

# Coaching Girls Lacrosse: **CRASHING**

# CRASHING

- Crashing is the act of defenders leaving their respective attackers and swarming the ballcarrier
  - Generally happens in the critical scoring area when the ballcarrier is an imminent threat to goal
- Purpose of crashing is not to get the ball back but rather prevent the attack from going to goal
  - Deny a shot opportunity, make the attacker retreat out of the 8M and move the ball
- Crashing without contact
  - Crash in a controlled manner with sticks up (and no checks) as not to foul

# CRASHING TECHNIQUE

- Crashing technique
  - Body positioning: open to both ball and girl
  - Head on a swivel: seeing ball and girl
  - Footwork: aggressive to the ballcarrier without hesitation, breakdown steps
  - Stick up: creating a 'V' stance with stick and open hand
  - Stick-to-stick and controlled

# CRASHING HESITANCIES

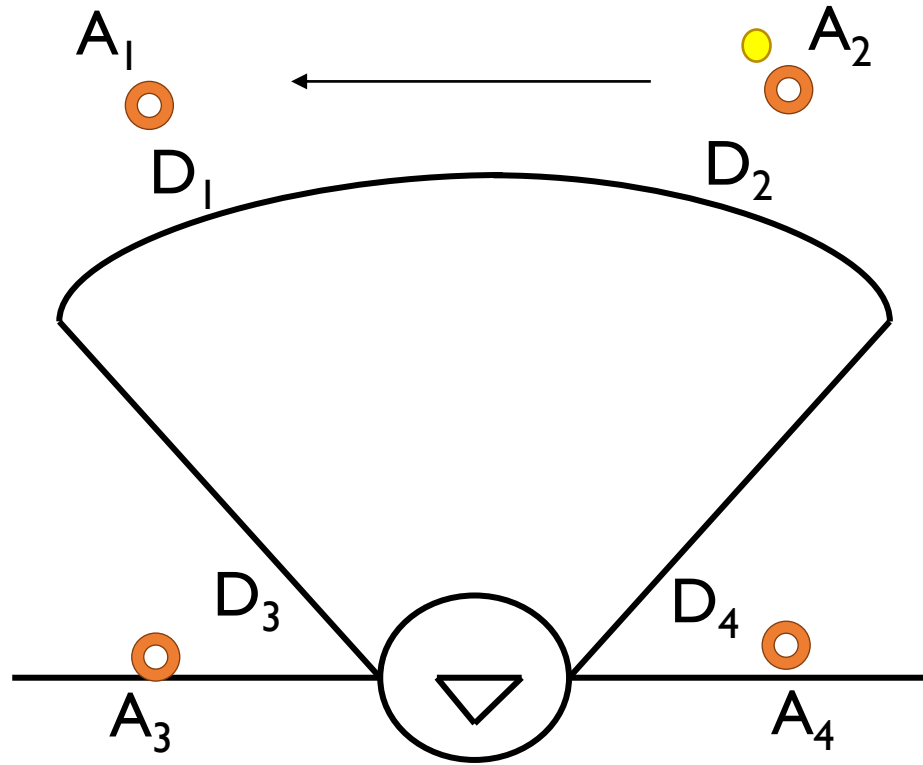
- Hesitancies with crashing
  - Defenders don't want to leave their player for another – 'I have my player therefore I am doing my job' mentality
  - Cannot see ball and girl and therefore don't know who is the biggest threat
  - Defenders worry about leaving their player open therefore don't want to slide/crash to help their teammates
- Always better to make errors of omission rather than commission

# CRASHING DRILLS

# **CRASHING DRILLS:**

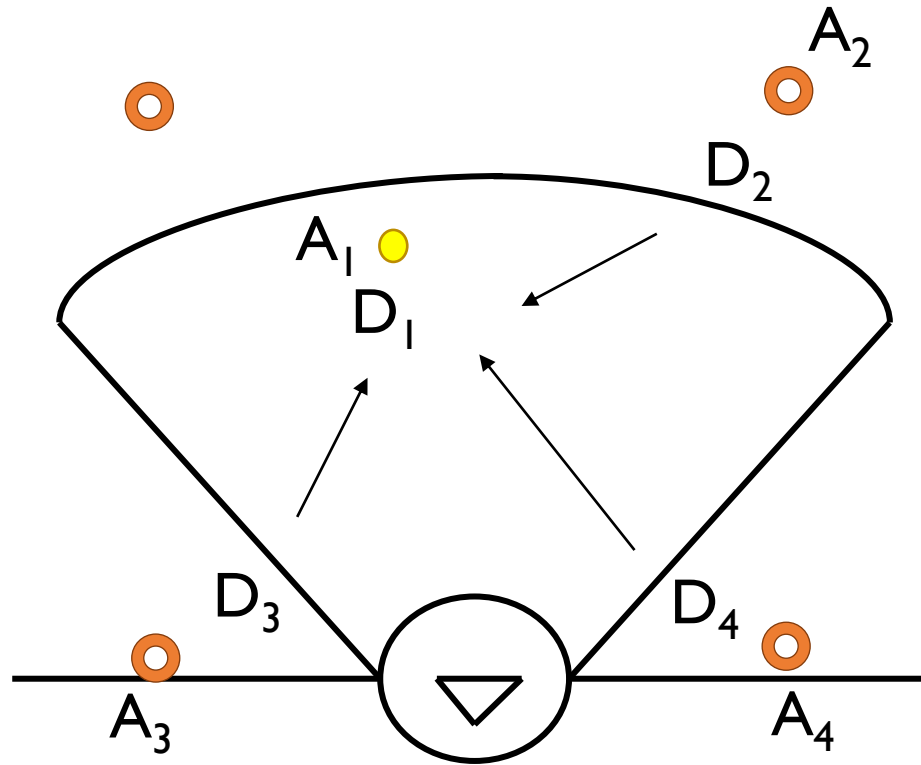
## **Double Whistle Crash Drill**

# DOUBLE WHISTLE CRASH DRILL



- Split group into attack and defense.
- Attack passes the ball around with defenders focusing on seeing ball and girl
- As the ball moves around, defenders should yell the player's name who has the ball

# DOUBLE WHISTLE CRASH DRILL

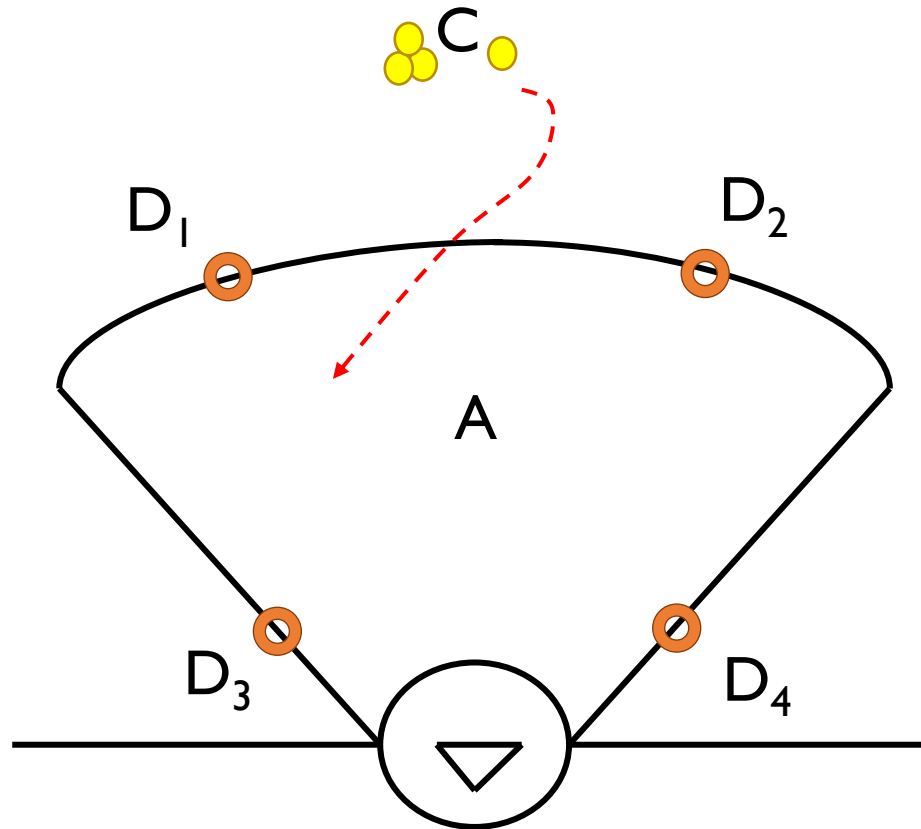


- After a few passes coach blows a double whistle; on the double whistle player with the ball attacks the goal.
- All defenders are working on crashing staying out of shooting space and slowing down the ball
- Can add different variations
  - Defender on ball, lets attacker by and other defenders have to crash
  - OR defenders adjacent to ball have to crash



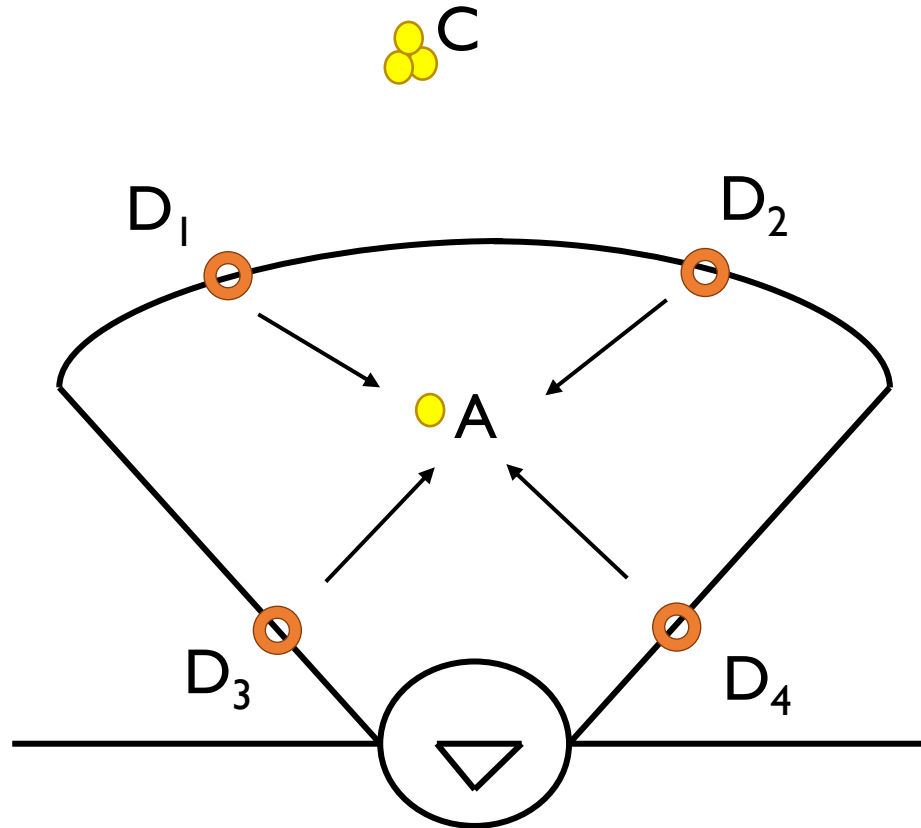
# **CRASHING DRILLS: RING OF FIRE CRASH DRILL**

# RING OF FIRE CRASH DRILL



- One attacker starts in the middle with 4 defenders in a square approximately 6-7 yards away.
- The coach rolls a ground ball into the middle of square (doesn't have to be directly at the attacker.)

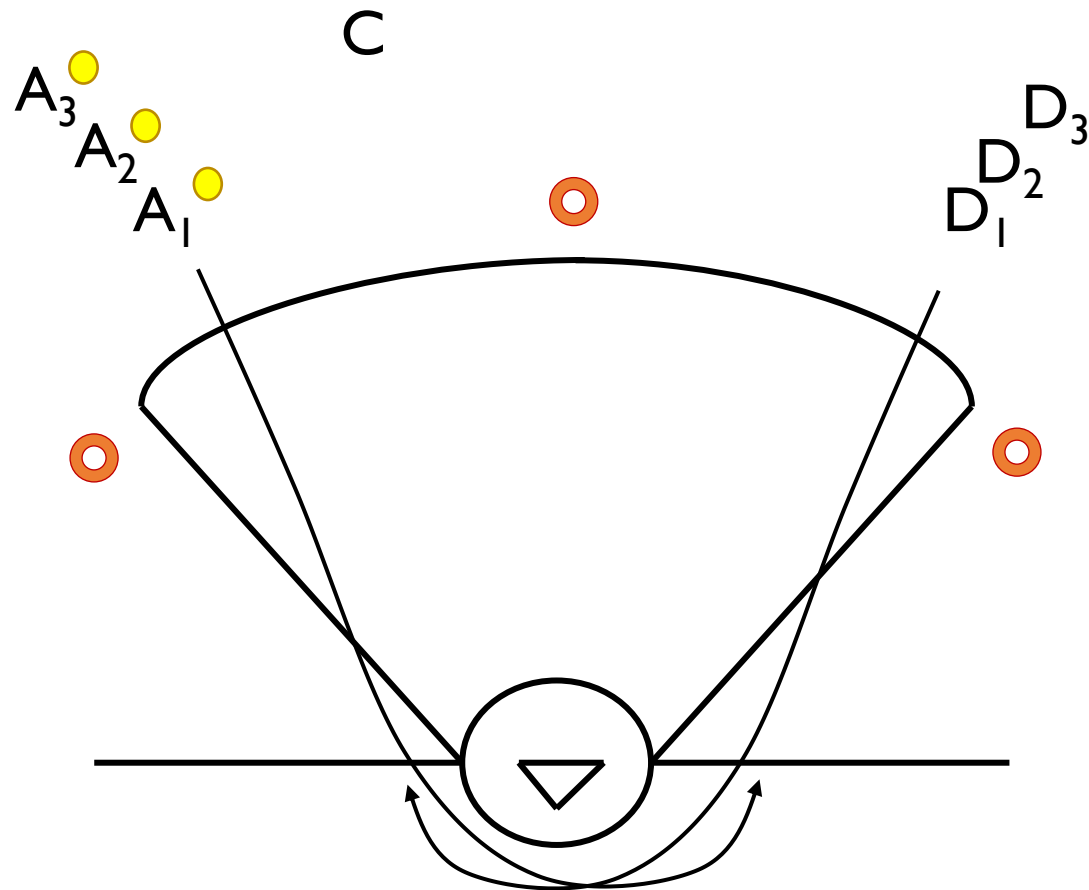
# RING OF FIRE CRASH DRILL



- Once the attacker gains possession of the ground ball, she is trying to get a shot off on cage
- At the same time, the defenders are crashing in to the middle to deny or block the shot
- If the crash is successful, the attacker can pass the ball back to the coach

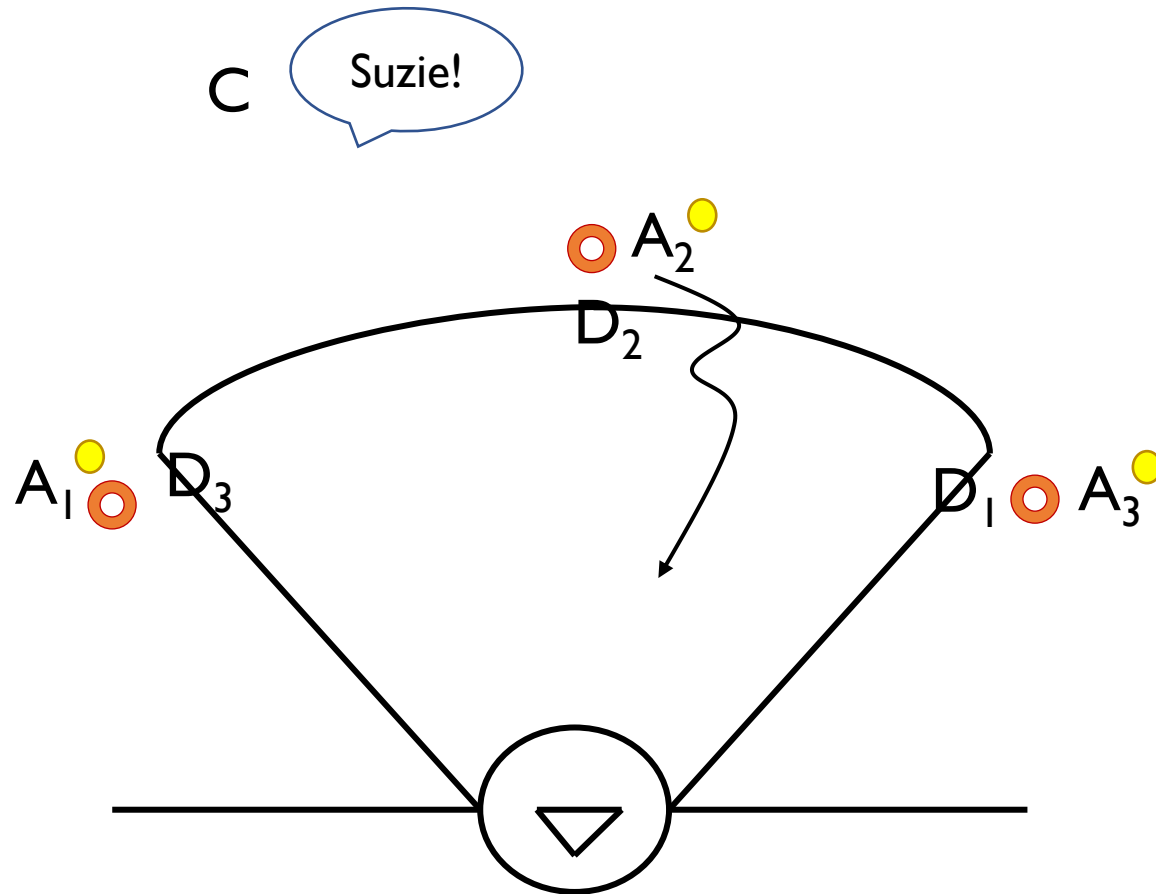
# **CRASHING DRILLS: AROUND THE CAGE CRASH DRILL**

# AROUND THE CAGE CRASH DRILL



- Divide players into two teams – attack and defense
- On the whistle, the first three attackers with a ball in their sticks and first three defenders run around the goal.
- Each attacker and each defender has to get to a cone.

# AROUND THE CAGE CRASH DRILL



- Once the attackers are set up on the cones, the coach calls out a name.
- The attacker whose name was called goes to goal. The on-ball defender cannot defend. She lets the attacker go to goal and the other defenders in the drill slide to the ball and crash to try to prevent the attacker from getting to goal.