

## HOW TO TEACH SETTLED TEAM DEFENSE

### OVERVIEW-

The type of settled defense used will be MAN TO MAN DEFENSE. Therefore, solid individual defense has to be taught first.

### I) BASIC PRINCIPLES OF DEFENSE

#### a) Defensive Stance (Defender is covering the ball carrier- On ball)

- athletic stance (bend knees)
- shuffle side to side when ball carrier is going slower (do not cross legs). Use a drop step to change direction.
- run hip to when ball carrier is running faster
- Lax stick out and at the numbers of ball carrier's jersey. Generally use a stick length distance as a cushion.
- Keep back hand on your hip

Drills to teach defensive stance and positioning- (See Coaches Guide)

- zig zag drill
- no stick one on one
- one on one with a shot on goal
- one on one in a grid

#### b) Stick Checking

- Focus on the Poke check- Key- Don't lunge at ball carrier. Poke check is most effective when players are facing each other.
- The slap check can also be taught (Distinguish between the slap check and slashing. Don't lift stick more than 6 inches). Slap check is most effective when running side to side.
- Lift check

In the open field remember to harass the attacker by throwing poke, slap, and lift checks.

Drill-(See Coaches Guide)

- Poke check drill
- Poke the stick

#### c) Holds

Holds can be used in 2 ways:

- 1) to push an attacker in a certain direction (generally used to push an attacker from X behind Goal Line extended and keep him from getting to the top side)
- 2) to create separation between a defender and an attacker

Pushing in a direction

When the player gets closer to the goal you may have to play him tighter. This is when you will use a hold to control the ball carrier. Teach defenders to keep stick on stick (they will need to learn the two types of holds below to be able to do this).

Holds-

- Butt fist hold (remember to keep hands close together so it is not cross checking)

-cross forearm hold (also known as the V hold)

Creating separation with attacker

Reason for separation between defender and attacker- The defender wants a stick length of separation between himself and the attacker so he is not handcuffed. The defender wants to be able to use poke checks and slap checks to harass the attacker. The attacker may put his body close to the defender to neutralize the defenders stick. Remember to teach the defender to push the attacker and recover into an athletic position.

Drills-

One on one (explaining how the holds work)

See- US Lacrosse DVD for a demonstration of holds

## 2)PLAYING MAN TO MAN DEFENSE (ONE ON ONE)(ON BALL PLAY)

a)Ball behind the goal

-Play man if he has the ball. Poke or slap at his hands. Keep a stick distance away (cushion). Try and keep player behind GLE. If he gets to GLE use a hold to keep him from getting to the top side (get close to him and use a butt fist hold or a cross forearm hold- depending on if he is a righty or a lefty.). Stick on stick. If he gets past GLE roll the opponent back behind the goal so he doesn't go top side.

Have defender avoid running hip to hip with attacker toward top side . If running hip to hip Key is to get defender into an athletic stance and prevent attacker to getting to top side. Defender should use a hold and push attacker (to gain separation and break into athletic stance) and use a slap or poke check to try and dislodge ball.

Think - Push (with a hold) and poke check -or Push and chop (slap check)

Drills-

Hip to hip (goal is to let offenseman get a step on defender and force defender to push offenseman out and recover to athletic stance facing defender)  
one on one from behind

Dead ball situation with ball behind goal (offensive player starts with the ball after a whistle)

-If it is a dead ball be "whistle ready." Beak down into athletic stance and have stick out at his numbers. Figure out what side you want to direct the ball carrier to and take one step off to the opposite side so you can direct him. Don't lunge.

b)Ball up top (on the left or right side)

-Push the player to the outside. Keep him from getting into the hole. Position your body to the inside of the ball carrier so you can angle him to the outside.

c) Ball up top in the middle

Figure out which side you want to take away. If he is a righty you want to force him to the left.

d) Ball at the wing

Push the player to the outside. Keep him from getting into the hole. Position your body to the inside of the ball carrier so you can angle him to the outside.

Drills-

One on ones from up top, the wing, behind GLE

-One on one in a grid (set up 4 cones). Offense takes out ball. A player on offense gets a point if he gets by defense and across line. Defender gets a point for a stop.

e) OFF BALL PLAY

-players furthest from the ball should slough in (pinch in) to protect the hole. They should be in the triangle position with one foot pointed at their man and the other at the ball.

Their head should be on a swivel.. No ball watching. You don't want your player to cut and not see him.

This means they should:

- look at the man they are covering,
- then look at the ball carrier,
- then look back at their man

When the man you are covering gets the ball you should move out to meet him.

Cutters-

If the man the defender is covering cuts, the defender has to stay with him.

Drills-

-Cover the Cutter Drill- (There is a feeder with the ball at x. A defender covers a man up top at the restraining line. The cutter needs to try and go toward the goal to get a pass. The defender keeps his head on a swivel and covers the cutting defender)

### 3) BASIC PRINCIPLES OF TEAM DEFENSE

a) Positioning-

Using the individual techniques discussed above, the player covering the ball should move out to meet the ball carrier. All other defenders should pinch in toward the hole.

Drill-

Defensive bingo.

Offense passes the ball around. Defender covering the ball carrier moves out to meet the ball

carrier. All others pinch in to the hole. On each pass all players should be moving. Player covering the adjacent pass may want to play a little closer to his man.

Note- A good way to teach this concept is to set up a second circular crease above the regular crease. Each defenseman must pinch in and have one foot in the circle. The only defenders allowed out side of the circle are the person covering the ball carrier and the defender covering the near adjacent pass.

Note- If a ball carrier has the ball at X and he is a righty, cover the adjacent player to his right a little tighter.

#### b)Communication

Players need to communicate who is doing what. Common language is:

a)"I've got ball"- Player covering ball carrier says- "I've got ball"

b) "Help left." Player who is adjacent to defender who is covering the ball carrier ( to the left of the ball covering defender) will say- "help left." This player will be indicating that he is prepared to slide if necessary.

c) "Help right." Player who is adjacent to defender who is covering the ball carrier( to the right of the ball covering defender) will say- "help right." This player will be indicating that he is prepared to slide if necessary.

d)"I'm two"- After the first sliding defender slides a second defender will slide to pick up the man of the first defender who has slid. This second sliding defender will have to recognize he is the second slide (before an offenseman beats his man) and call out "I'm two."

e)"Help"- A defender who has been beaten by his attacking opponent should yell "help" to let his teammates know that he has been beaten and that he needs some one to pick up his man.

Note- Players should call out the number of the player they are covering.

#### c)Sliding

Sliding happens when a ball carrier beats the man who is covering him. Another defender will slide over to pick up the ball carrier. The type of slide to be used will be an Adjacent slide.

This means that a defender to the left or the right of the defender covering the ball carrier will slide over when the ball carrier beats the defender. If the ball carrier beats his man to the right the right defender will slide over. If he beats him to the left the left defender will slide over. A second slide will also be used to cover for the first defender who slid. The good way to teach the slide is the Adjacent Slide Drill.

## ADJACENT SLIDE DRILL

### Goal-

To have defenders learn how to slide to cover for another defender who is beaten by an offensive player.

### Description-

Set up a six on six situation. Place the offense in the 1-3-2 set up and have the defenders play man to man. Designate one of the defenders to be beaten by an offensive player, setting up an adjacent sliding situation (a good way to do this is to have the defender run to the sideline and back). Explain that the defender next to (adjacent to) the defender that is beaten will slide to pick up the uncovered offensive player. Because there are two players next to (adjacent to) the beaten defender (one to his left and one to his right), the situation will dictate which adjacent player slides. These two players are known as “help right” and “help left.” If the ball defender is beaten to the right, the slide comes from the right. If the ball defender is beaten to the left, the slide comes from the left. This first slide is known as a “hot slide.” Tell the offensive player to beat the defender to the defender’s right, causing a slide from that side. Then do it from the left.

Next, take it a step further. Explain to the players that when the adjacent player slides, the adjacent player next to the slider has to slide and cover the player that the slider was covering. This is called a “cold slide.” Set up a situation where a defender is beaten and there is a hot slide and a cold slide. Do it to both to the right and the left. Explain to the players that if the hot slide comes from the right, the cold slide will come from the right. In theory, the slides would take place amongst all the defenders, like a chain reaction. It is a circular motion. Set up another situation where this occurs. The first defender that was originally beaten will run and cover an open man.

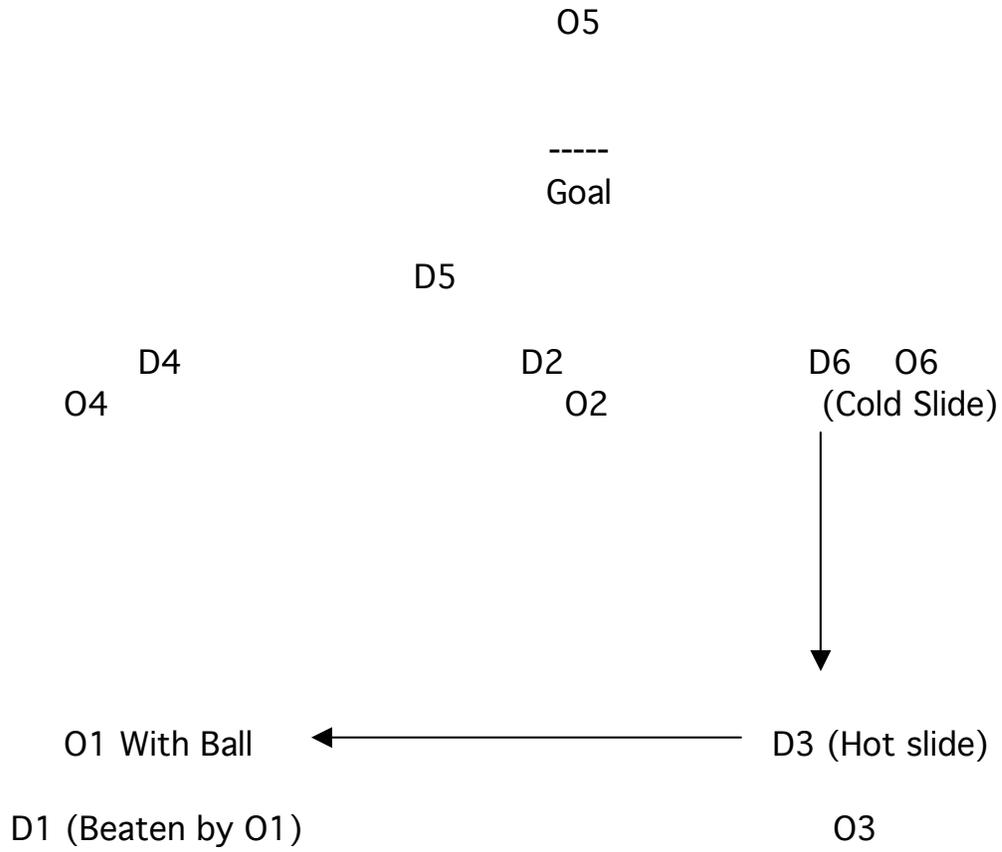
### Note-

Exception- When an offensive player beats a defender behind the crease, the defenseman on the far side of the crease makes the slide (not the defender guarding the crease player). The crease defender stays locked on the man he is covering. Set up a situation where this occurs.

### Note-

See diagram below

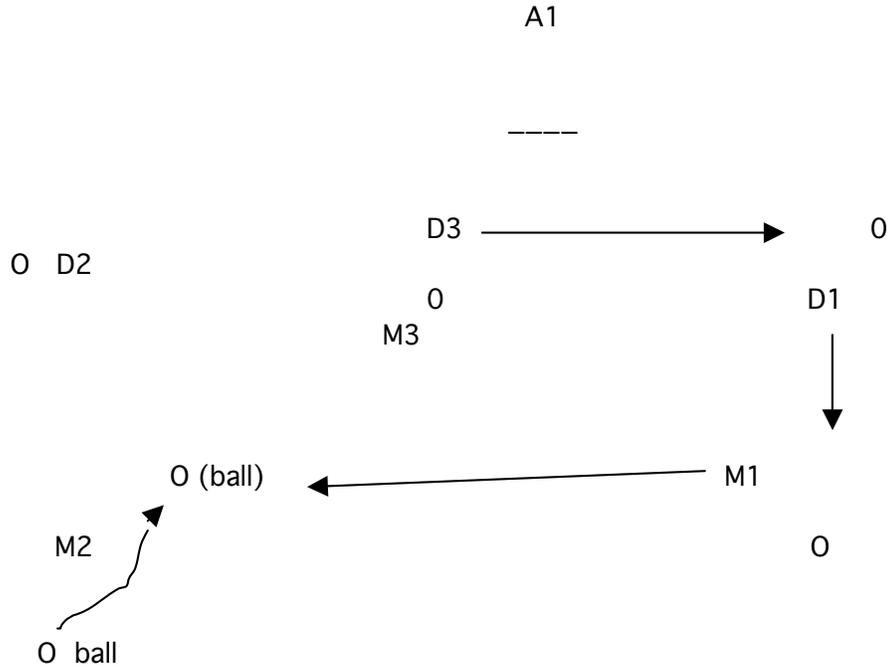
Diagram (D is defense, O is offense)



## SLIDE PACKAGES VERSUS A 1-3-2 FORMATION

OVERVIEW- The following are slide packages using an adjacent slide technique. Note-all descriptions are from the perspective of the defender having his back to the goal.

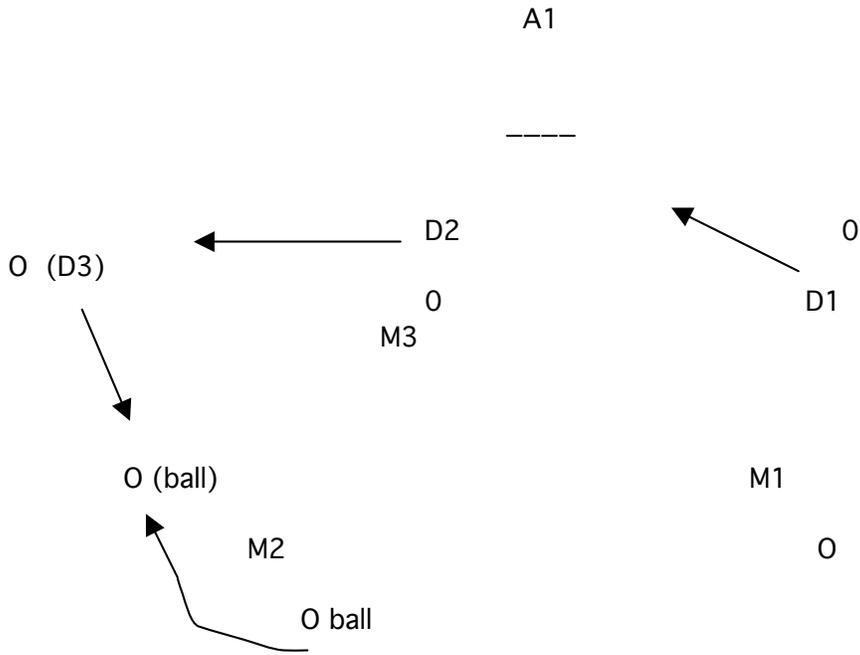
1)Ball at Top Left- Defender beaten to his left (defender has his back to the goal).



M2 is beat to his left, making M1 the first (hot) slide and D1 the second (cold, fill) slide. M3 stays locked on his crease offense man. D3 slides to the man vacated by D1. D2 stays near his man because he is an adjacent player who could get a pass. M2 slides to cover the man at X.

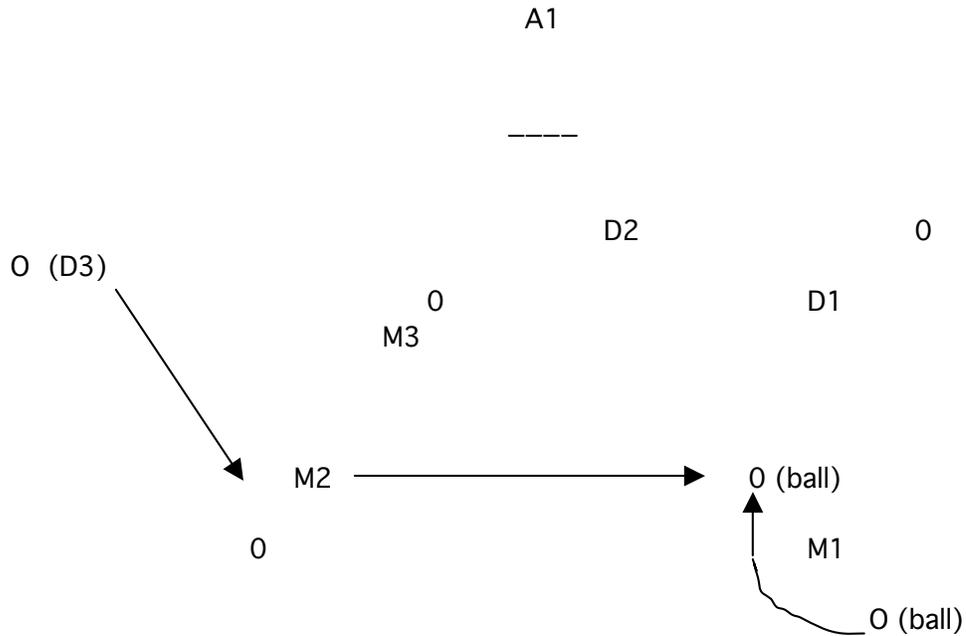
Note- In this situation M1 and D2 would be the two potential defenders to make the first (hot) slide. This is because they are the two defenders closest to the ball. Because M2 was beaten to his left M1 becomes the closest defender to the ball and he makes the first slide. ( The two defenders who have the potential to make the first slide have to communicate. They would say “help left” and “help right.”)

2) Ball at top left- Defender beaten to his right



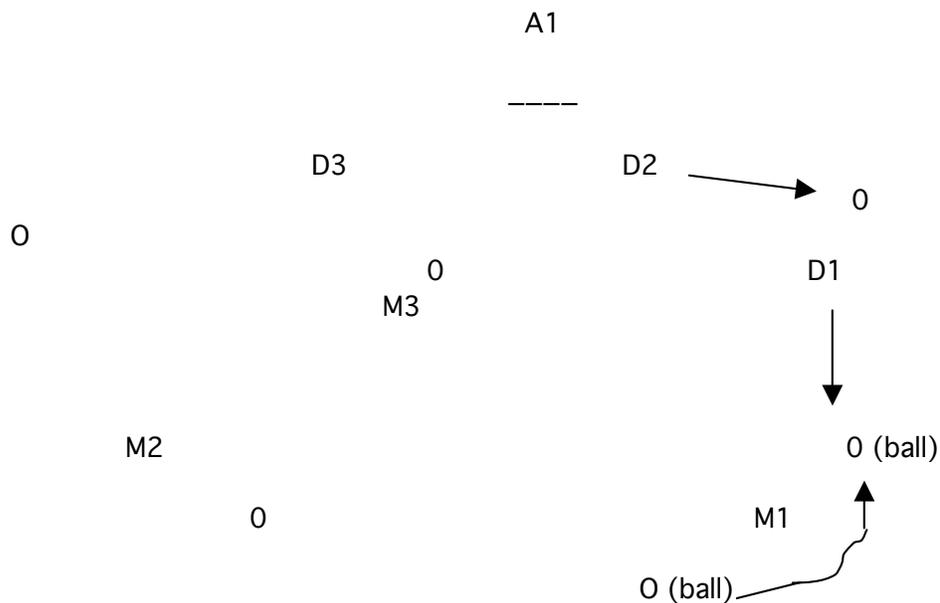
M2 is beat to his right, making D3 the first (hot) slide and D2 the second (cold, fill) slide. M3 stays locked on his crease offense man.. D1 covers X (player A1) and M2 slides to to cover the man vacated by D1.

3) Ball at top right- Defender beaten to his right.



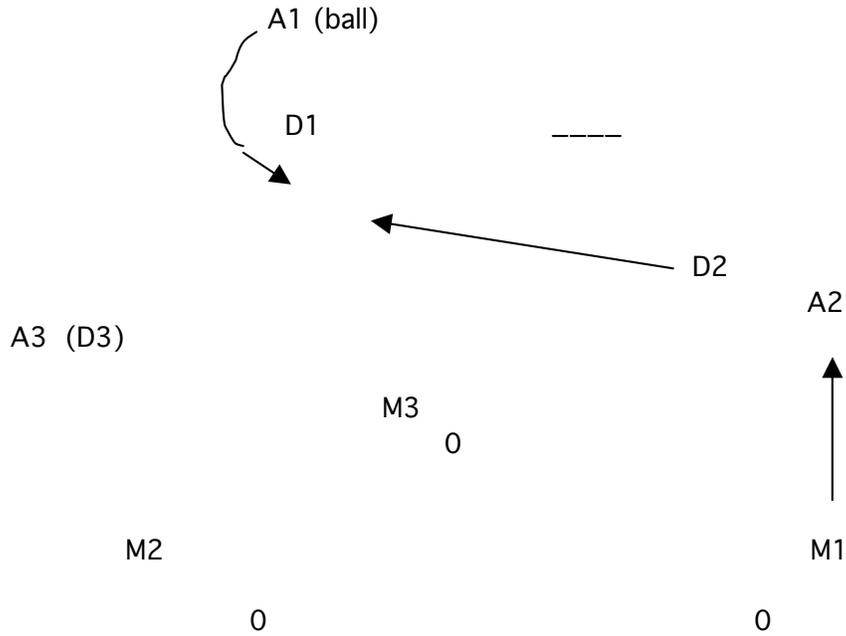
M1 is beat to his right, making M2 the first (hot) slide and D3 the second (cold, fill) slide. M3 stays locked on his crease offense man.. D2 moves to D3's spot. D1 covers X (player A 1) and M1 slides to cover the man vacated by D1.

4) Ball at top right- Defender beaten to his left.



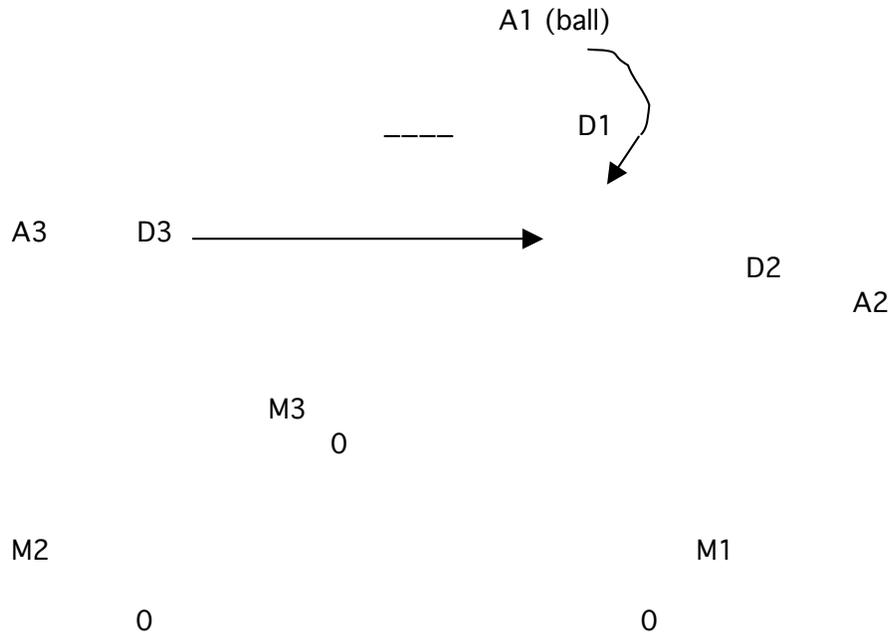
M1 is beat to his left, making D1 the first (hot) slide and D2 the second (cold, fill) slide. M3 stays locked on his crease offense man. D3 slides to the man vacated by D2. M2 moves to D3's spot. M1 fills M2's spot.

5) Ball at X. Offensive player beats defender to the right side of goal (as he is facing out from behind the goal)



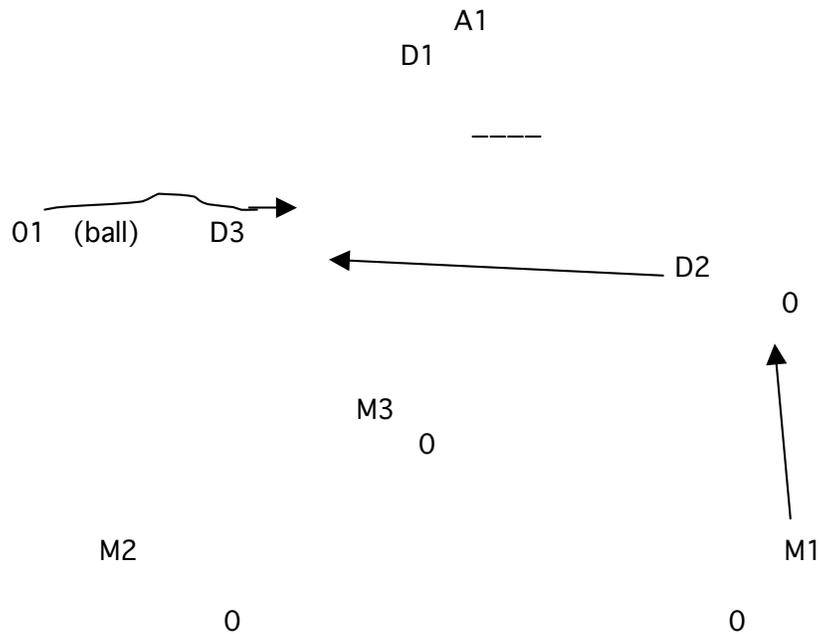
A1 has the ball at X. He beats defender (D1) to the right side of goal (as he is facing out from behind the goal). D2 is the first slide, making a cross crease slide. M1 fills in for D2. M3 stays locked on crease player. D1 after being beaten looks for open man. . D3 does not want to make the first slide because he needs to cover the first adjacent man A3, who is most likely to get a pass.

6) Ball at X. Offensive player beats defender to the left side of goal (as he is facing out from behind the goal)



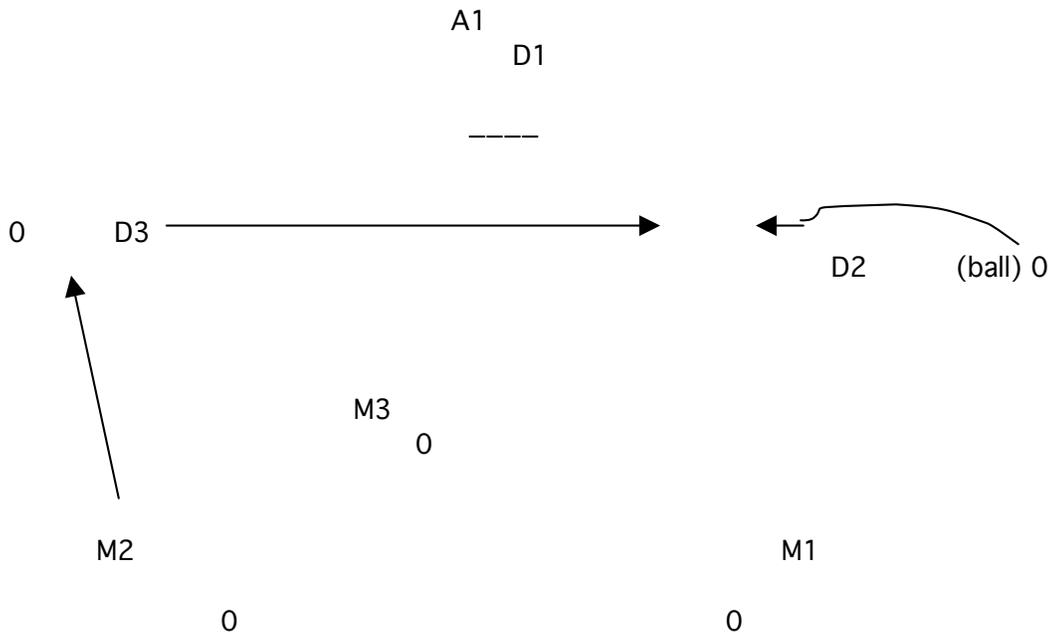
A1 has the ball at X. He beats defender (D1) to the left side of goal (as he is facing out from behind the goal). D3 is the first slide, making a cross crease slide. M2 fills in for D3. M3 stays locked on crease player. D1 after being beaten looks for open man. D2 does not want to make the first slide because he needs to cover the first adjacent man A2, who is most likely to get a pass.

7) Wing offenseman on left (facing goal) beats defender.



O1 (wing attackman) has the ball on the left side of the goal (facing goal). He beats D3. D2 slides to pick up O1. D1 stays on A1. M3 stays locked on crease attackman. The reason D1 does not slide is because A1 is adjacent help (next open for a pass). D1 has to play A1 tight and shouldn't slide. M1 comes down to cover the wing attackman who D2 had been covering.

8) Wing offenseman on right (facing goal) beats defender.



O1 (wing attackman) has the ball on the right side of the goal (facing goal). He beats D2. D3 slides to pick up the ball carrier. D1 stays on A1. M3 stays locked on crease attackman. . The reason D1 does not slide is because A1 is adjacent help (next open for a pass). D1 has to play A1 tight and shouldn't slide.

#### Drills to Teach Sliding-

1) 6 on 6 with a Sideline Run –

Have one defender (covering the ball carrier) run to the sideline and back into play. When the defender starts running have the ball carrier start play. This will force the slides.

2) 2 v 2 (using a goal)

if a player gets beat other defender has to slide

3) 2 v 2 in a grid (set up 4 cones)

if a player gets beat other defender has to slide

3) 3 v 3 (using a goal or grid)

4) 4 corner slide drill

#### DEFENDING PICKS

In defending a pick defenders have 3 options. They are:

a) to stay with the player they are covering and fight through the pick. If a player chooses this option they should communicate this with the other defender by saying: "stay"

b) Switching player coverage with another player. If a player chooses this option they should communicate this with the other defender by saying: “switch”

c) Double teaming the ball carrier. If a player chooses this option they should communicate this with the other defender by saying: “double”