

Coaching Girls Lacrosse: I v I DEFENSE

ON-BALL DEFENSE

- On-ball defensive positioning
 - Athletic stance w/stick up (think defensive positioning in basketball)
 - The defender's stick should mirror the position of the attacker's
- Primary goal of 1v1 defense is to slow the attacker down
- ABCD
 - Approach with your stick up; staying low with your knees bent
 - Breakdown your footwork; keep your feet moving on the approach
 - Contact; step up and take away the attacker's space
 - Body contact is not necessary; slow attacker down and contain
 - Direct the attacker
 - Force the attacker depending on scheme, help or hand

ON-BALL CREASE DEFENSE

- On-ball crease defense
 - Pros
 - Keeps pressure on the ballcarrier; takes away the ballcarrier's space
 - Limits the ballcarrier's ability to find open cutters and feed
 - Cons
 - Susceptible to getting beat if the attacker uses the crease as a defender
 - It may take longer for the on-ball defender to recover once the ball is passed out
- At this age it is better to have the defenders follow attackers with the ball and defend behind the cage

OFFBALL DEFENSE

- Off-ball defensive positioning
 - Ball and girl – head on a swivel, athletic stance
 - One hand on the stick, one hand towards the attacker in a ‘V’ stance
 - Every time the ball moves, reposition
 - Never turn your back to the ball
 - High level of activity
- Defenders should always be active with their minds, bodies and feet
- With the implementation of free movement, a foul or stoppage of play is an opportunity for the defense to recover, reposition and reset

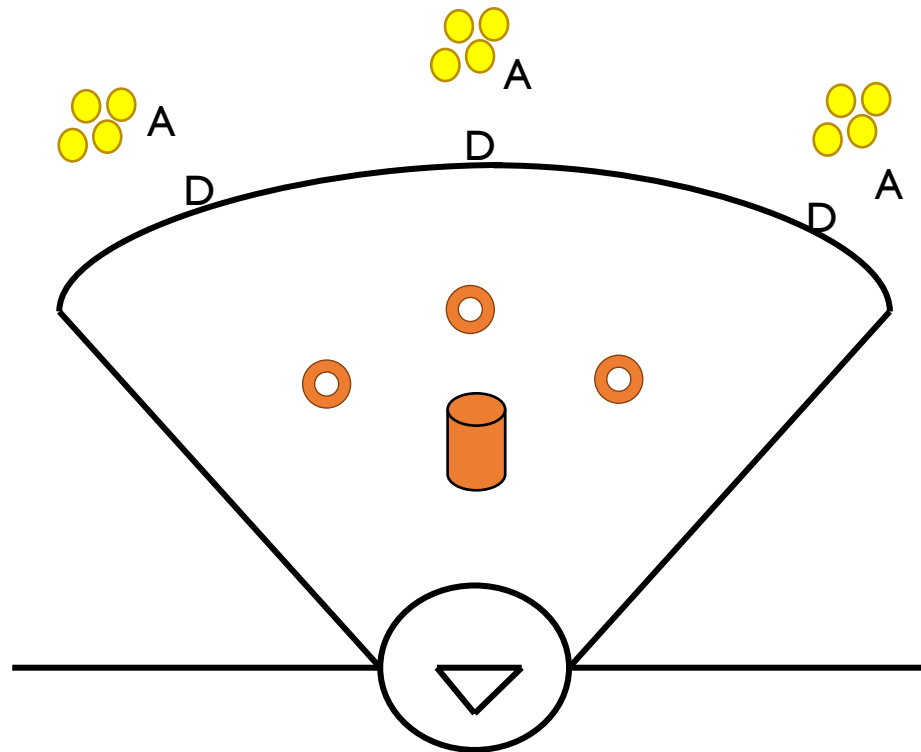
OFFBALL CREASE DEFENSE

- Off-ball crease defense
 - Pros
 - Easy to identify and stay with a player in man-to-man defense
 - Taking away a pass opportunity if there is a 3 pass rule
 - Helps players stay out of 3 seconds and shooting space
 - Cons
 - A player behind the net is not in a position to score, therefore not the biggest threat
 - Not in a position to crash, slide, cover cutters or get ground balls

I v I DEFENSE DRILLS

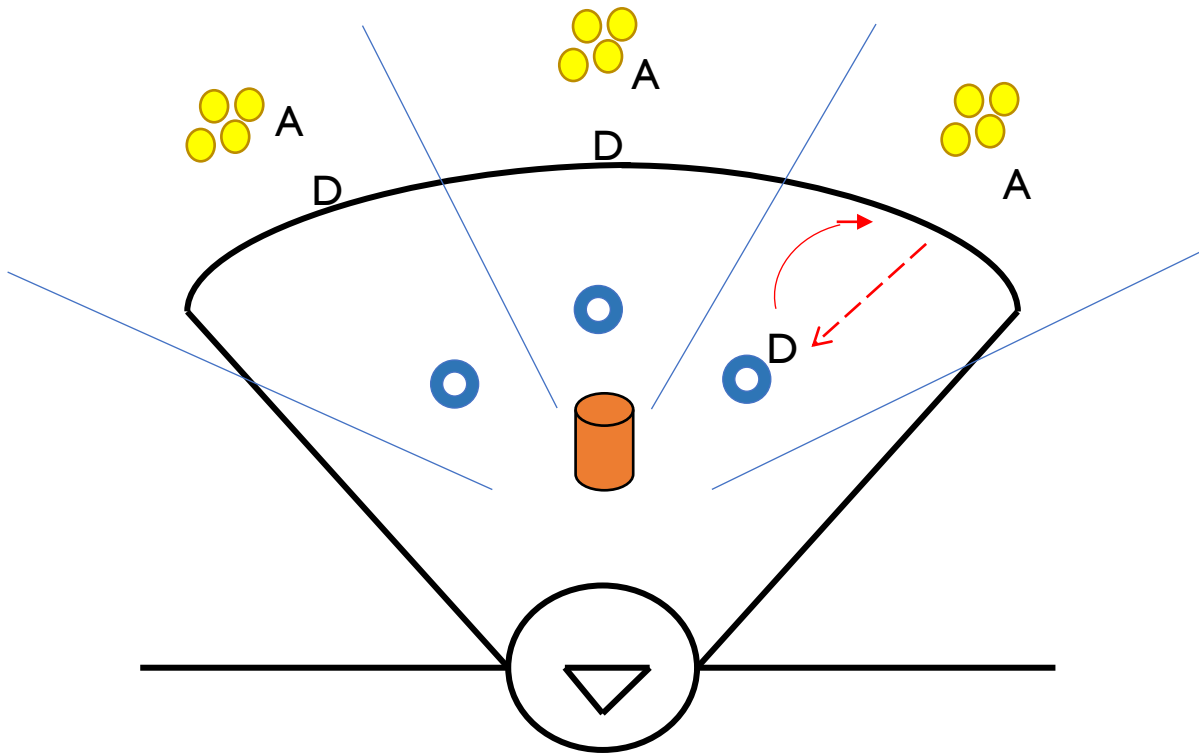
I v I DEFENSE DRILLS: Defensive Bucket Drill

DEFENSIVE BUCKET DRILL



- Place a bucket 3 yards up from the crease, place three cones 2 yards above that.
- The focus is on defenders and working on keep attacker away from the middle of the 8 meter/bucket,
- Attackers are trying to dodge around defender in a small space and place the ball in the bucket.

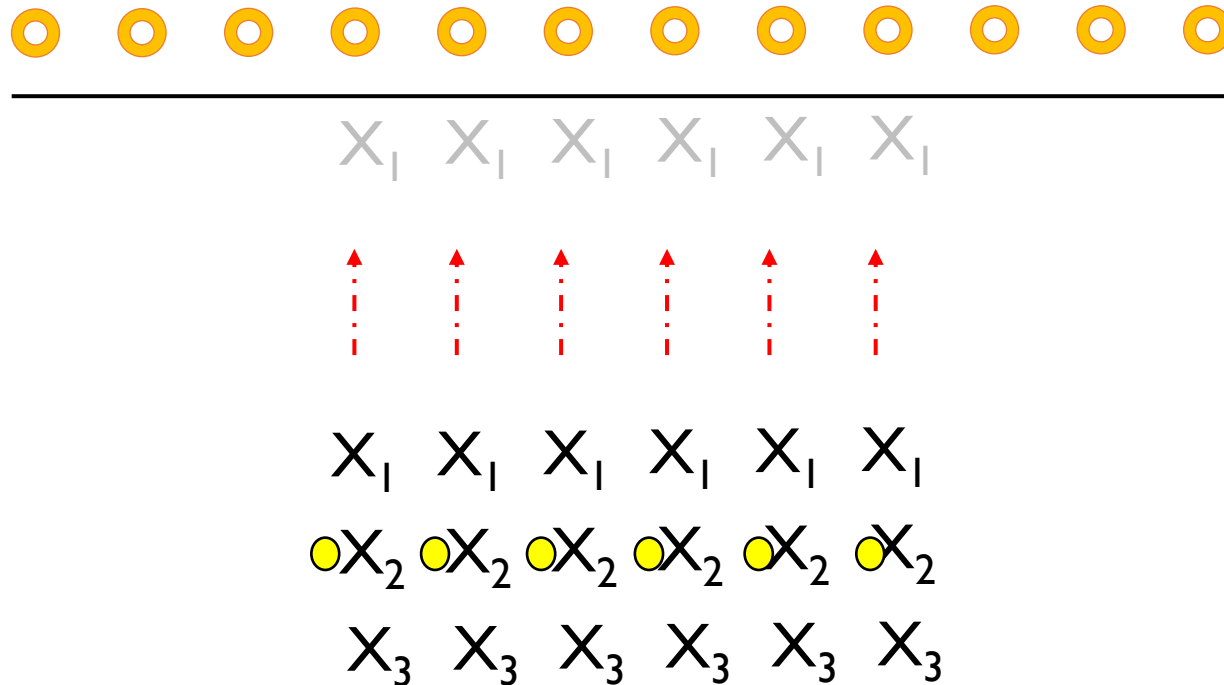
DEFENSIVE BUCKET DRILL



- Attacker starts with a ball in their stick
- Defenders are focusing on approaching the attacker, forcing out wide.
- Defender back pedals to the cone and then works back up to the attacker in a C formation to stay out of shooting space and forcing attacker away from the bucket.

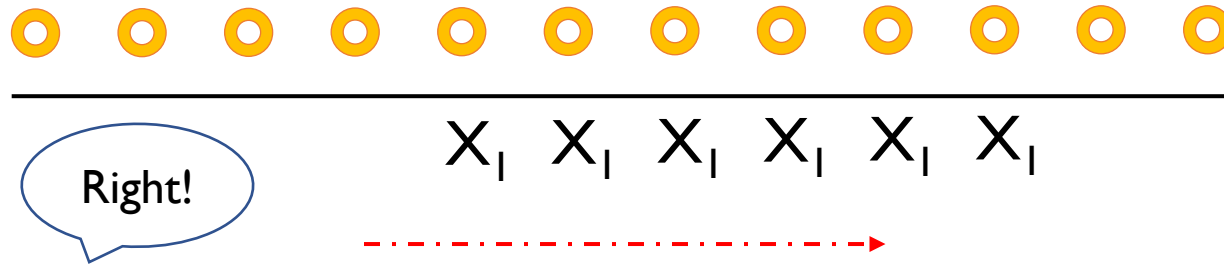
I v I DEFENSE DRILLS: D Side Shuffle Shuttle

D SIDE SHUFFLE SHUTTLE

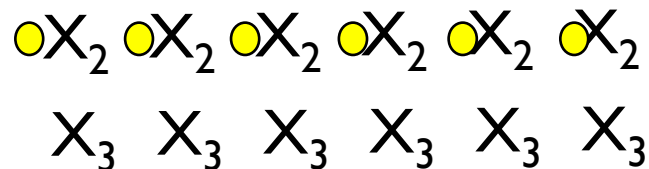


- Place twelve, evenly-spaced cones on the restraining line.
- Players are divided into 6 lines and stand directly across from the 6 middle cones (approximately 15 yards away).
 - The second player in every line has a ball.
- On the coach's whistle, the first player sprints up to the cone directly in front of her and starts foot-fire.

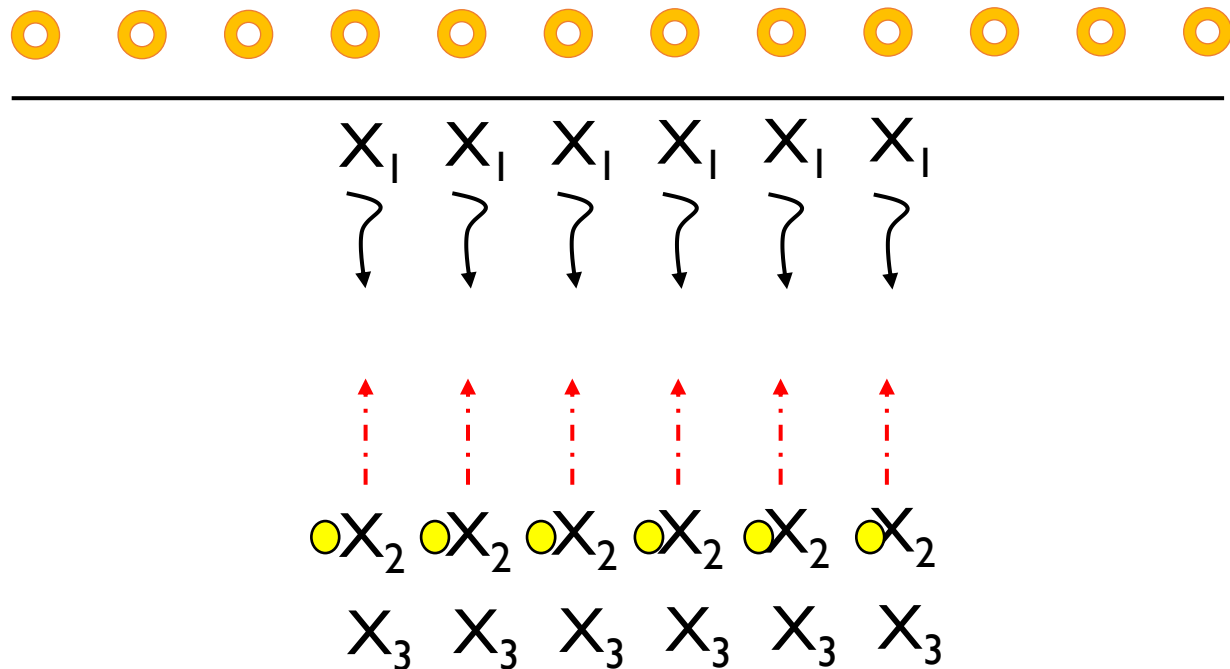
D SIDE SHUFFLE SHUTTLE



- The coach then yells a direction, right or left, and the player slides one cone in that direction
- Players wait in foot-fire until they hear the next direction.



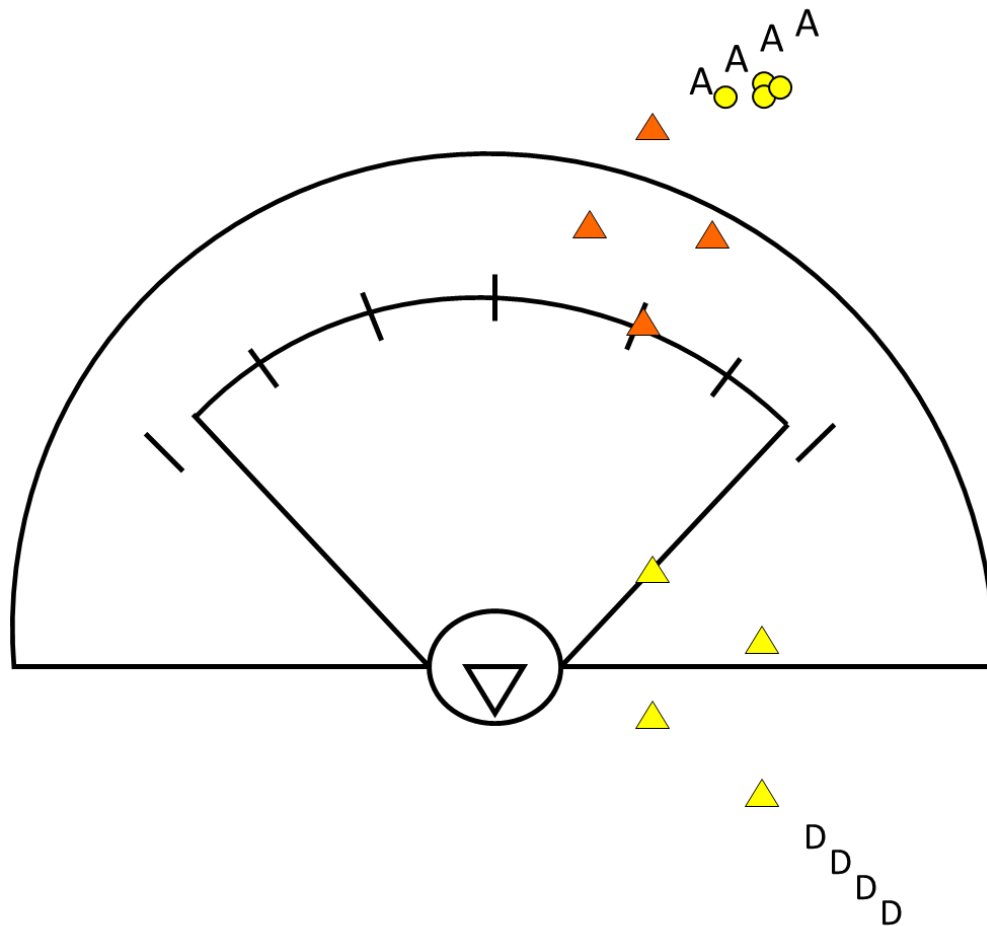
D SIDE SHUFFLE SHUTTLE



- After four directional commands, the coach will blow the whistle to release the player – she will turn, receive the ball from the second person in her line (via a throw, bounce pass, groundball, etc.), and then pass to the next person waiting in line.
- The player who makes the pass sprints up to cone directly in front of her line and begins foot-fire.

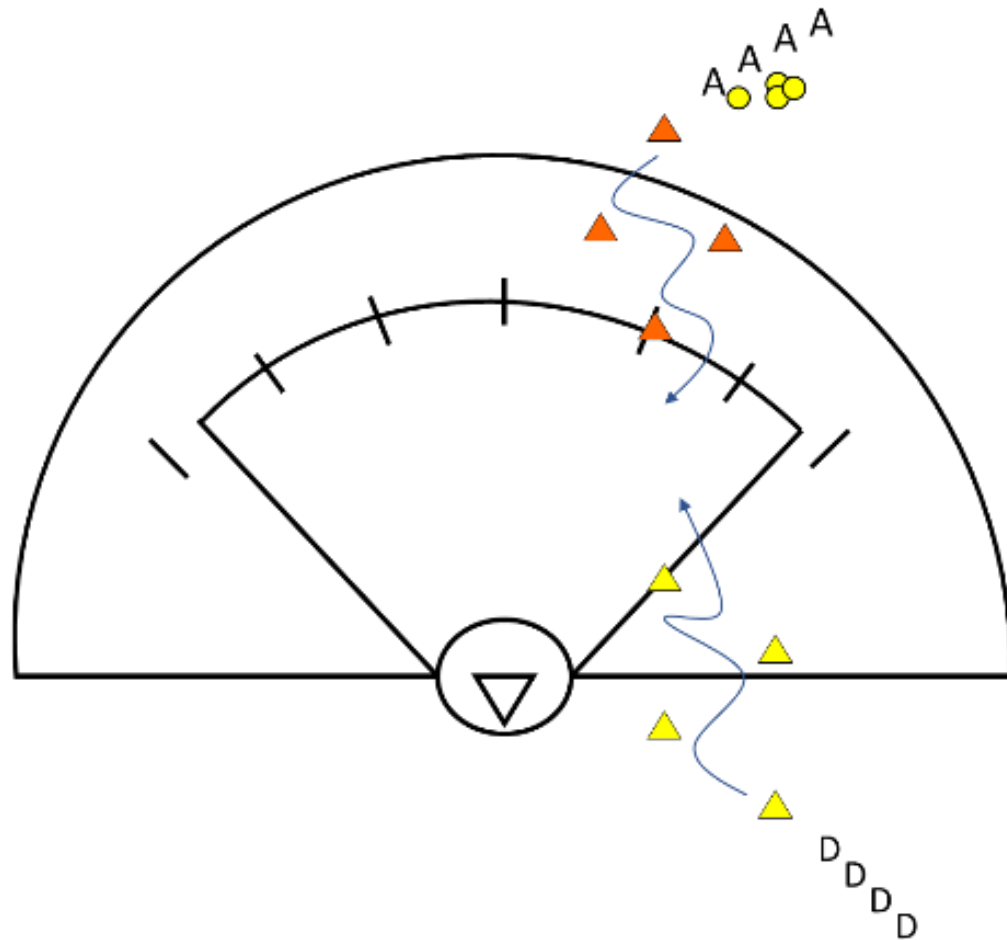
IvI DEFENSE DRILLS: Stonehill IvI

STONEHILL 1v1



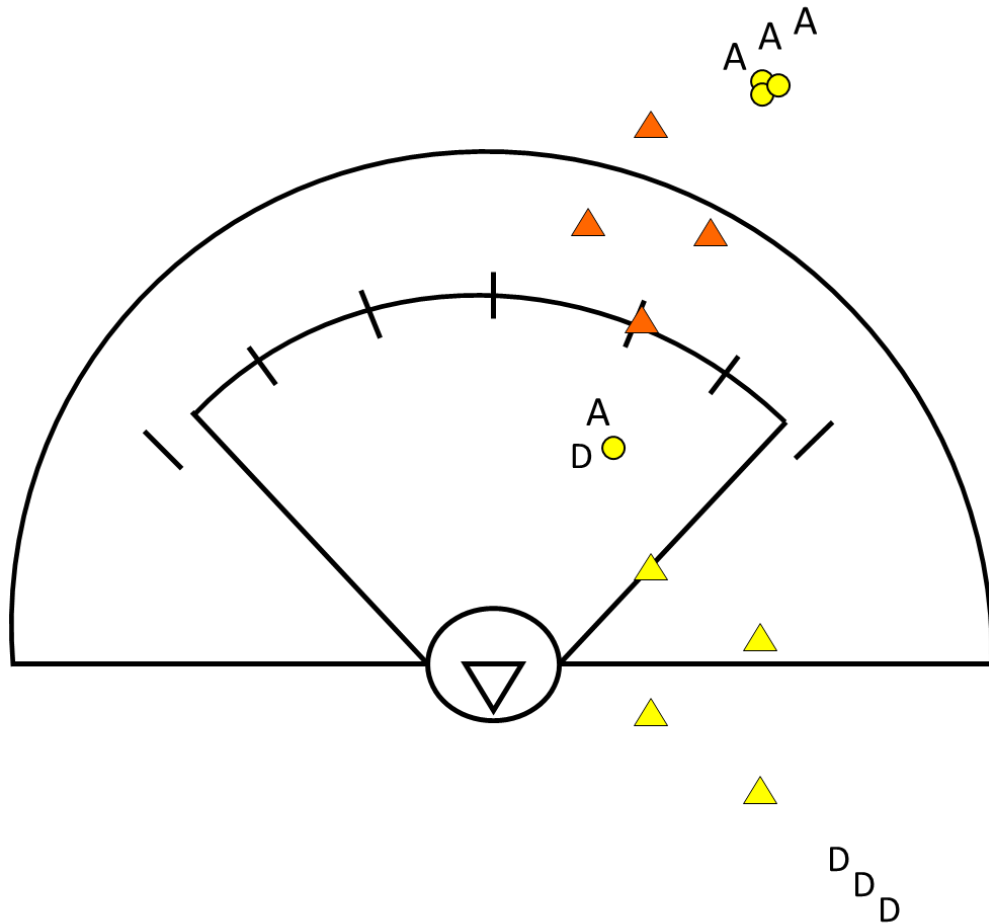
- Players are divided into two lines – attack and defense.
- Four cones are set up between the 8M and the 12M.
- Four more cones are set up between goal line extended and the 8M on the same side as the top cones.

STONEHILL 1v1



- The attacker will go through the top cones with a ball working on footwork, change of speed and dodging.
- The defender will go through the low set of cones working on footwork and agility.

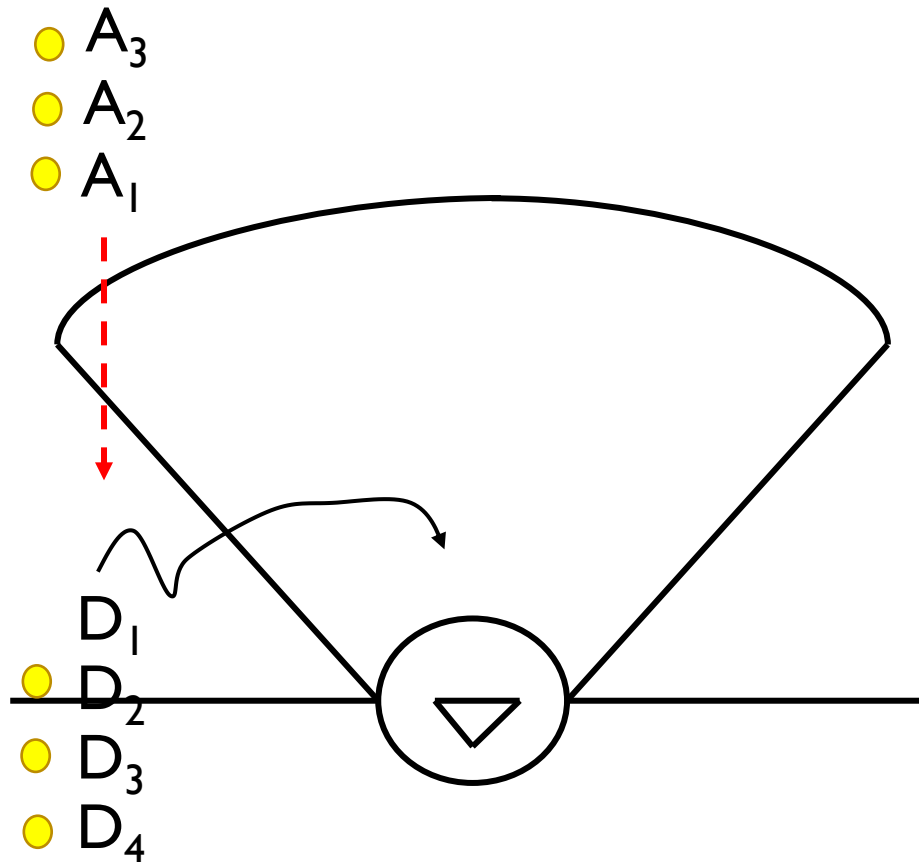
STONEHILL 1 v 1



- The attacker and defender will begin at the same time and once out of the cones, will play out a 1 v 1 to goal.

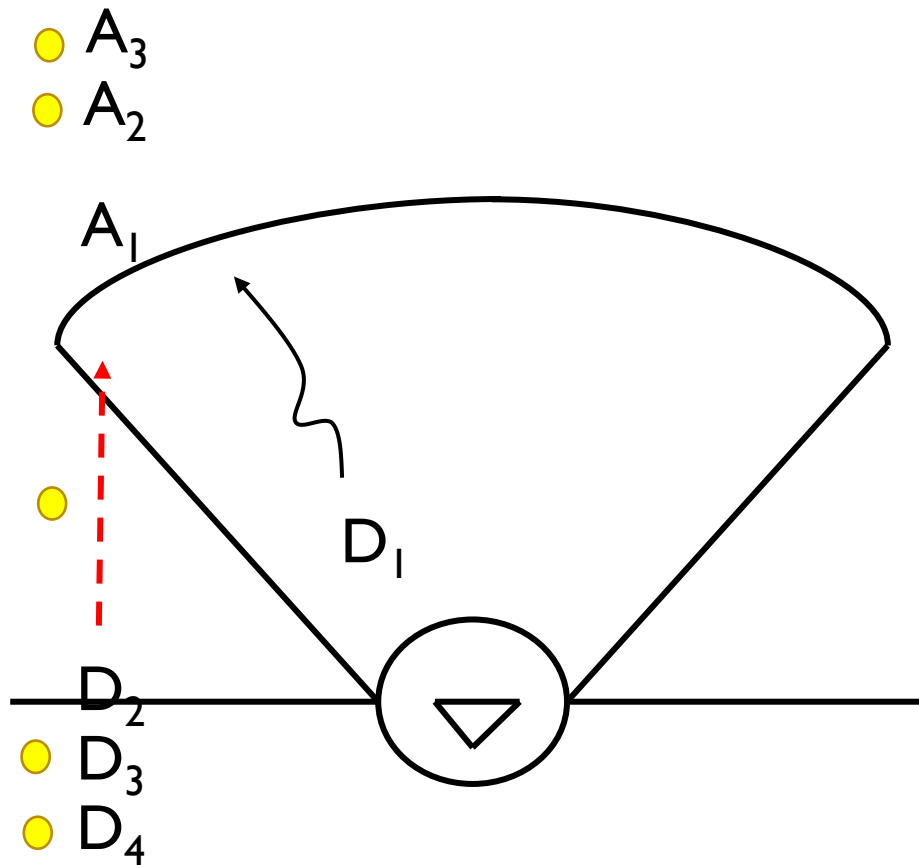
IvI DEFENSE DRILLS: Feed/Shot/IvI

FEED/SHOT/|v|



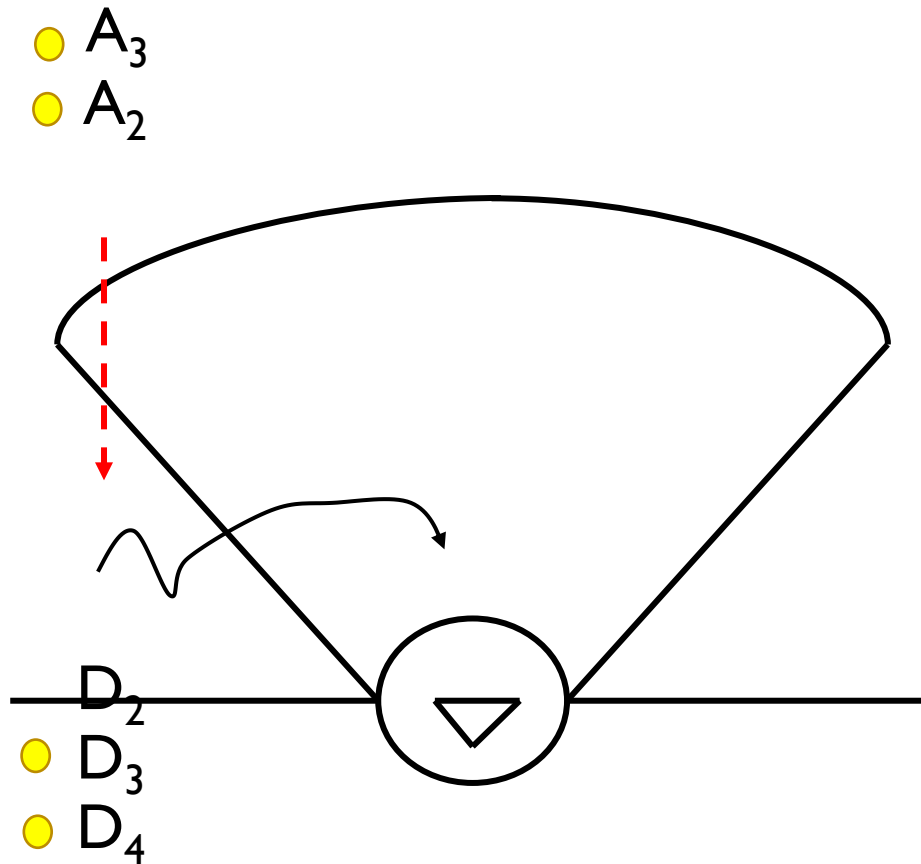
- Feed/shot/|v| is set up with a line of attackers outside the 8M and a line of defenders on the same side at goal line extended. Every player (except the first defender) starts with a ball in her stick.
- The first attacker A_1 rolls a ground ball down to the first defender in line, D_1 . D_1 picks up the ball goes to goal and takes a shot.
 - As D_1 is shooting, D_2 rolls a ground ball up to A_1 .

FEED/SHOT/|v|



- As D_1 is shooting, D_2 rolls a ground ball up to A_1 .
- As A_1 is picking up the ground ball, D_1 approaches the attacker (making an effort to lead with the stick and close the space quickly in order to avoid shooting space.)
- A_1 attacks D_1 |v| to goal.

FEED/SHOT/|v|s

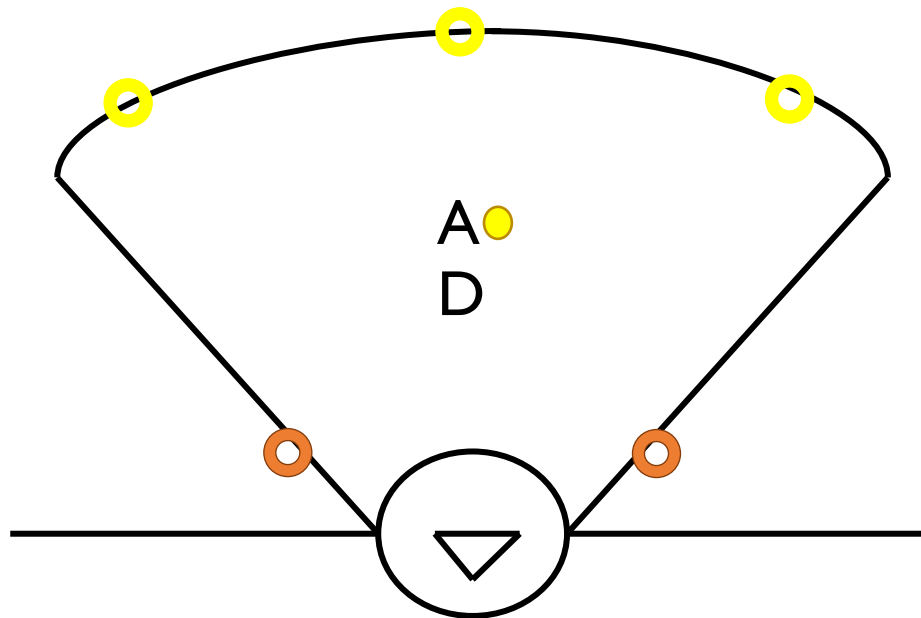


- Once the play is over, the next attacker A₂ rolls a ground ball down to D₂. D₂ picks up the ball goes to goal and takes a shot.
- As D₂ is shooting, D₃ rolls a ground ball up to A₂.
- A₂ attacks D₂ |v| to goal.

I v I DEFENSE DRILLS:

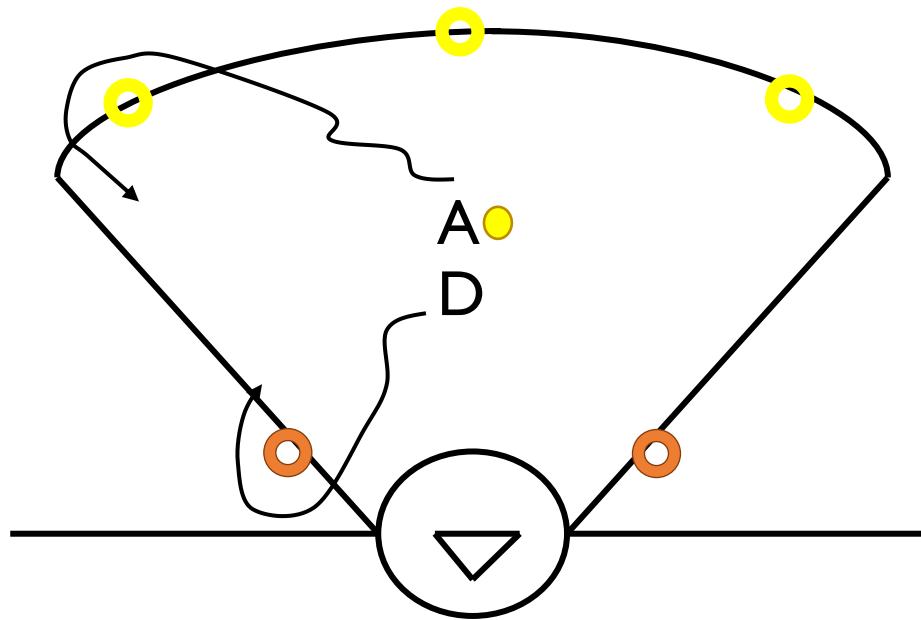
Back-to-back I v I

BACK-TO-BACK 1v1



- Back-to-back 1v1 is set up with 3 cones along the top of the 8M (or about 15 yards away from the goal.) 2 additional cones are placed about 1 yard from goal line extended on either side of the crease.
- An attacker (with a ball) and a defender are standing back-to-back in the middle $\frac{1}{2}$ way between the high and low cones.

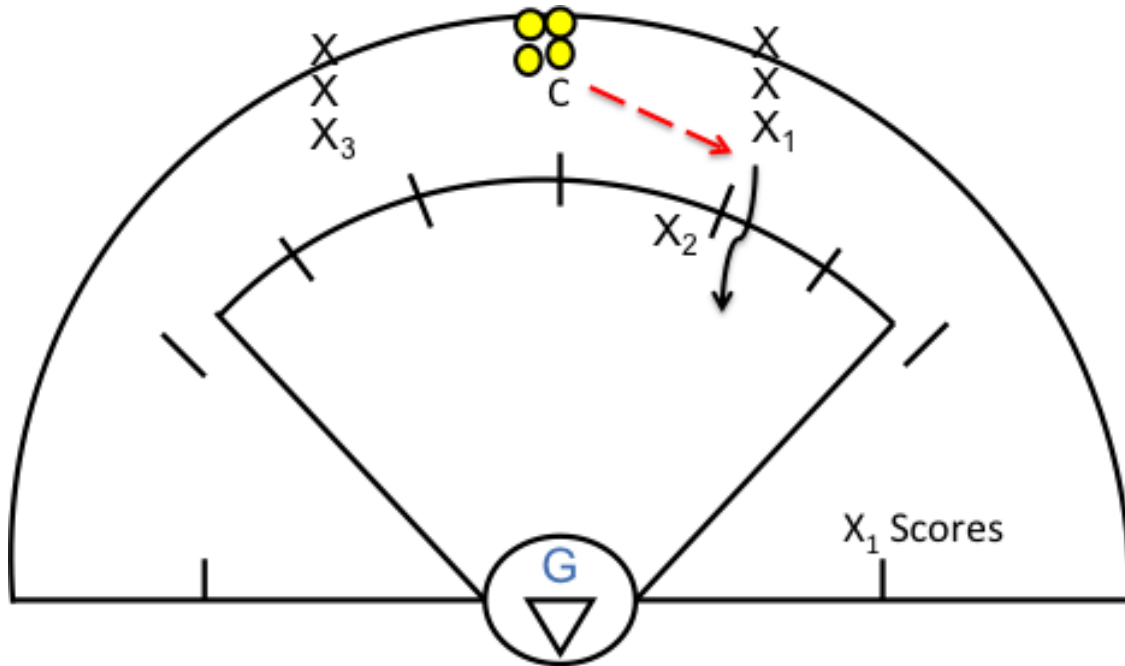
BACK-TO-BACK |v|



- On the whistle, the attacker chooses a high cone to run around and the defender chooses one of the low cones to run around.
- The defender is working on her approach to the attacker, staying out of shooting space but closing the attacker's space quickly.
- The attacker and defender go |v| to goal.

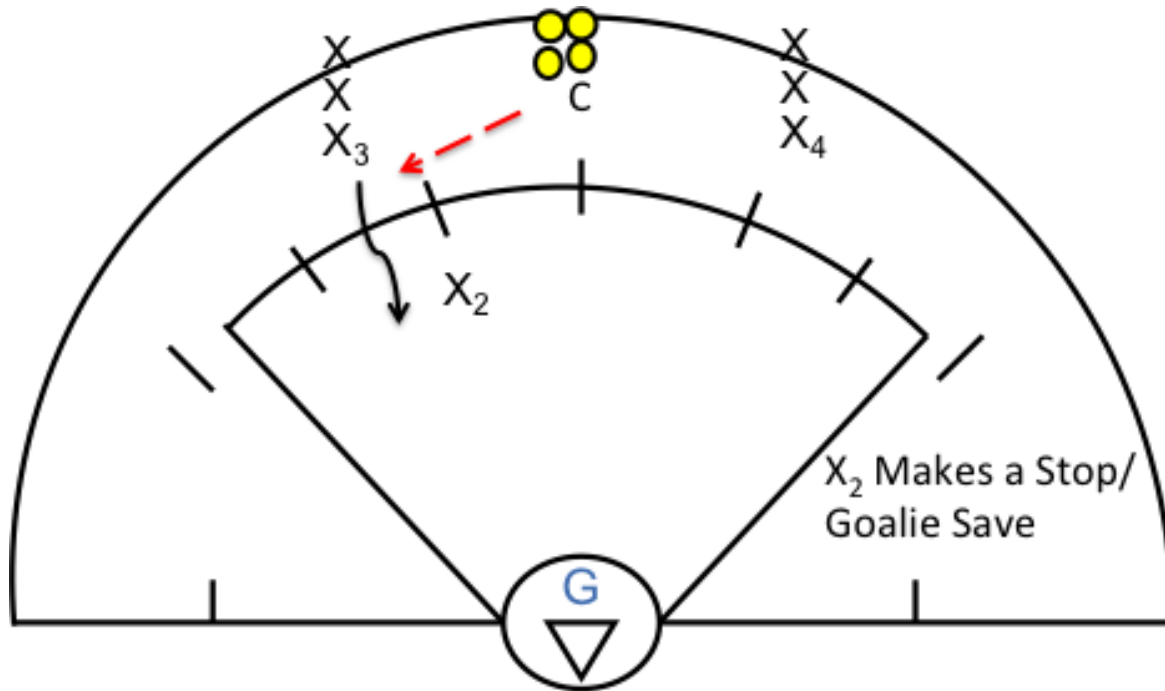
IvI DEFENSE DRILLS: UCONN IvI

UConn 1v1



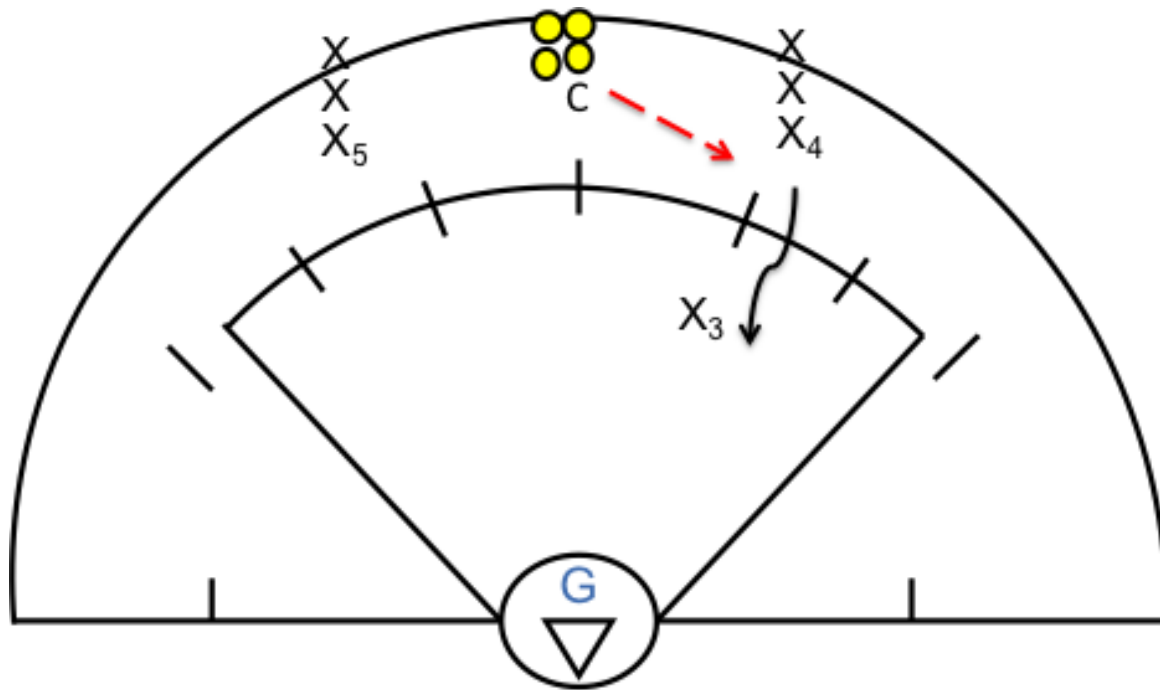
- The UCONN 1 v 1 drill is set up with two lines of players on either side of the coach just inside the 12M. The coach has a pile of balls.
- The coach designates the first defender (X_2 in the diagram).
- The coach then throws a ball to the first attacker in the left line, X_1 . X_1 dodges to goal. If she scores, she returns to the end of the line and X_2 remains as the defender.

UConn 1v1



- The coach then throws a ball to the first attacker in the right line, X₃. X₃ will dodge to goal.
- If X₂ causes a turnover or the goal keeper makes a save, X₃ becomes the next defender and X₂ returns to the end of the either line.

UConn IvI



- The defender can only exit the drill once she has made a stop or the goal keeper has made a save. The attacker that does not score a goal or turns the ball over replaces as the new defender.