

COSMO CHAOS PLAYER MANUAL OF EXPECTATIONS

What is CHAOS? CHAOS stands for “Constantly Harass And create Opportunities to Score”

CHAOS is a system and style of play that I have been playing my whole life (ie. box lacrosse for example) and in college was introduced to it in a more organized system. The key “focuses” to CHAOS are 1.) playing aggressive, team defense (riding included), 2.) beating your man 1v1 to create options, 3.) taking as many quality shots as possible, 4.) and winning ground ball battles (why we send “4” to a GB). PUSH PACE!!!

Team Goals and Objectives

Team Goals

- Be the best student-athlete/teammate you can be!
- Challenge yourself and your teammates
- **Play hard, listen harder**

Team Objectives

- Be our best, play as a team
- Take chances, make plays, have each others backs

Offensive Objectives

- **Beat your man, create opportunities**
- Win 60% of our face-offs
- First time, two-handed GBs everytime
- Ball control - know when to go, know when to slow

Defensive Objectives

- Clear ball at 85% success rate
- First time, two-handed GBs everytime
- Aggressive team defense, back each other up

Transition Objectives

- Get ahead of the ball (create O, defend hole)
- Clear ball up sidelines, through X (slow break)
- Easy clears: find open space, move ball

Special Team Objectives

- **35%** success on Man Up
- 80% success on Man Down
 - Attack is our first line of D / D is our first line of “O”
 - Middies own space between restraining lines

Individual & Positional Standards

Everyone

- Play hard, 100% of the time, including practice
- Play unselfish, team lacrosse
- Play with respect to the game, officials, opponents, and our team – anything less will be unacceptable

Attack

- Always ride, play whole field (middie back if needed)
- Do not fade (below goal), finish shot above the goal!
- Demand/get the ball from the mid/def (finish clear)
- Treasure the ball – protect it so we can control game

Midfield

- Be a two-way middie: play D, get ahead of ball, create
- Clear the ball, make plays, be aggressive
- Play defense first, offense second (sub on ‘O’ only)

Defense

- Communicate: be loud, always backup your teammates
- Pressure opponent’s hands, sticks up in passing lanes
- Team defense first, always know who you’re helping
- Look around, open to the ball, support the hole
- Set-Up, Approach, On-Ball defense and check hands

Goalie

- Quarterback the Defense, Loud, Vocal and Direct
- On save, eyes above restraining line first, easy clear
- Patience on clear when easy clear not there
- **GO - Use your feet!** Be BIG and get the first assist

GET PLENTY OF SLEEP EAT LIKE A CHAMPION BELIEVE IN YOURSELF & TEAMMATES

WORDS TO KNOW (flashcards welcome, quizzes will be held at practices)!

#1 Rule - Do not turn your back to the ball. If you cannot see the ball, you cannot make a play.

4 On It! - We send 4 of our players to every ground ball (3 when Man Down) using communication, teamwork

Black - When opponent’s long pole brings the ball over midfield, we go “Black” and shut off everyone, 1v1 on ball

Box - Substitution box, if you hear “Box” then your name, hustle to substitute via sub box

Check - Goalies: when there is a pass to/through “Hole” area, goalie yells “**CHECK**”, defenders check stick

Cold/Yellow - If you hear “**COLD/YELLOW**”, we want to slow things down, make the smart play

Drop - After shot, turnover, etc...middies back peddle and “drop” to midfield, attack to restraining line (ride!)

Green - A defensive call, when we call “Green” plus our defenders #, we lock off and he takes the ball away

Hammer - We’re down late, we force ball behind, and pull goalie to defend closest opponent to goal, and double ball

Lightning - Defensive call, we “Lightning” with an early slide to a high level dodging opponent (**Must Have 2’s & 3’s!**)

Look Around - When not guarding ball: head on a swivel, don’t stare at ball, see your man & see the ball

One More - If you hear this, there is one more pass to make, look away from where ball came, make pass

Over - Defender picks up ball on D end, he goes over midline without hesitating, middie stays on sides

Peel - When defending, mainly down alley, sliding defenseman yells “peel” to tell our defender to pull off and recover

Pick - A pick is setting a stationary (be a statue!) block **ON-BALL**

(NO) SCHLEPPING! - Don’t hang your head/slam your stick on the ground in frustration. Head up, make the next play

Screen - Like a pick, but setting a stationary block **OFF-BALL**

Set Up (before man gets ball), Approach (Good Angle), On-Ball D - The 3 steps to playing good 1v1 defense

Thunder - “Thunder #” (our D man) and press both adjacents to ball, seeing if opponent can handle pressure

Touch the Bucket - Get in off ball, you’re playing too far out and not playing “Team Defense”

Turn - When opponent with ball gets to goal line from X, Goalie yells “Turn”, defender turns opponent back towards X