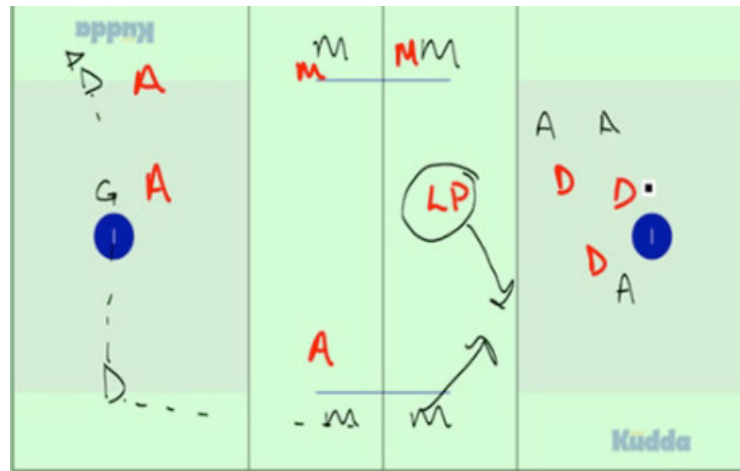


Figure 2

Long Pole 2

If clearing team starts with the middle with the ball. Put 2 attackman to force the middle to pass to open goalie and then to opposite defender.

Figure 3

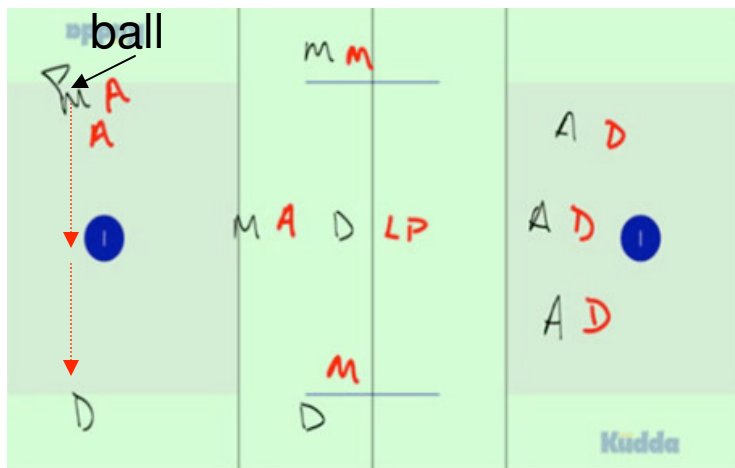


Figure 3

As clearing team moves ball up with defender, riding team needs to lock on, where circled. The LP will then go ball side. Figure 4

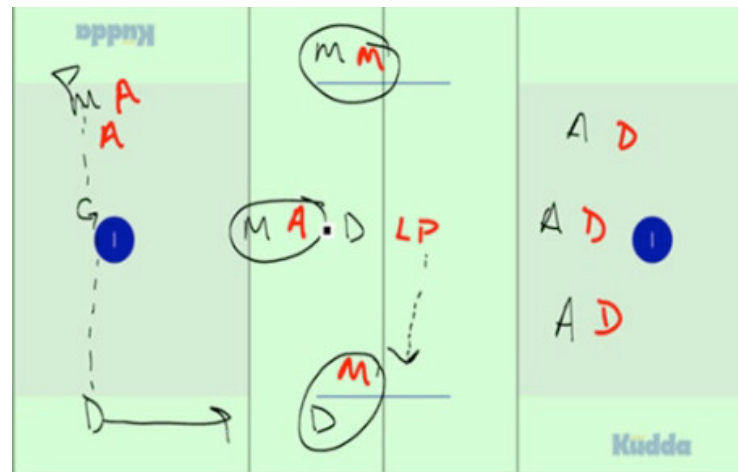


Figure 2

Long Pole 3

Have LP on a clearing middle. As clearing team moves ball across to opposite defender, LP bumps up to pressure the ball. *Figure 5*

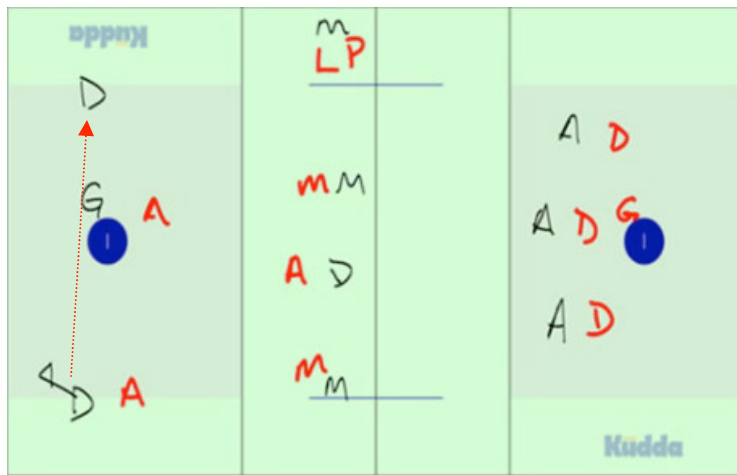


Figure 5

Bump up the defender to cover the open middle and the goalie covers the attackmen. LP now pressures the ball and causes turnover. *Figure 6*

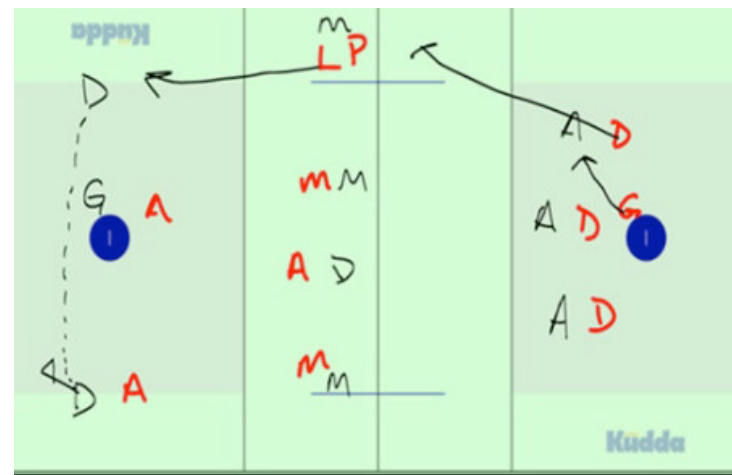


Figure 6

Long Pole Faceoff

If there is a procedure violation on your faceoff man, red middie, he has to leave the field. *Figure 7*

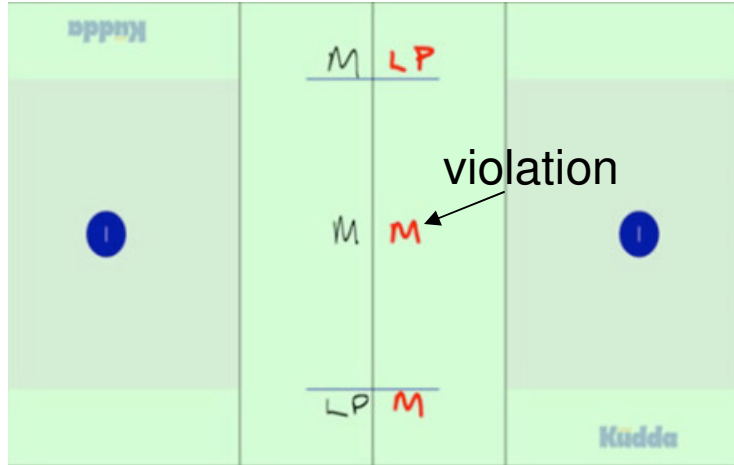


Figure 7

Have the faceoff man match feet with black LP as black LP leaves the field. Move red LP to cover the ball. Hopefully the other red middie gets in before black middie. *Figure 8*

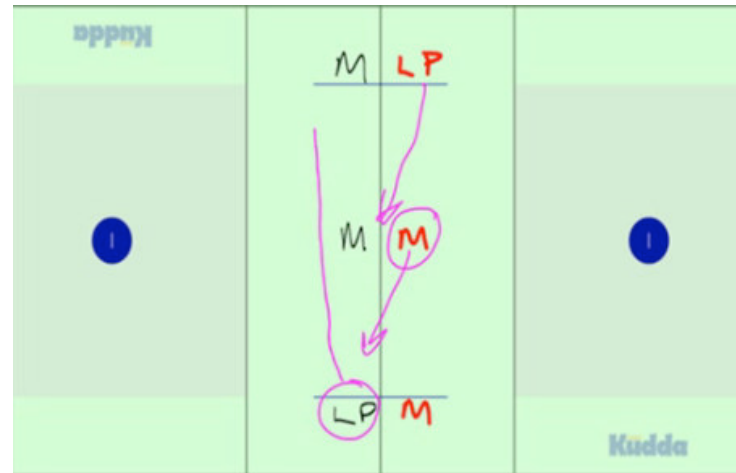


Figure 8

Long Pole Faceoff 2

If there is a procedure violation on your faceoff man, red middle, he has to leave the field. Or if black faceoff whens ball cleanly... *Figure 9*

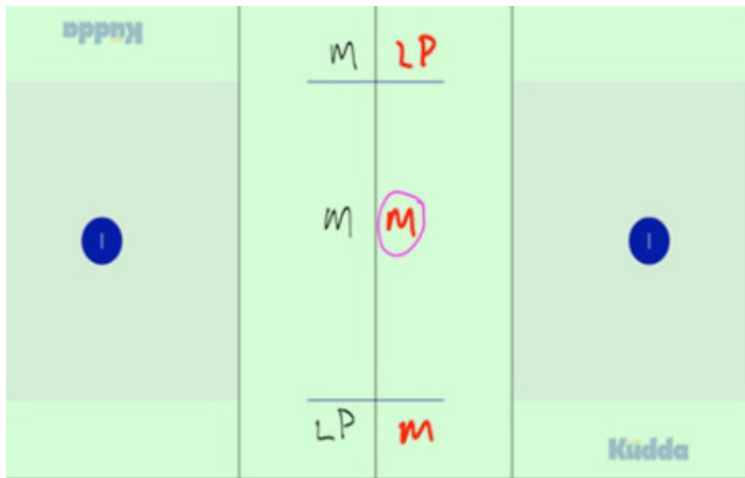


Figure 9

Black LP starts to leave the field but then breaks to goal. This causes either a fast-break or causes red faceoff man to have to stay in game. *Figure 10*

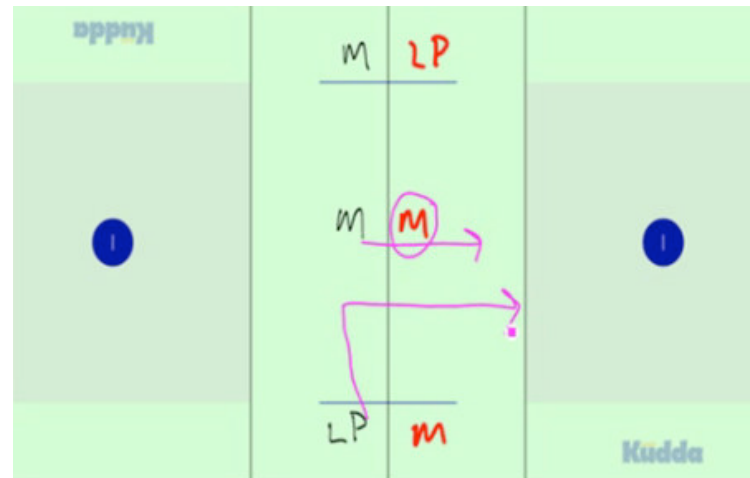


Figure 10