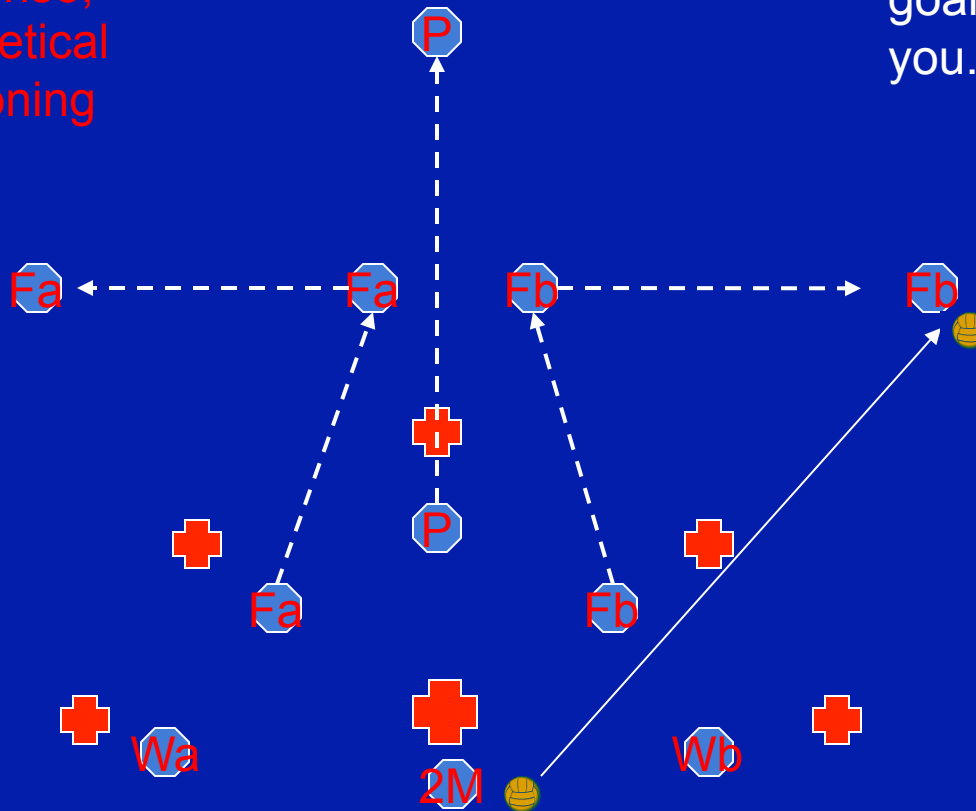


Counter Attack

Goal

2M

⊕ = defense,
hypothetical
positioning

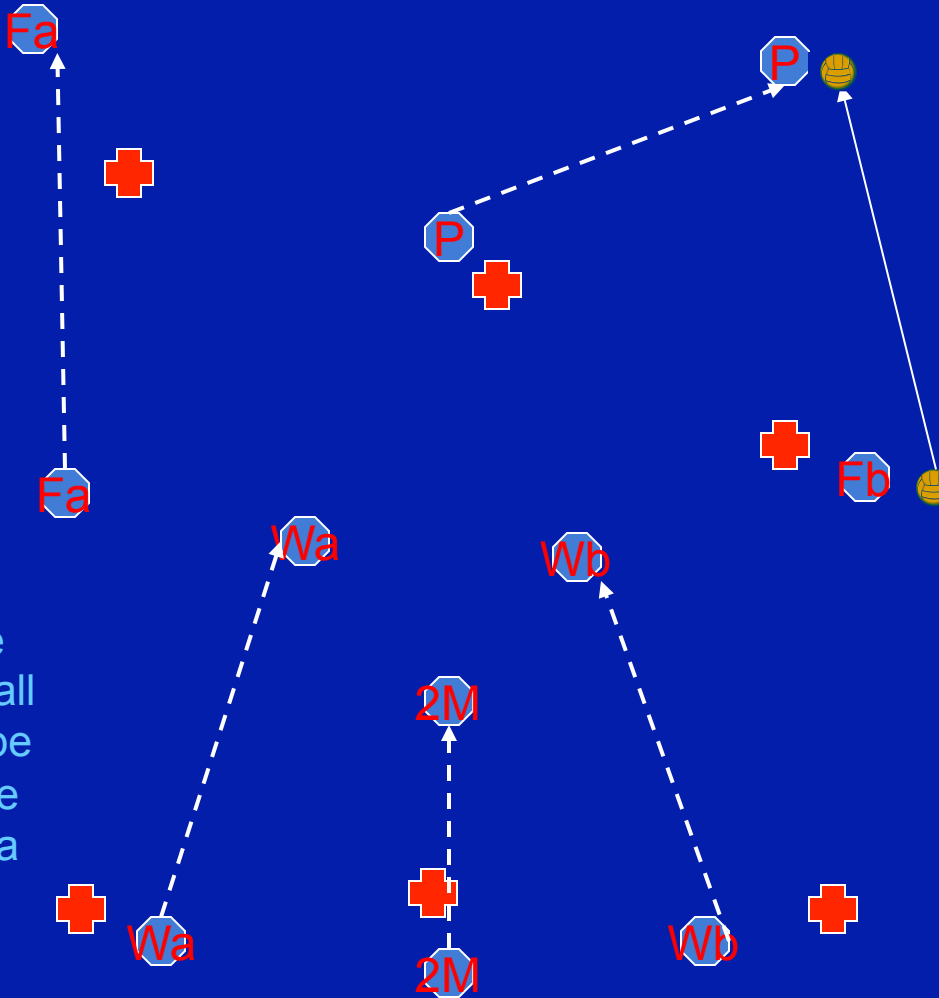


1. Flats and Point Funnel to the middle.
2. BOTH flats wing out.
3. If you are open then the goalie will throw the ball to you.

Goal

Goal

2M



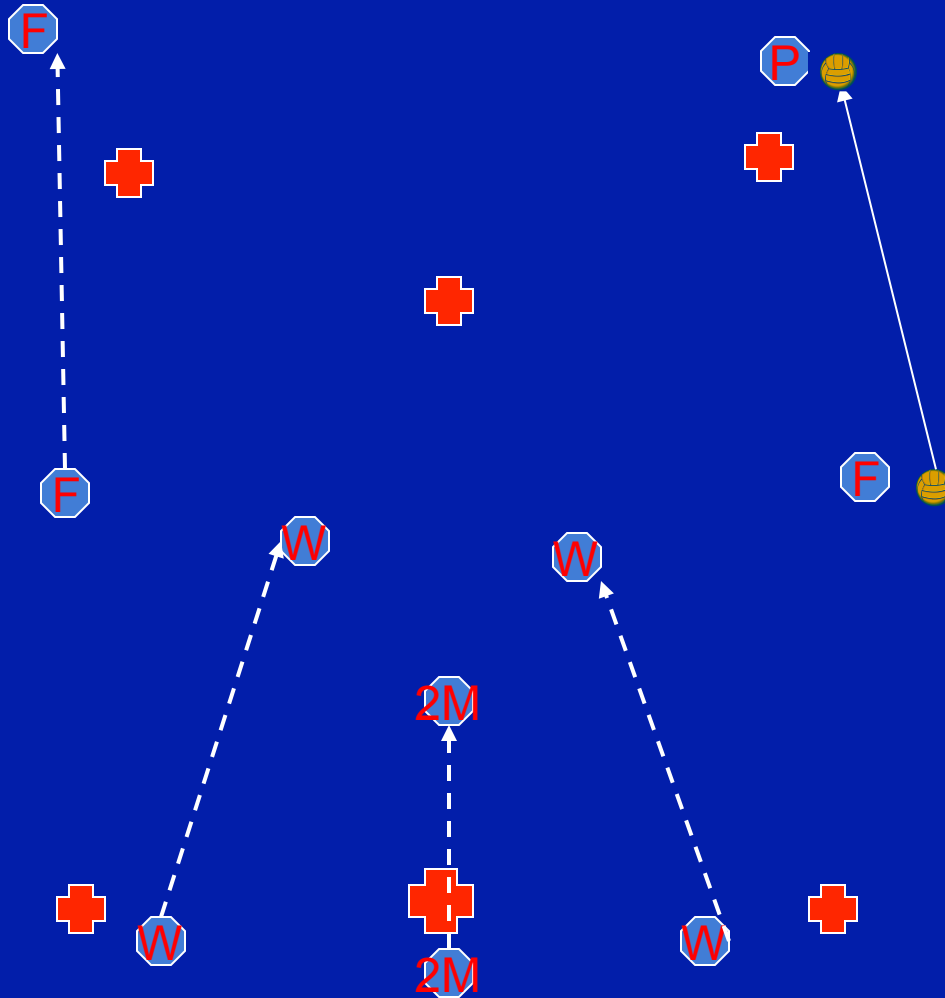
To make this successful, whomever is the wing-out for the ball on the 2M, must be able to control the ball and/or draw a foul.

1. The Flat (Fb) who received the ball passes it to the point swimming ball side to the 2M.
2. Weak flat (Fa) swims to 2M.
3. BOTH Wings and 2M players funnel to middle of the pool.

Goal

Goal

2M

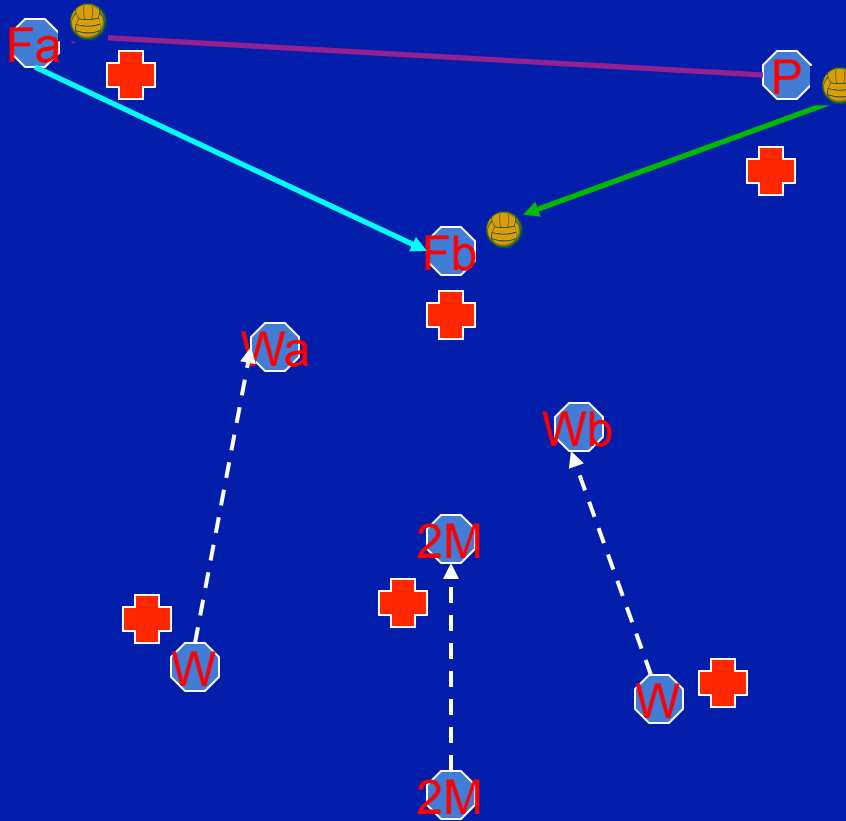


1. The Flats who received the ball passes it to the point swimming ball side to the 2M.
2. Weak flat swims to 2M.
3. BOTH Wings and 2M players funnel to middle of the pool.

Goal

Goal

2M



Options for Shot:

1. The Point Player has four options:
 1. Pass to the flat (Fb) swimming BALLSIDE in the middle for a shot. (in green)
 2. Pass to the weak side flat (Fa) for a shot. (in purple)
 3. Shoot
 4. Set up the Offense.
2. Weak side Flat (Fa) can shoot, pass to Flat (Fb) in the middle for a shot (in blue) or set up the offense.
3. Wings and 2M players are getting ready to play defense while swimming down the pool to set up the offense if they see the shot taken OR they are SWIMMING BALLSIDE to get open for a shot.

Goal

The flat player does not get the ball
passed to them.

THEN

The Wings will be responsible for the
wing-out to lead the fast break.

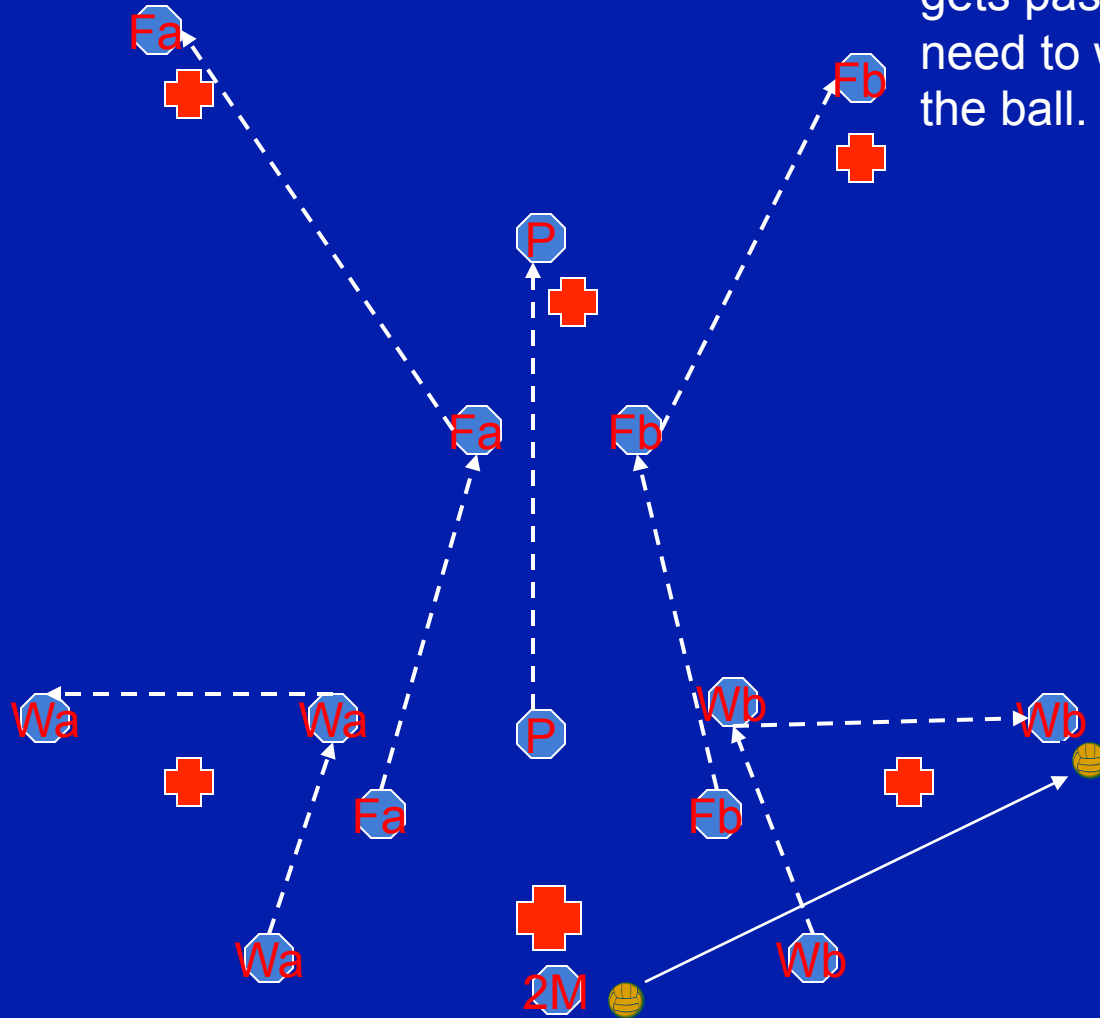
THE FIRST PERSON DOWN THE POOL MUST
GO BALLSIDE TO THE 2M TO RECEIVE THE
PASS FROM THE WING.

EVERYONE ELSE SWIMS AWAY FROM THE
BALL.

Goal

IF the FLATS are ahead of their defense and do not wing-out, then the ball gets passed to the WINGS need to wing out and get the ball.

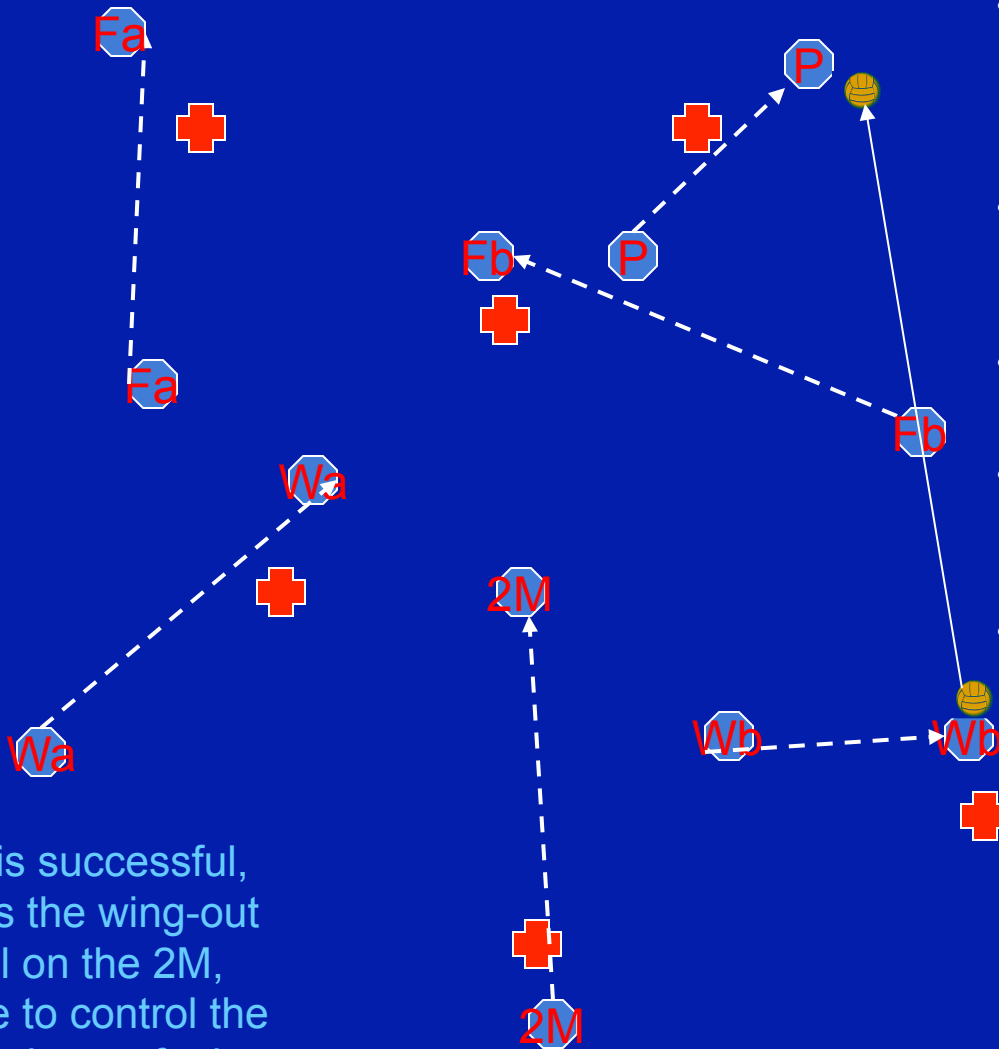
2M



Goal

Goal

2M



To make this successful, whomever is the wing-out for the ball on the 2M, must be able to control the ball and/or draw a foul.

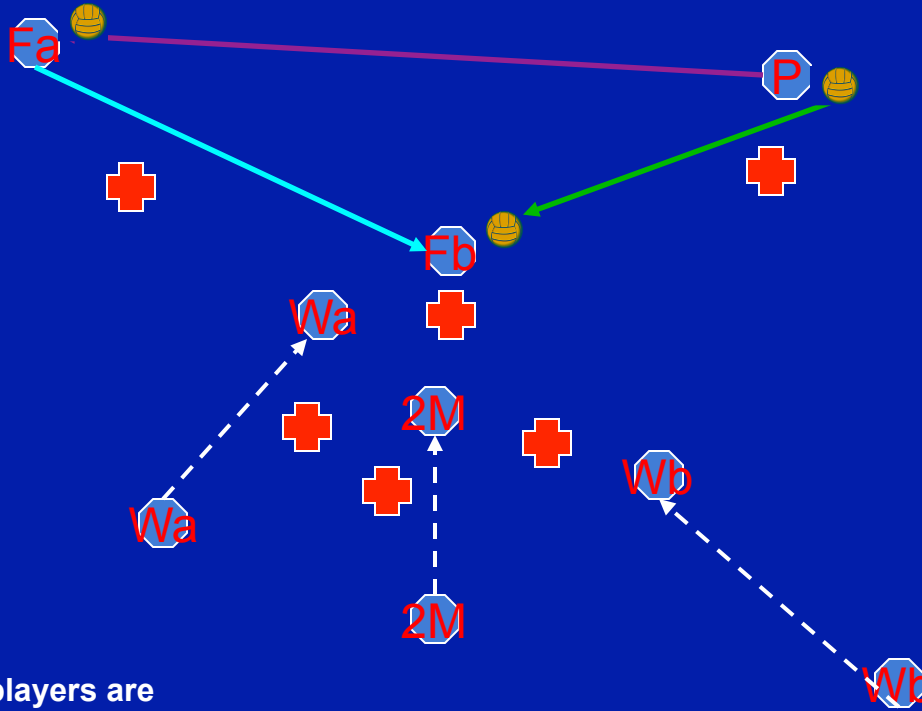
IF THE POINT IS THE FIRST ONE DOWN THE POOL TO THE 2M.

- The wing (Wb) who received the ball then, throws it to the point (P) who is swimming BALLSIDE to the 2M.
- The Flat on the side of the wing-out now swims AWAY from the ball, ball-side.
- The other weak side flat (Fa) swims to the 2M.
- The Wing (Wa) now swims back towards the middle of the pool.
- If the 2M person beats their defender then they are swimming ball-side down the pool. If they are covered, then they are swimming down, but making sure they are ready for a possible turn over.

Goal

Goal

2M



Options for Shot:

1. The Point Player has several options similar to the fast break if the FLATs had received the wing-out (slide 5):

1. Pass to the flat (Fb) swimming BALLSIDE in the middle for a shot. (in green)
2. Pass to the weak side flat (Fa) for a shot (in purple)
3. Shoot
4. Hit the 2M players or wings driving ball-side for a shot.

3. Wings and 2M players are swimming ball-side down the pool to shoot if they are beating their defender, setting up the offense, or preparing to stop opponents fast break if there is no score.

(SEE NEXT SLIDE, #10)

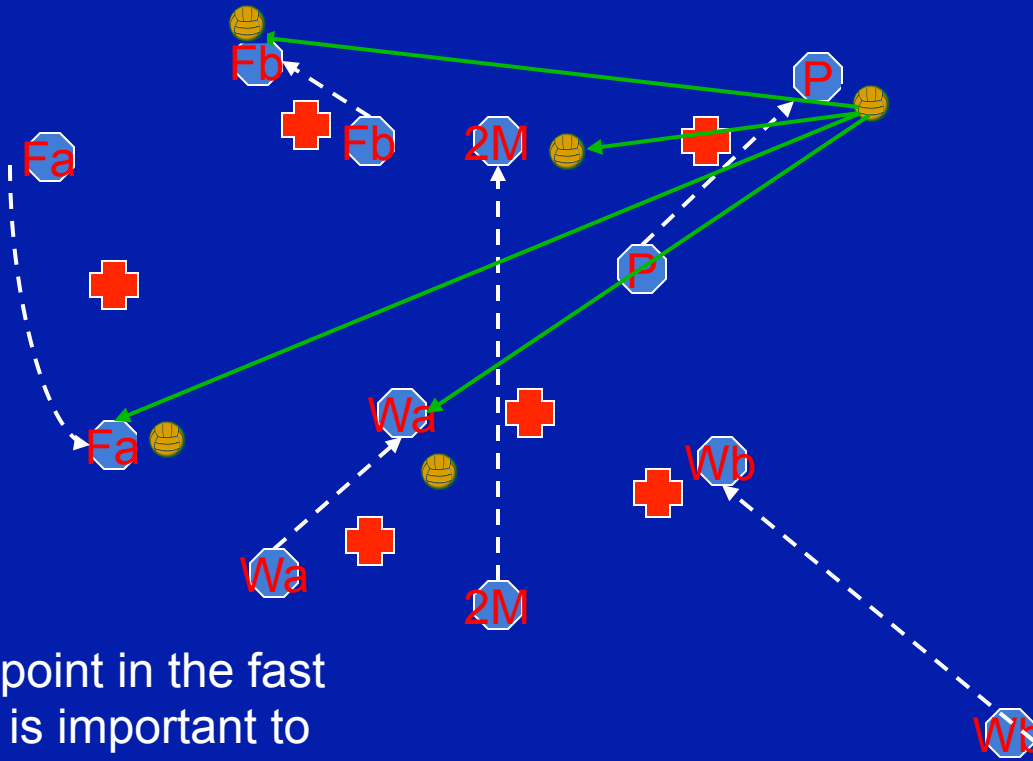
- Weak side Flat (Fa) can shoot, pass to Flat (Fb) in the middle for a shot (in blue) or set up the offense.

Goal

Goal

OR

2M



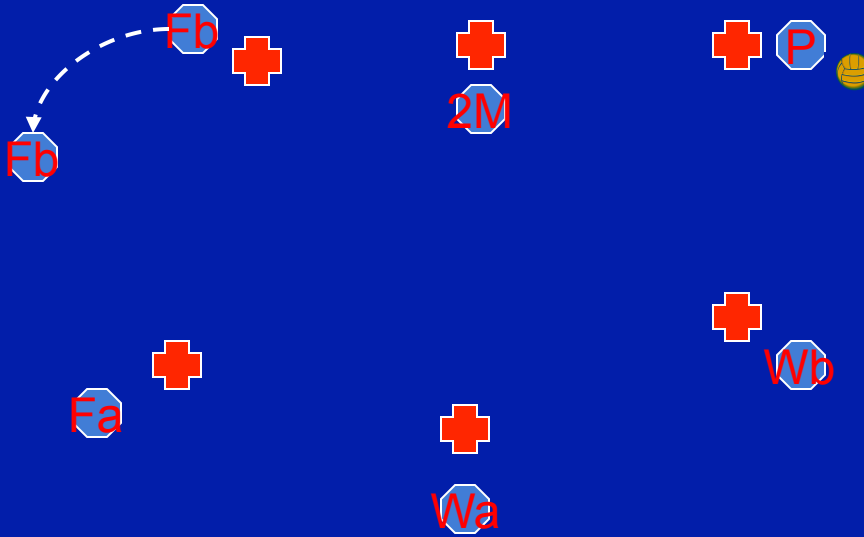
* At this point in the fast break it is important to swim ball-side fast and hard to the 2M and then quickly get out of the middle so that the person behind you does not get held up.

Goal

1. The Point Player (new wing player) options:
 1. 2M player swimming ballside down pool.
 2. ANY PLAYER BALL-SIDE OR OPEN PLAYER SWIMMING DOWN MIDDLE OF POOL. (Fb, Wa)
 3. ANY PLAYER CROSS CAGE THAT IS WRAPPING AROUND. (Fa)
 4. Set up the Offense

Goal

2M



1. If no one is open then set up a standard offense.

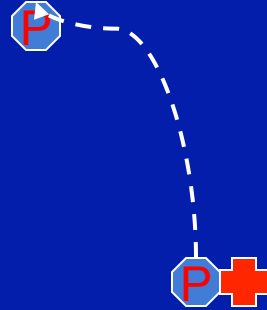
2. BALANCE

3. Run the PLAY or the flat-wing drives.

Goal

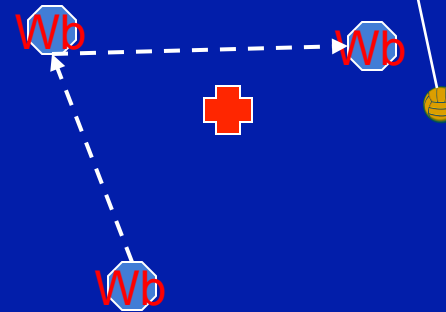
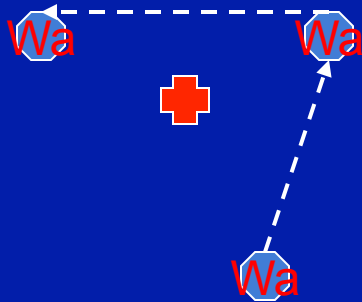
Goal

2M



IF THE FLAT IS THE FIRST ONE DOWN THE POOL TO THE 2M.

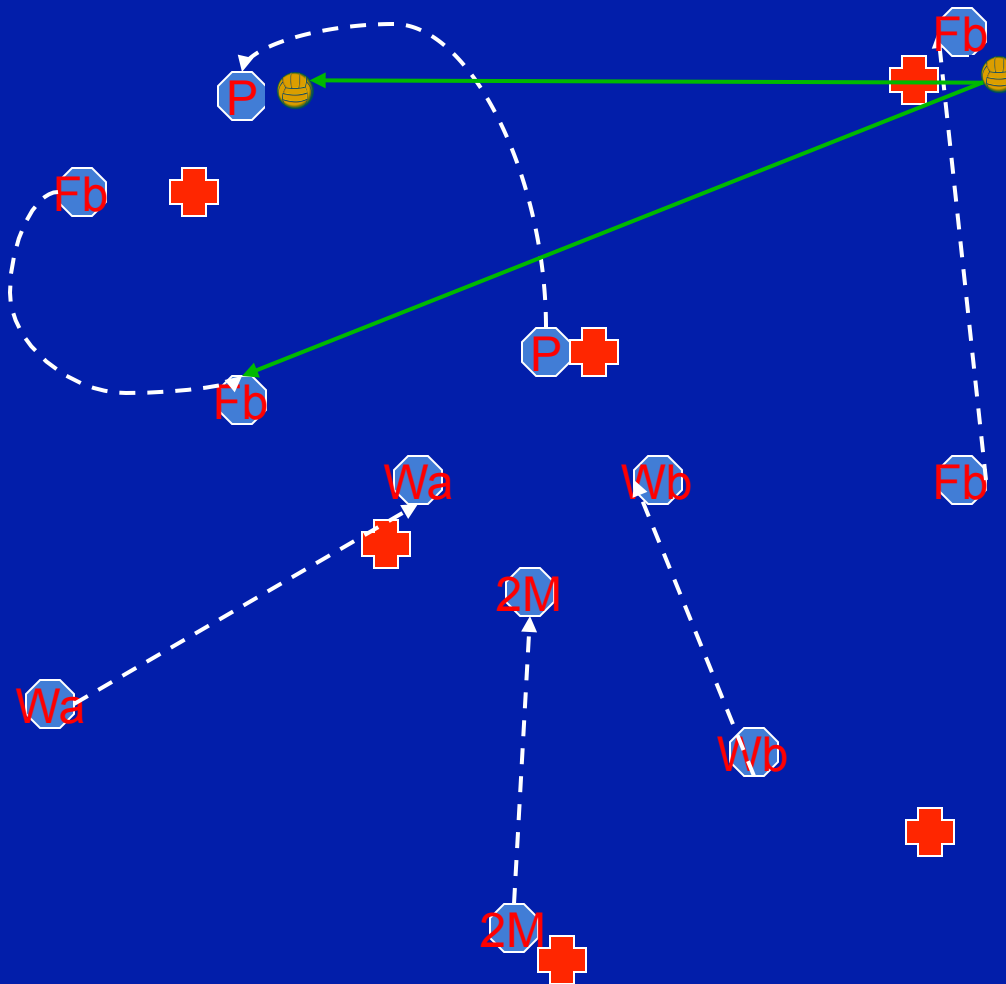
1. The point swims away from the ball.
2. The weak flat (Fa) still swims to the 2M.



Goal

Goal

2M



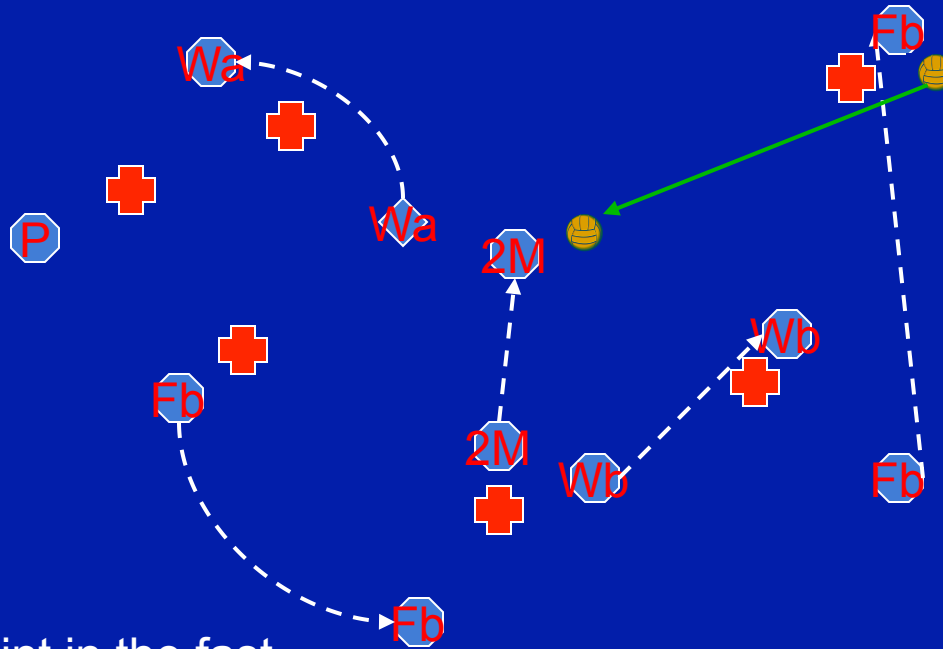
Options for the shot:

1. The Flat (Fb) can throw the ball to the point swimming ball-side.
2. ANY PLAYER BALL-SIDE OR OPEN PLAYER SWIMMING DOWN MIDDLE OF POOL. (Fb, Wa)
3. ANY PLAYER CROSS CAGE THAT IS WRAPPING AROUND. (Fa)
4. Set up the Offense

Goal

Goal

2M



The Flat (Fb) can throw the ball to any other player swimming ball-side. (2M)

All players should be swimming to the 2M line.

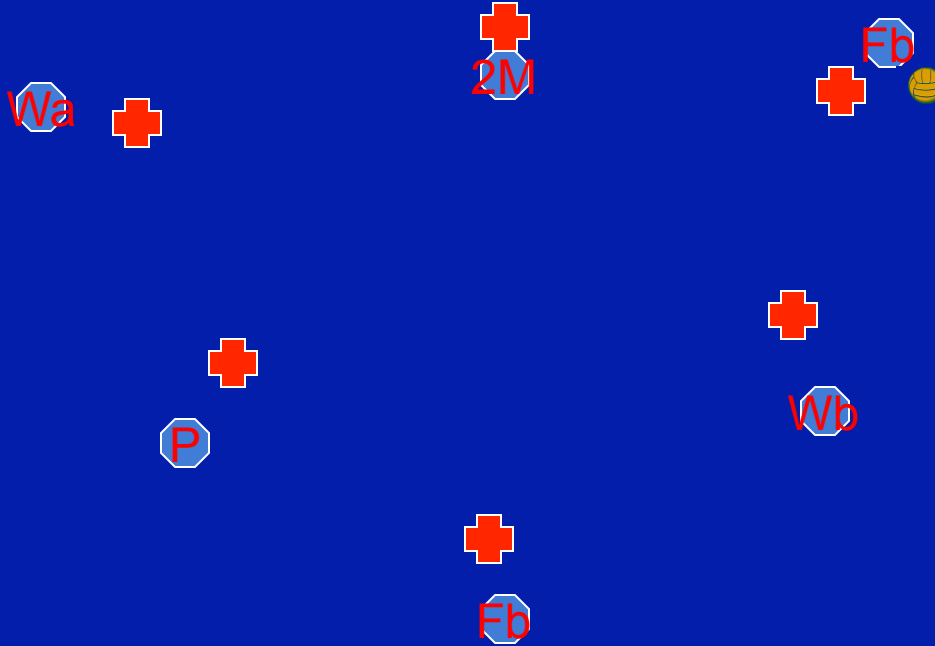
Continuous ball-side drives are made until the set offense is started.

*At this point in the fast break it is important to swim ball-side fast and hard to the 2M and then quickly get out of the middle so that the person behind you does not get held up.

Goal

Goal

2M



If there is no one open then set offense starts.

If the 2M person was fast enough to swim down to the 2M mark and rotate out. Then just swim back in after counter attack is over.

Goal