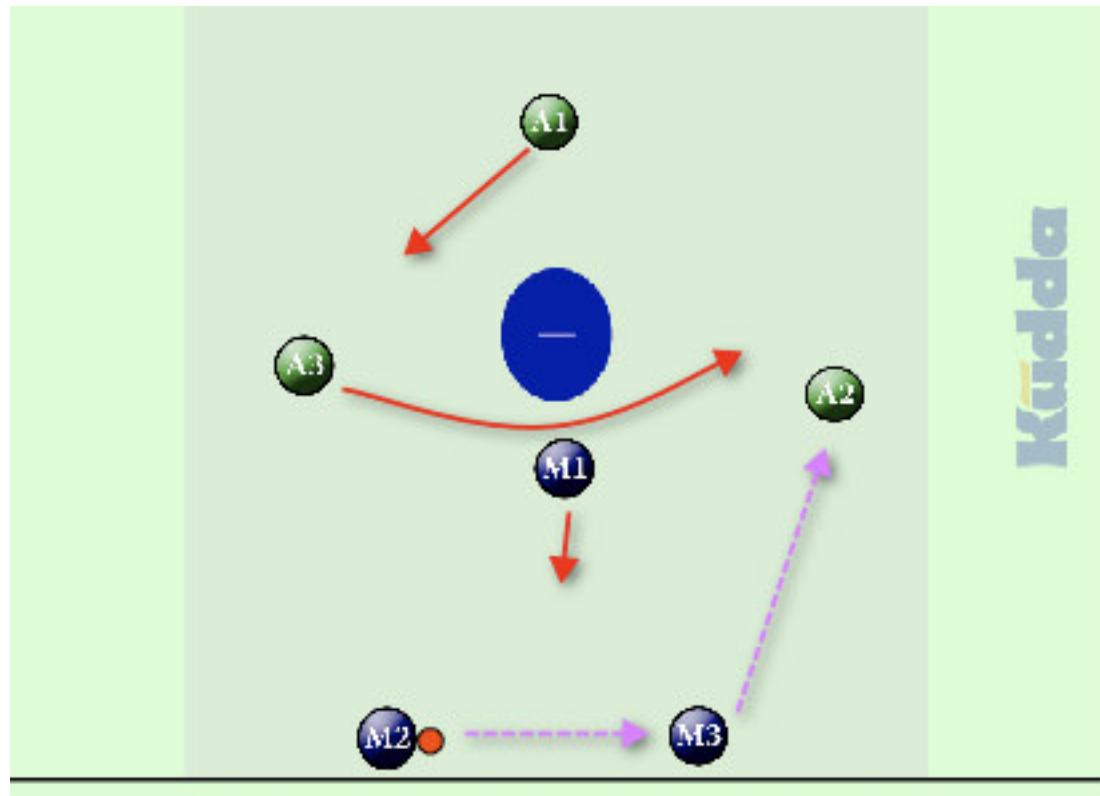


Jake Reed

Man Up Plays

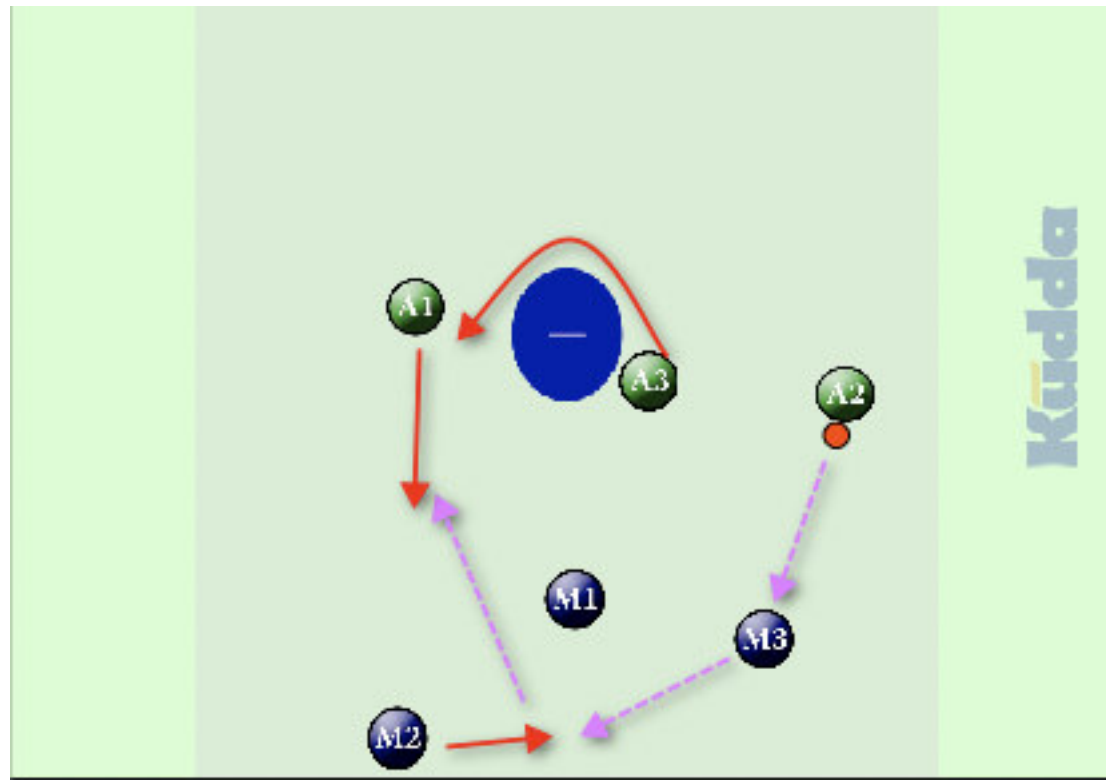
Man Up Play 1

This play gets run out of a 1-3-2 formation. It is very important that your best shooter start at **A1** with best inside finisher at **A3** and best lefty at **A2**. Ball moves around to **A2**. **M1** gets higher and **A3** cuts through...Option 1 is a pass to **A3** on the crease. **M3** will slide down towards **A2** to bring his defender down with him.



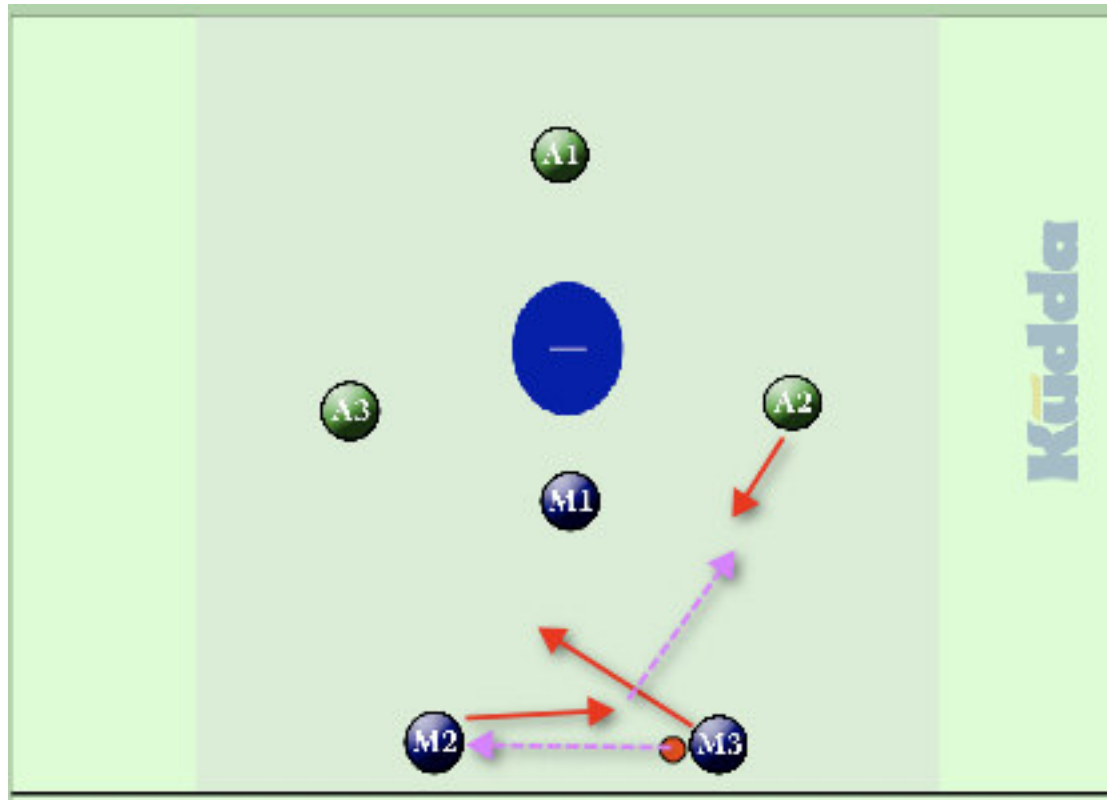
Man Up Play 1_2

A2 reverses the ball to M3 who passes quickly to M2 coming over. M2 gets the ball to A1 who should be ready for the shot. Option 2 is a shot. Option 3 is to pass down to A3 on the crease. Option 4 is to pass over to a cutting A2 coming in for a leftie shot



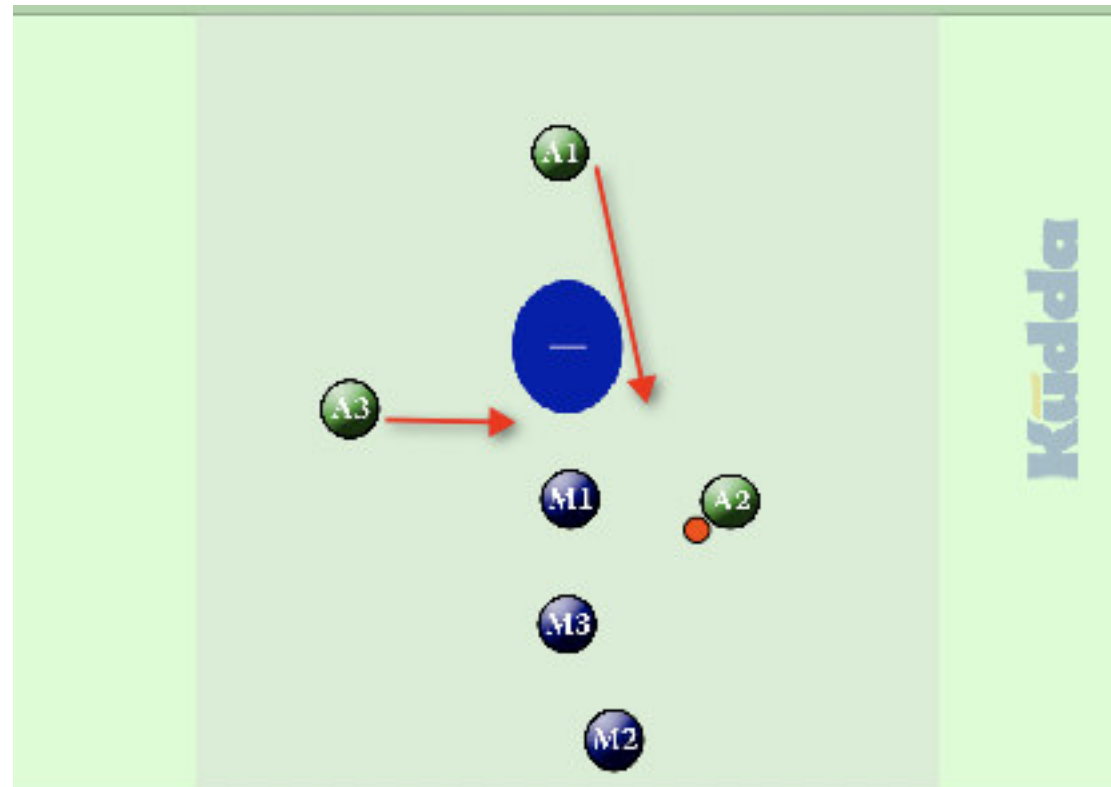
Man Up Play 2 “Flash”

This is a play called Flash. Still in the 1-3-2 formation with the ball going in a counter clockwise rotation until it gets to M3. M3 reverses the ball back to M2. M3 shallows cuts into middle with M2 carrying ball to his right who passes to A2 coming up.



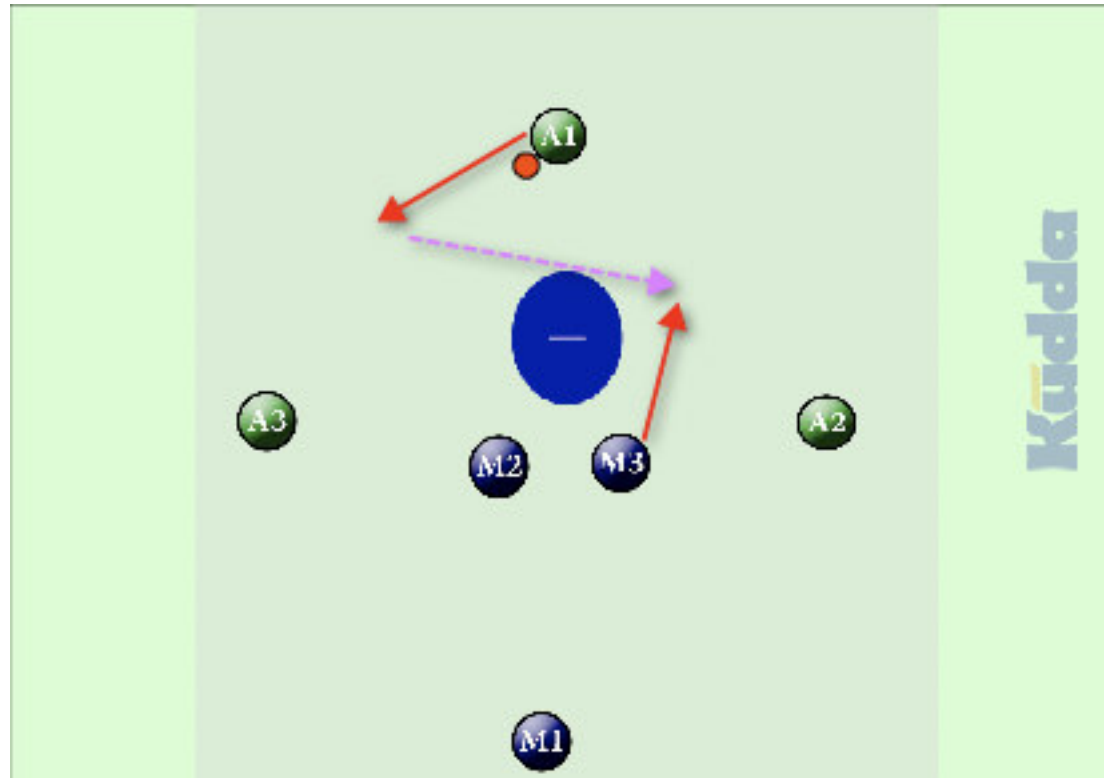
Man Up Play 2 “Flash”_2

A2 has several options. Option 1 is a shot. Option 2 is to pass down to A1 coming to near post. Option 3 is to pass across to cutting A3 to far post.



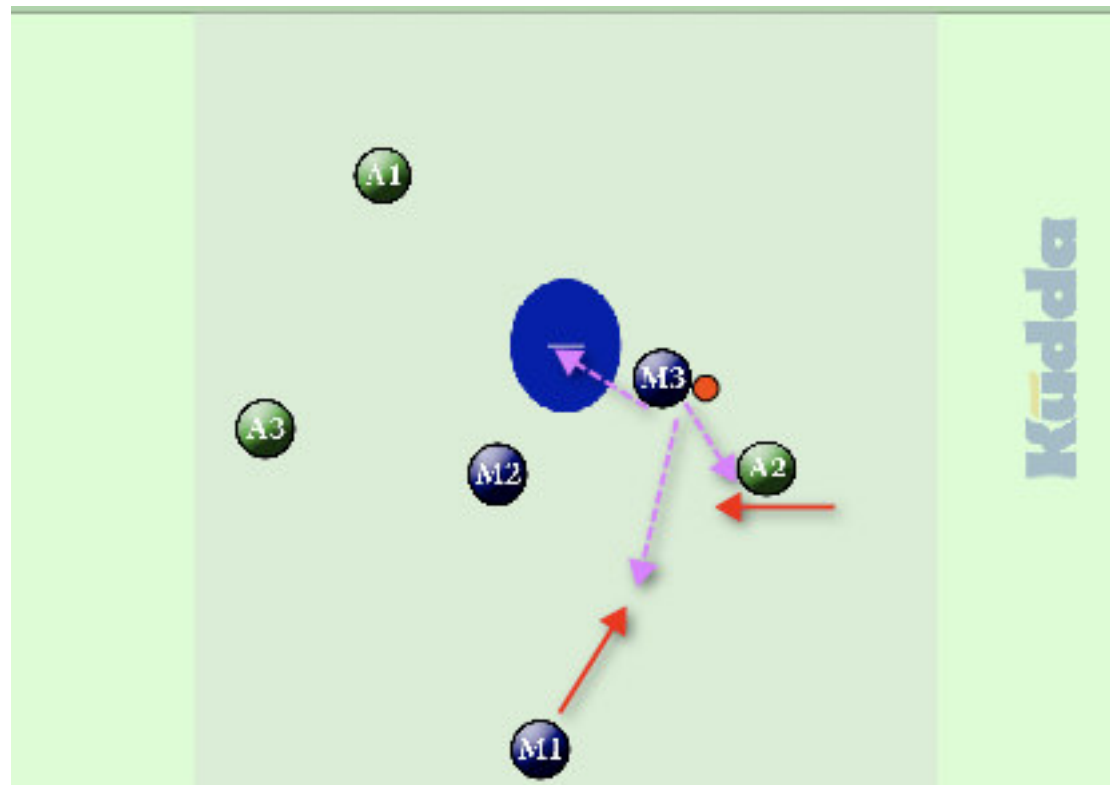
Man Up Play 3

This play is run out of a 1-4-1 formation. The ball goes around counter-clockwise until it reaches A1. A1 takes it to his right while M3 comes just below the crease and receives the pass.



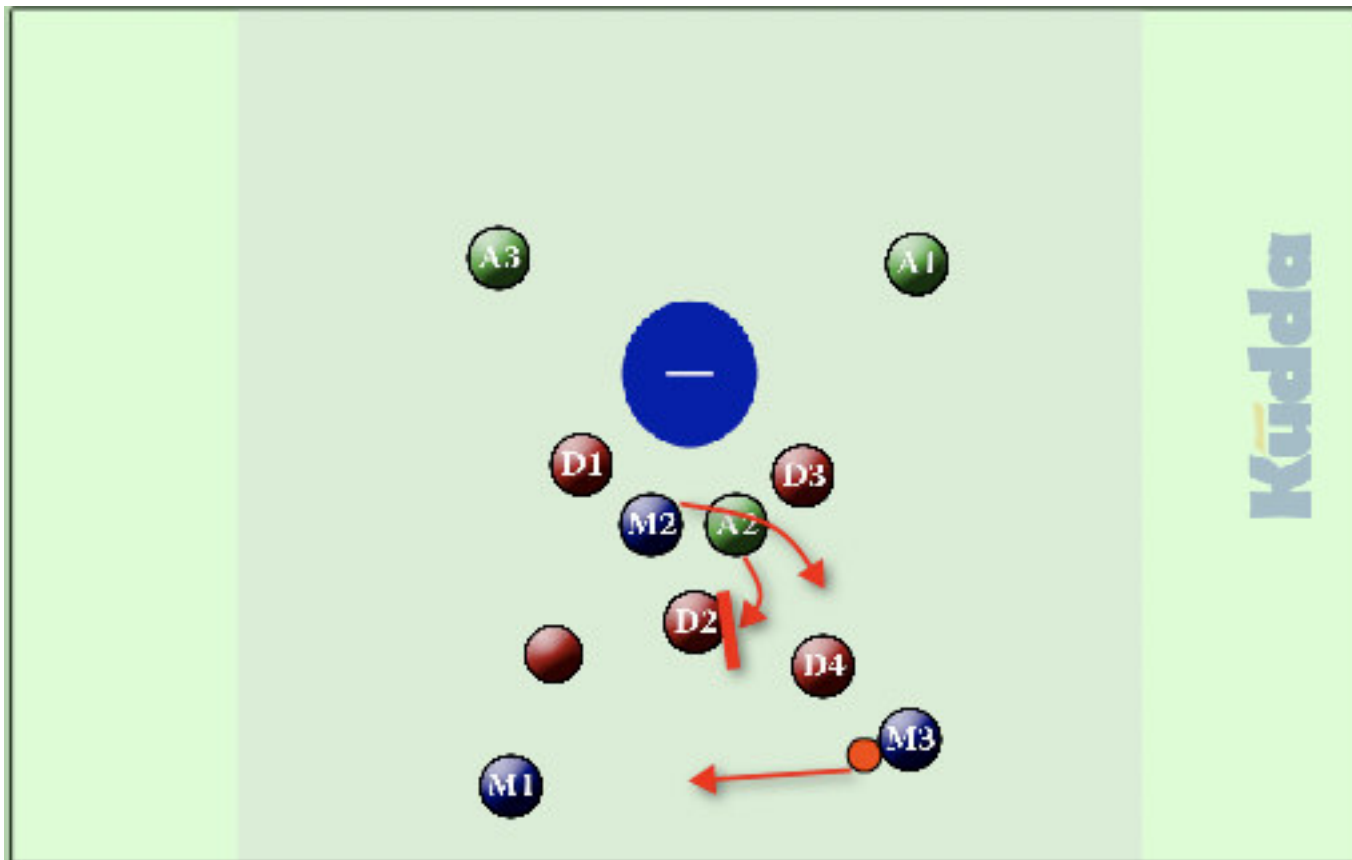
Man Up Play 3_2

M3 now has several options. Option 1 is to take the ball immediately and shoot. Option 2 is to pass to a cutting A2 for a shot. Option 3 is a pass to a cutting M1 for a shot.



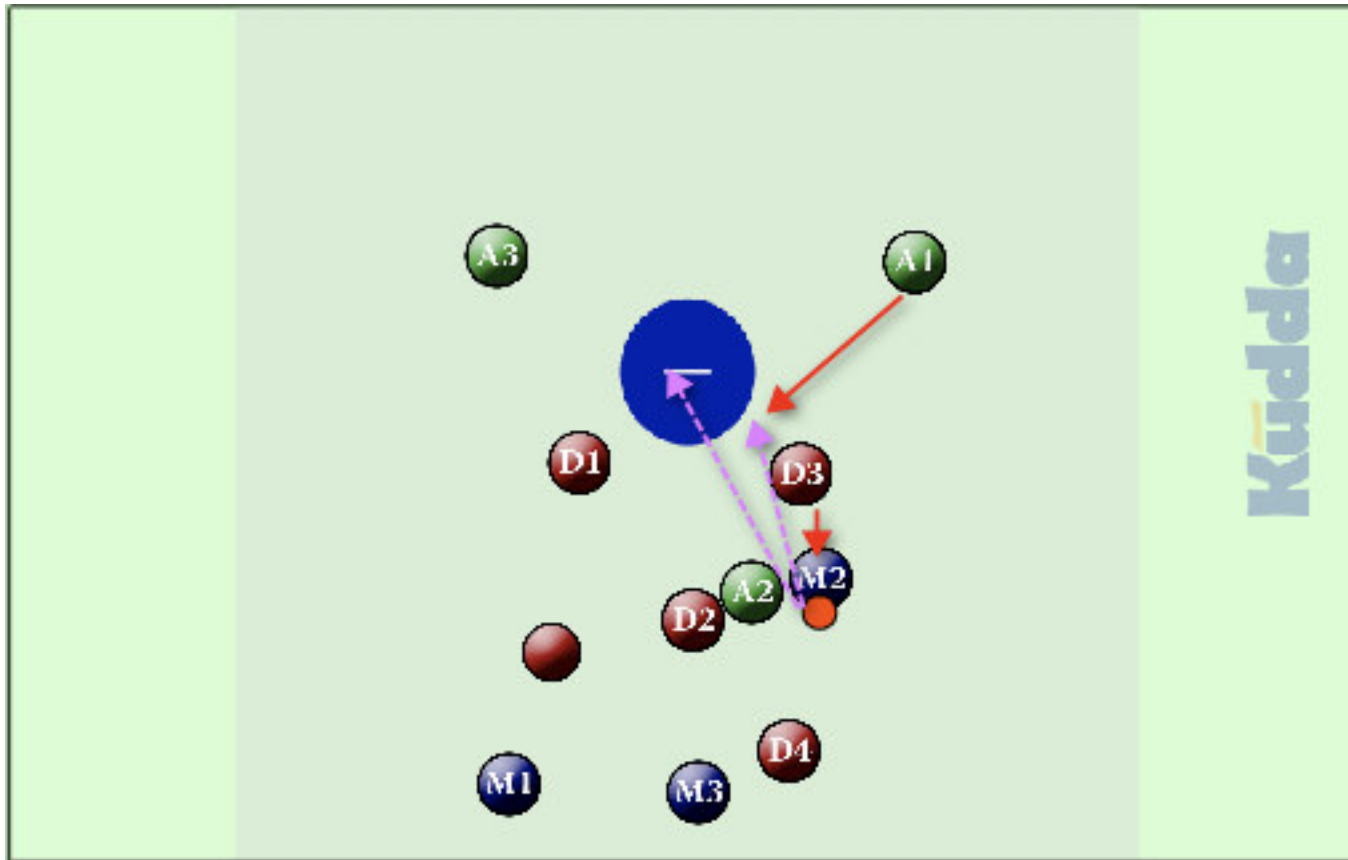
Man Up Play 4

This play is run out of a 2-2-2 formation and we include the defense to show how this play runs. The ball goes around counter-clockwise until it gets to **M3**. **M3** takes the ball into the middle taking defender **D4** with him. **A2** sets pick on **D2** while **M2** pops to open slot for a lefty shot.



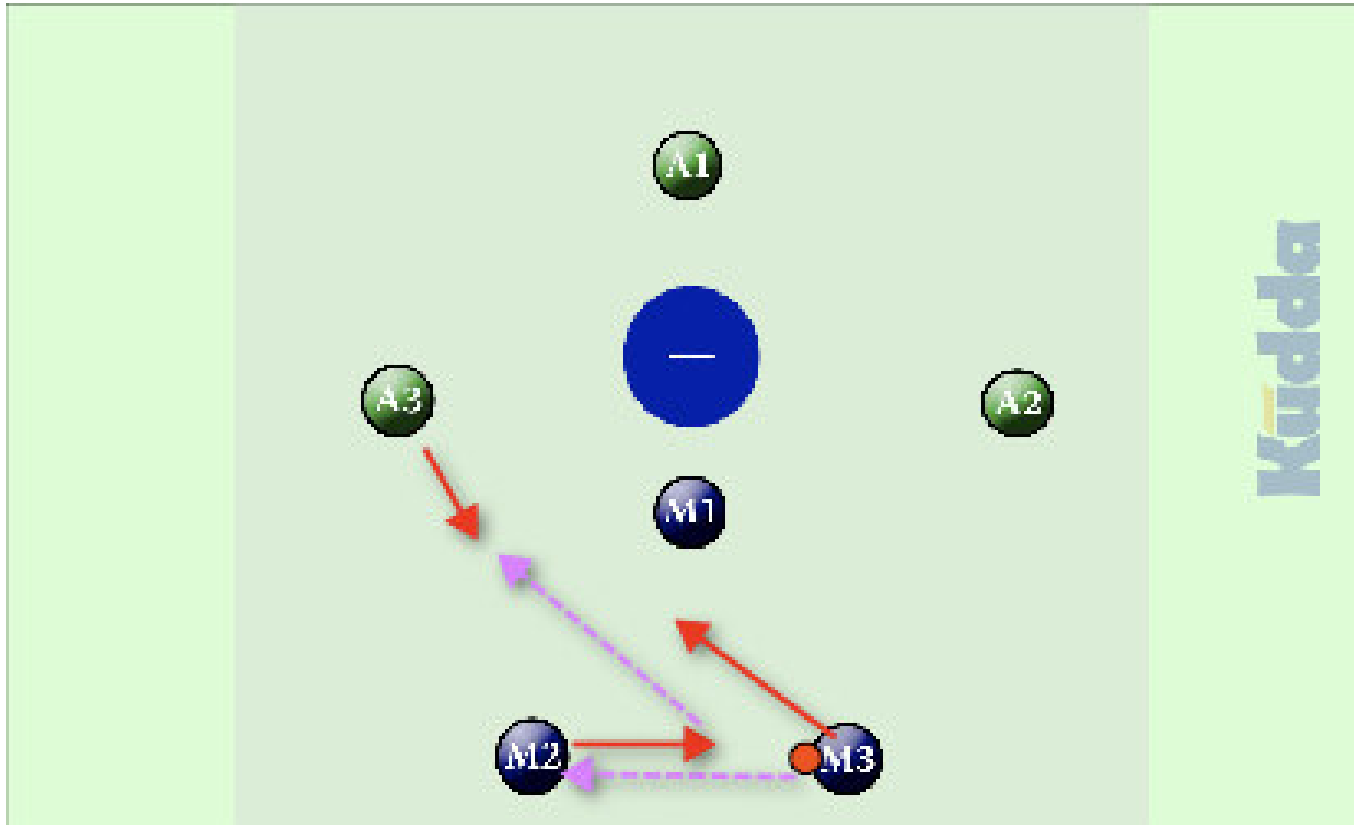
Man Up Play 4_2

If **M2** is open and the defender **D3** doesn't come up, **M2** takes shot. If **D3** comes up to play **M2**, **M2** passes to **A1** coming to crease.



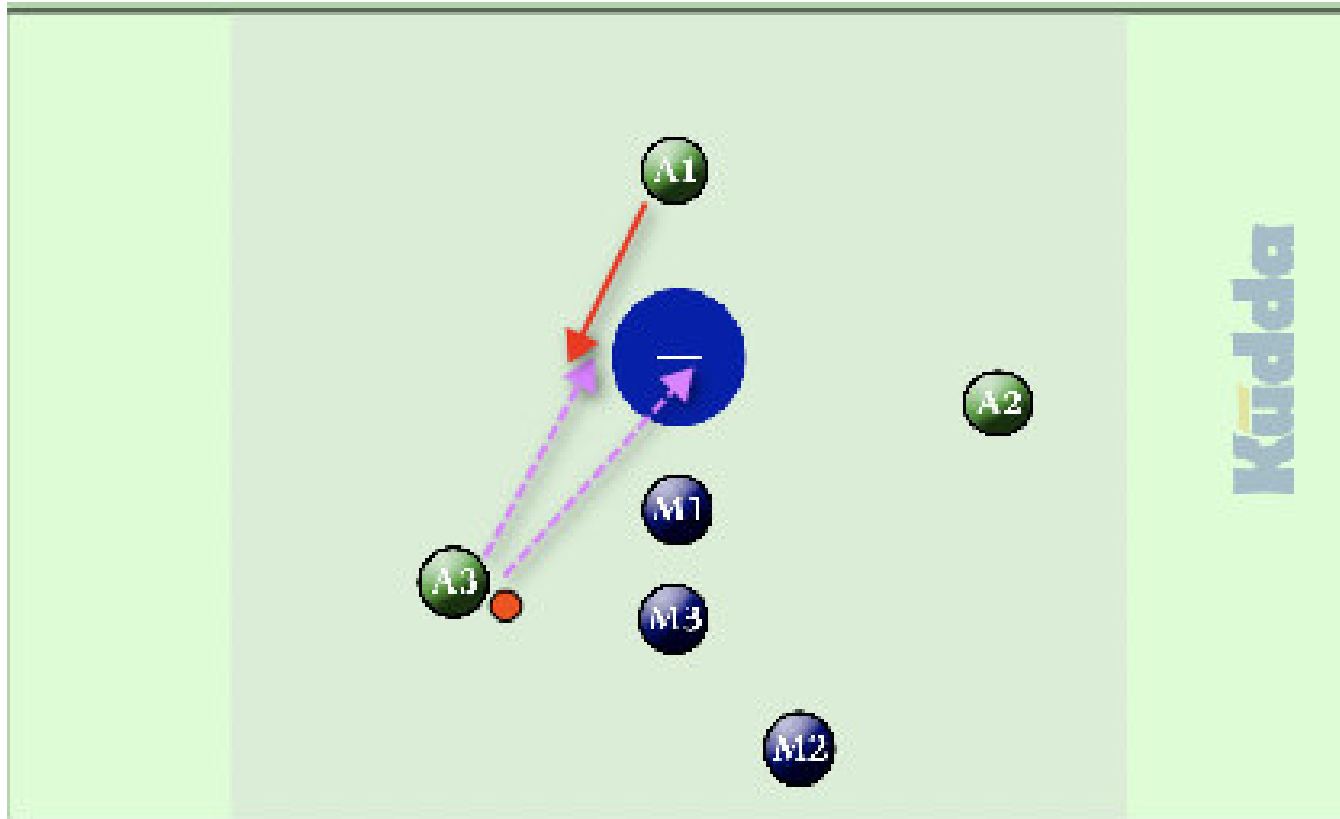
Man Up Play 5 Pop

This is a play that you can run after “Flash”, man up play 3. The play starts in a 1-3-2 formation with the ball going counter-clockwise until it gets to **M3**. **M3** reverses the ball to **M2** and shallow cuts to middle. **M2** carries ball to middle and this time, passes back to **A3**.



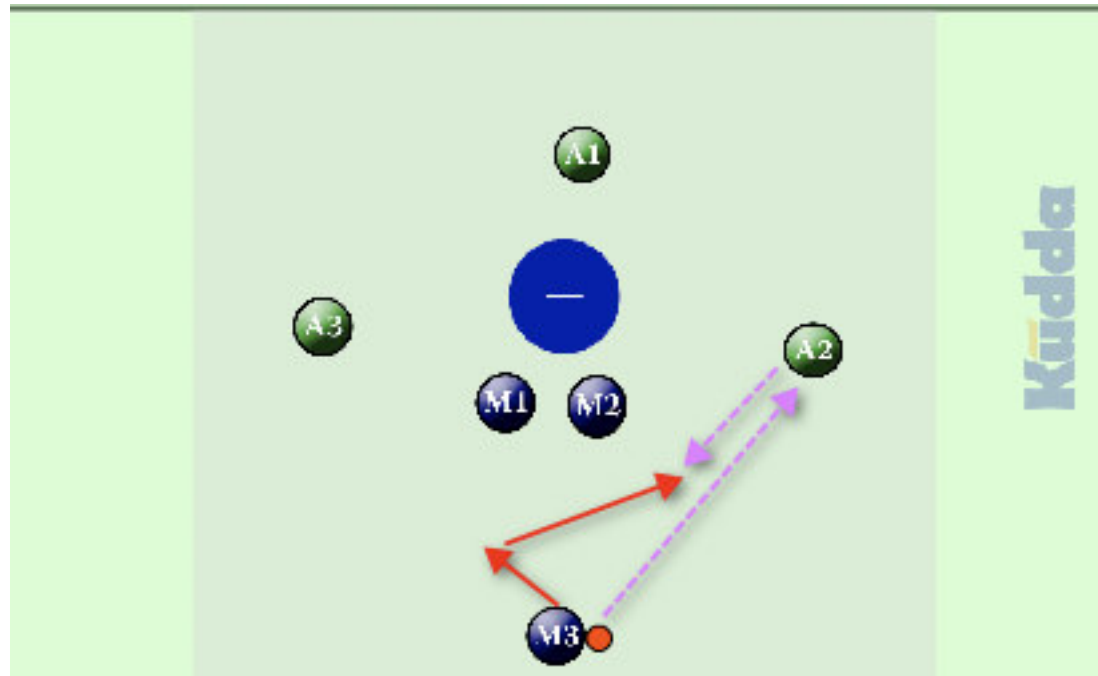
Man Up Play 5 Pop_2

A3 can now shoot or pass down to cutting A1 who can catch and shoot near post. Remember that in “Flash”, the ball was on A2’s side for lefty shots. “Pop” is on A3’s side for a right handed shot. In both plays if the outside shot is not there, A1 sneaks around to the crease.



Man Up Play 6

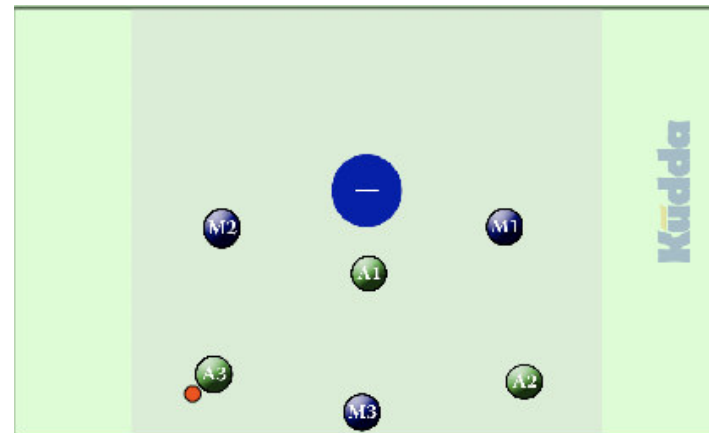
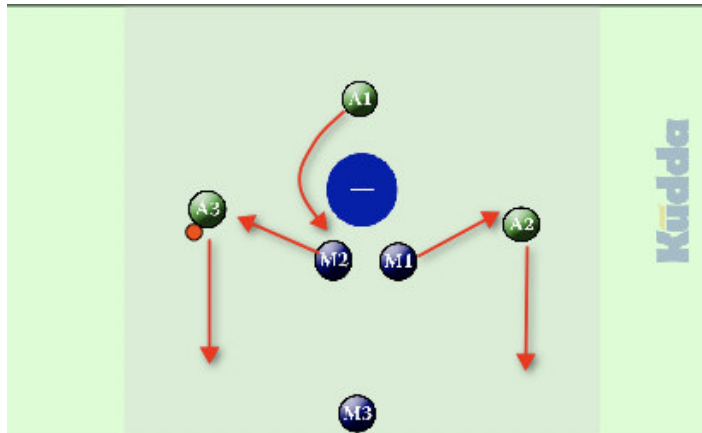
This is a great play to run if you only have 10 seconds left in the penalty. This play starts in a 1-4-1 formation with M3 being your best shooter. The ball goes counter-clockwise until it goes from M3 to A2. A2 fakes a pass to A1 at X while M3 V-cuts to open slot for a strong right handed shot



Man Up Play 7

This play starts out of a 1-4-1 formation. It's important to change the formation which will force the defense to have to change how they play defense. Against a 1-4-1 offense, the defense will generally play a 1-3-1 defense.

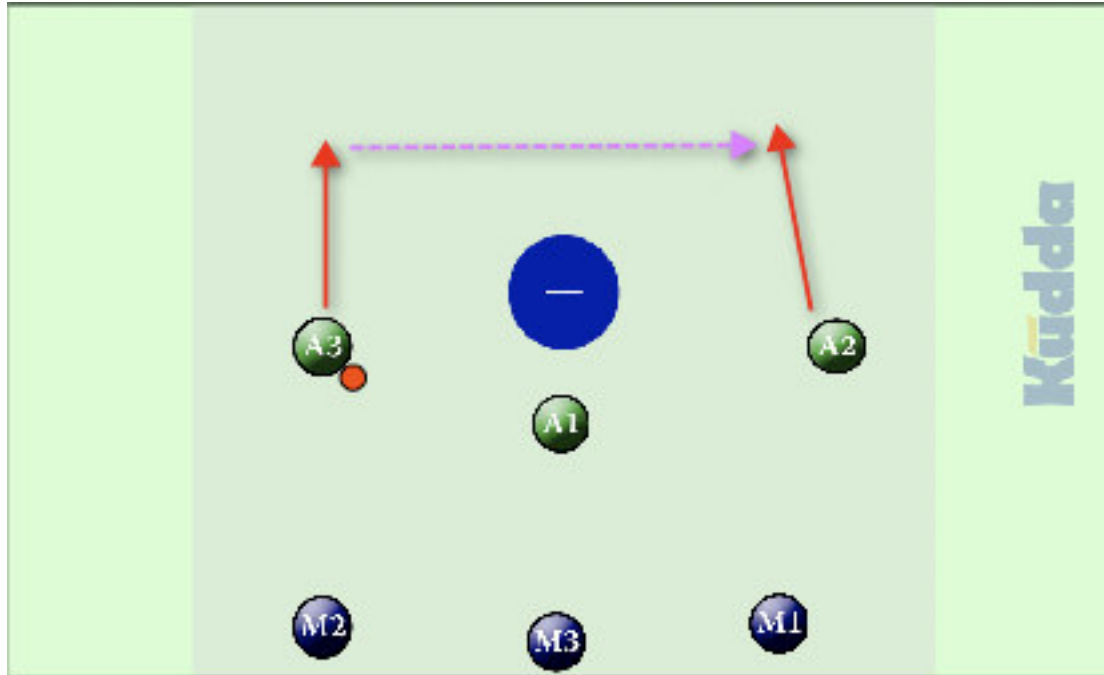
The ball goes around counter-clockwise until it gets to A3. A3 will bring the ball up top. M1 and M2 go outside while A1 goes to crease. A2 mirrors A3. Now the formation has changed into a 3-3. Now there are 6 players in scoring position.



Man Up Play 8

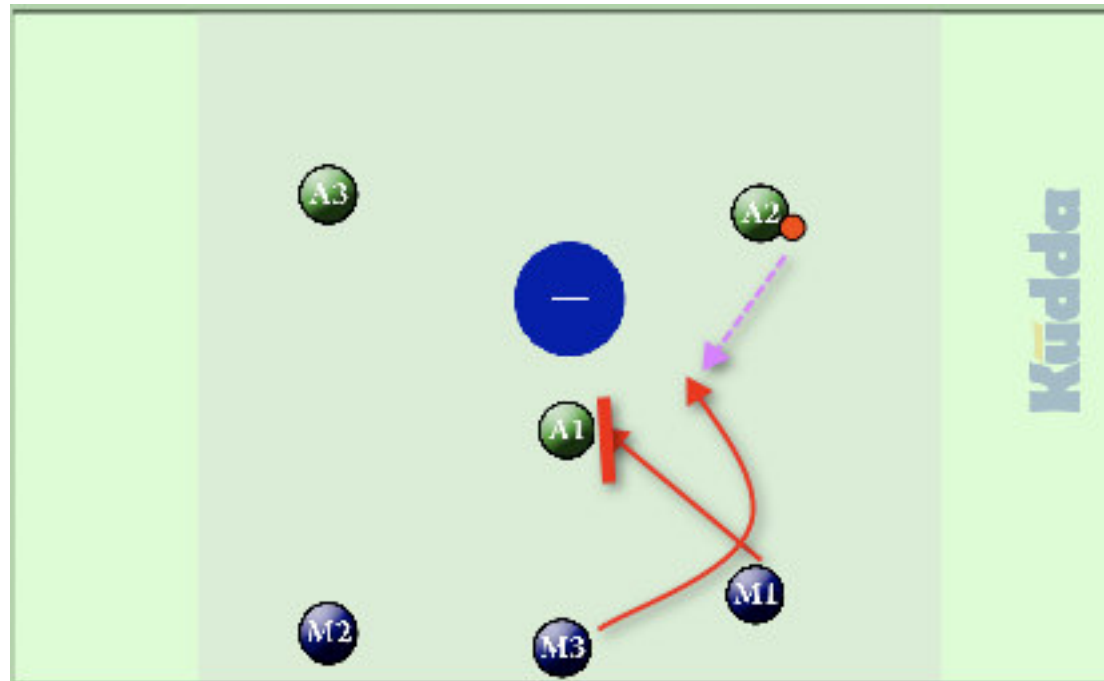
This play starts out of a 3-3 formation.

The ball goes around counter-clockwise until it gets to **A3**. **A3** will take the ball below. **A2** mirrors **A3**. Now the formation has changed into a 2-1-3. **M3** is your best shooter.



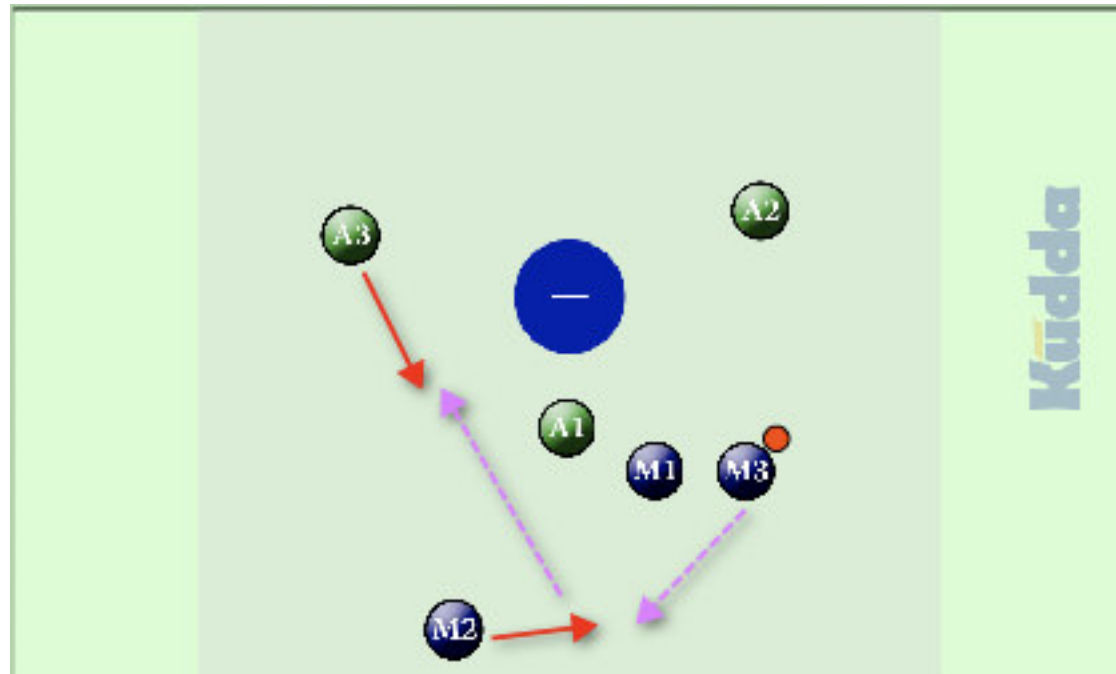
Man Up Play 8_2

M1 sets a pick on A1's defender while M3 comes around for the pass and a shot which is Option 1. If he doesn't have the shot...



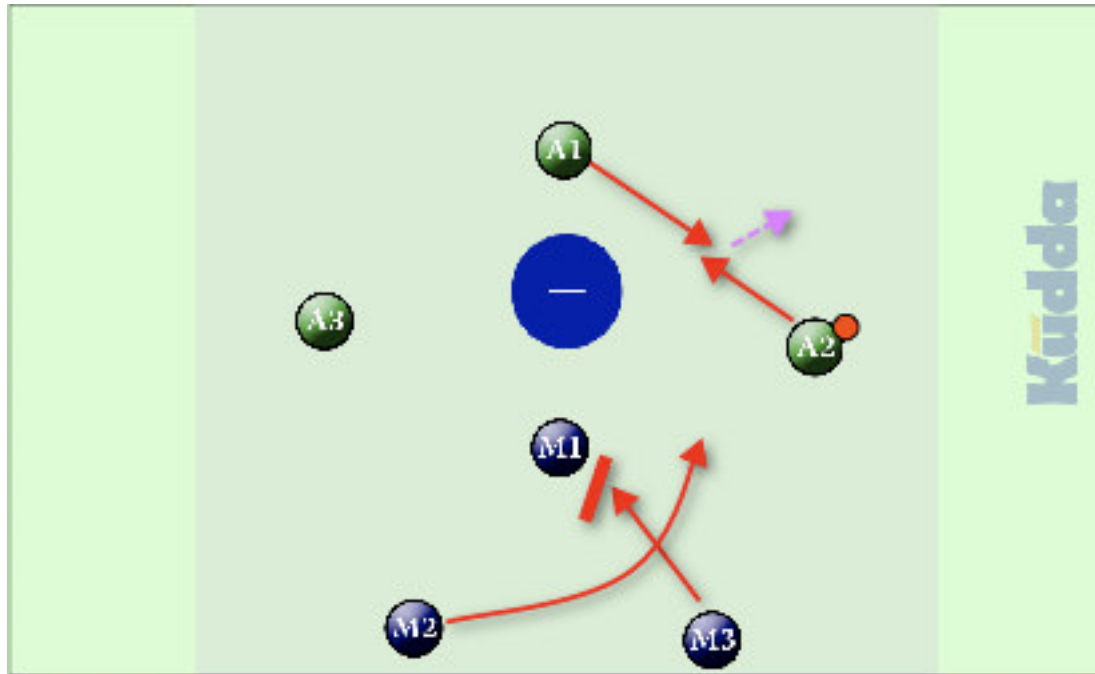
Man Up Play 8_3

M3 passes to M2 who has cut towards the middle. M2 passes to A3 for the shot.



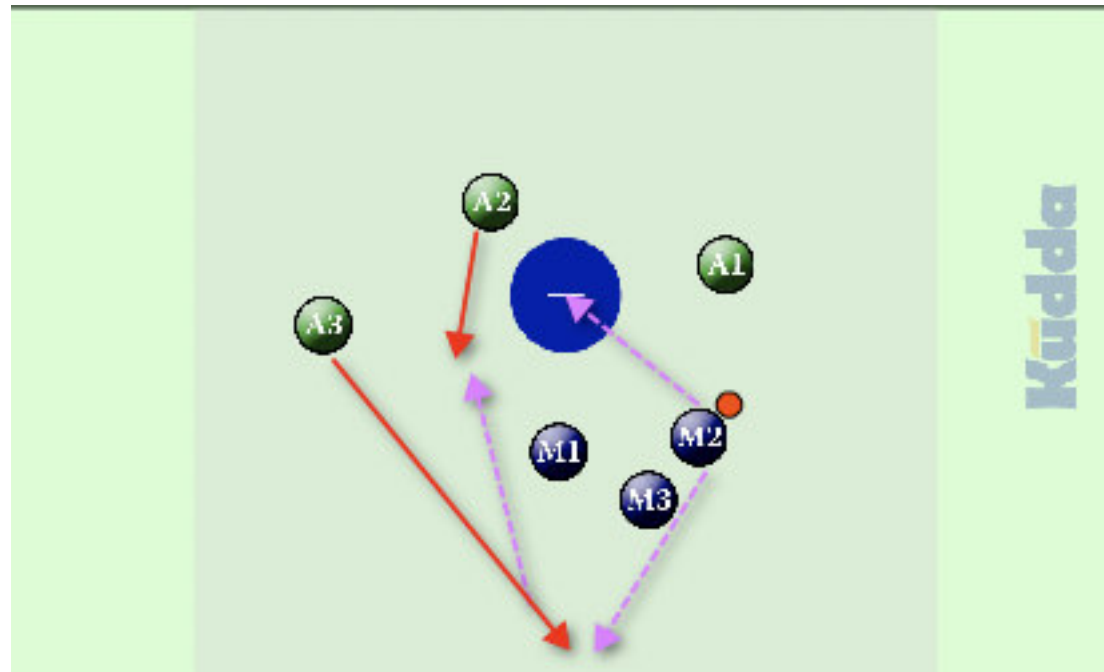
Man Up Play 9

This play involves a “Flip” pass from A2 to A1. M3 sets a pick on the defender near M1 while M2 comes around. M2 should be your best shooter.



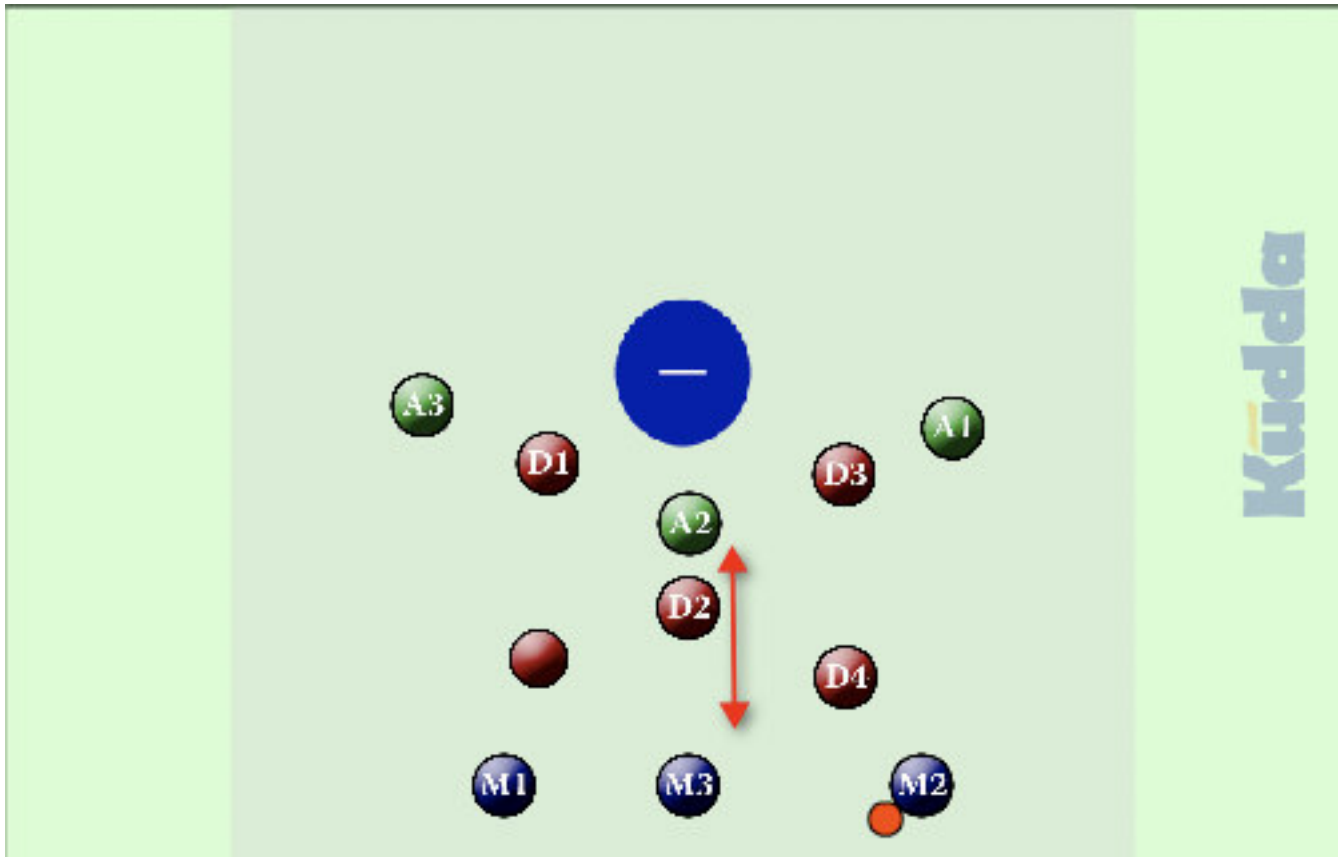
Man Up Play 9_2

Option 1 is for M2 to shoot. Option 2 is to pass to A3 who cuts to the top and then passes to A2 coming around the crease for a shot.



Man Up Play 10

Offense is in a 3-3 formation and the defense will generally be in a 3-3 meaning that **D2** will be “stringing” the middle 2 offensive players, **M3** and **A2**. **D2** covers **A2** when the ball is down low and covers **M3** when the ball is up top.



Man Up Play 10_2

When the ball is down low with **A1**, **D2** is covering **A2**. As the ball is quickly passed to **M2**, **M3** sets a pick on the defender **D2** while **A2** comes around the pick for a pass from **M2** for a great right handed shot. This is a great 10 second play. You can also run this for a lefty...ball w/ **A3** to start.

