

Coaching Girls Lacrosse: DOUBLE TEAMS

DOUBLE TEAMS

- Purpose of a double team
 - Help the on-ball defender slow down the ballcarrier
 - Increase the pressure on the ballcarrier; force the offense into faster play and quicker decision making
 - Neutralize top offensive players
- Formation of a double team
 - Good athletic body position with their sticks up and feet moving
 - Create a 'V' with sticks and feet
 - One defender will play the body and the other will play the stick; roles can change as the attacker changes direction or switches hands on the stick
 - Keep the attacker contained by closing the space

CREATING A DOUBLE TEAM

- Approaches to creating a double team
 - Approach 1: Sliding to prevent an imminent threat
 - Any attacker that enters the 8M should have a double; send an adjacent defender (from the direction that the player is attacking)
 - Approach 2: Sliding to speed up the pace of play
 - Jump the double aggressively when a second defender is within a stick's length of the ballcarrier OR when the ballcarrier's back is turned
 - Approach 3: Sliding when the ballcarrier has space
 - If your teammate is out on an island with the ballcarrier and the offense is setting up an isolation, send an early slide to the ball so that the rest of the defenders have time to adjust

RELEASING OUT OF A DOUBLE TEAM

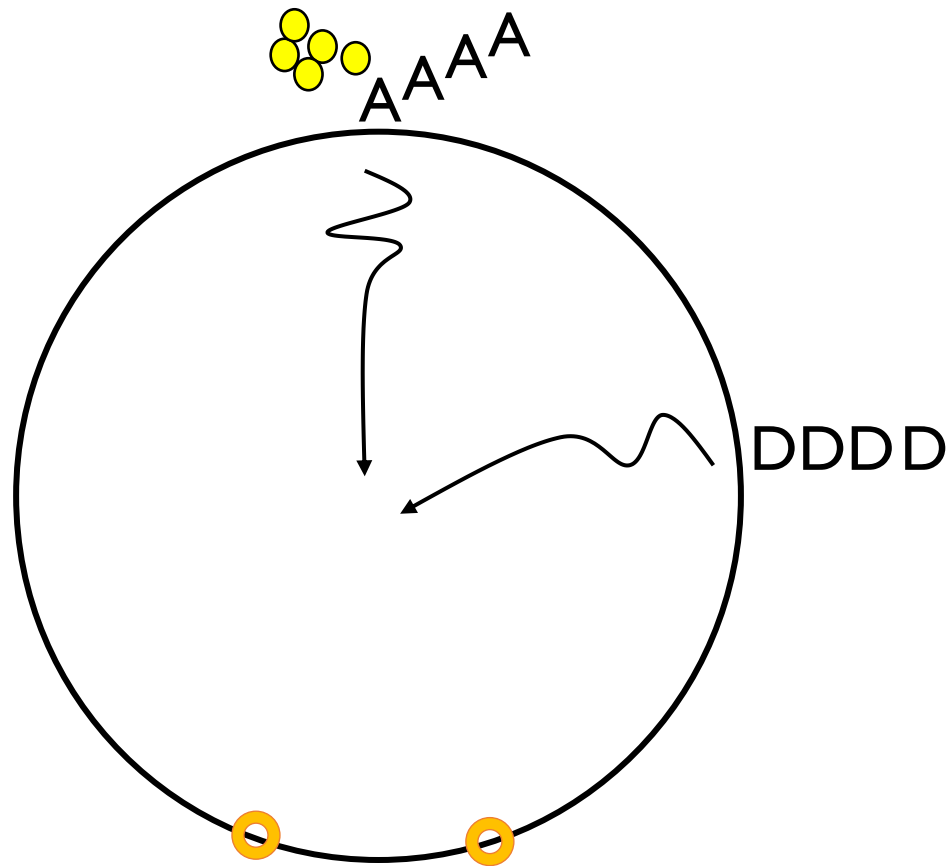
- Releasing out of a double team when the ball has been passed to another attacker
- Try to figure out where the open player is and get marked up again as quickly as possible!

DOUBLE TEAM DRILLS

DOUBLE TEAM DRILLS:

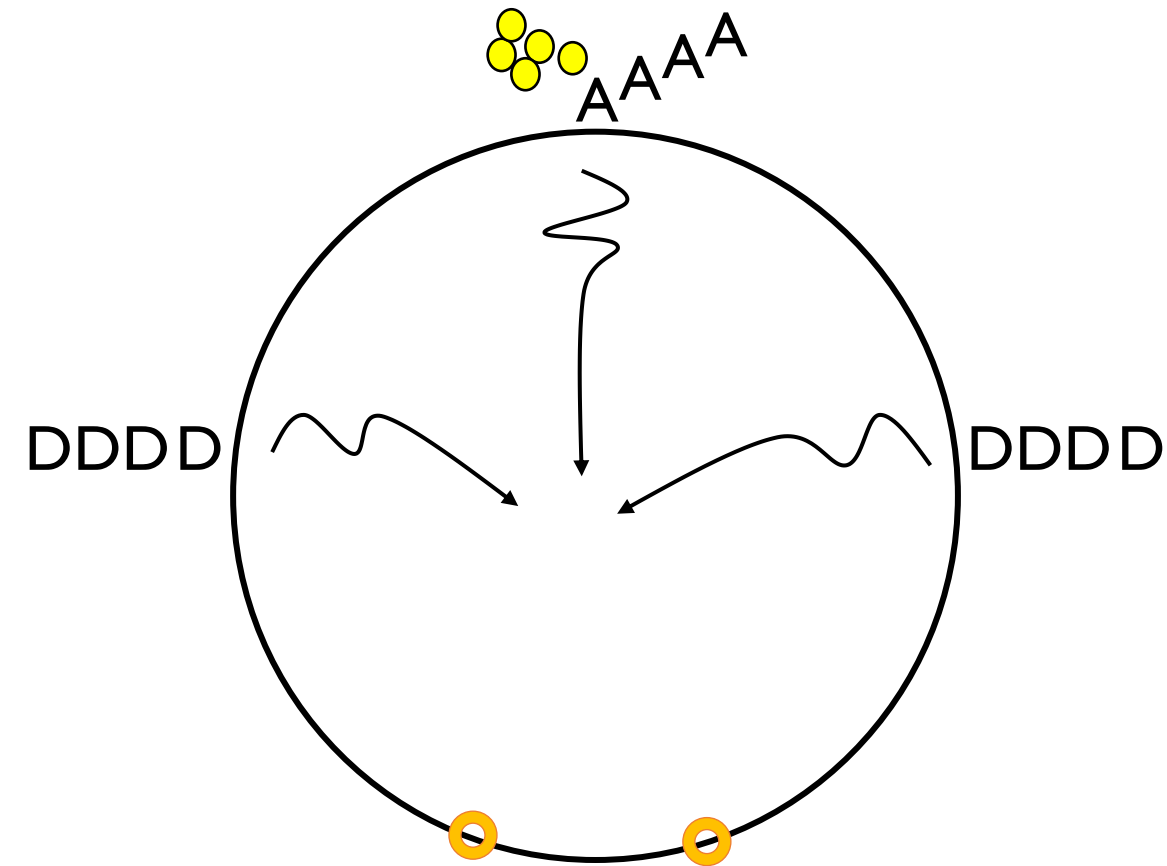
Bruise Drill

BRUISE DRILL



- This drill is best set up using the center circle.
- There is one line of attackers at the top of the circle and a line of defenders on the side of the center circle.
- Two cones should be placed directly across from the attacking line, approximately 5 yards apart.
- The attacker is trying to get through the cones while the defender is trying to ride them outside of the cones.
 - Move the line of defenders to work on approaching the attacker from different angles.

BRUISE DRILL



- Add an additional line of defenders directly across from the first line of defenders to work on creating and executing a double team.

DOUBLE TEAM DRILLS:


Double Team Long Passes

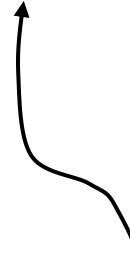
DOUBLE TEAM LONG PASSES

X₆
X₅
X₄

X₆
X₅
X₄

X₁ X₂
X₃

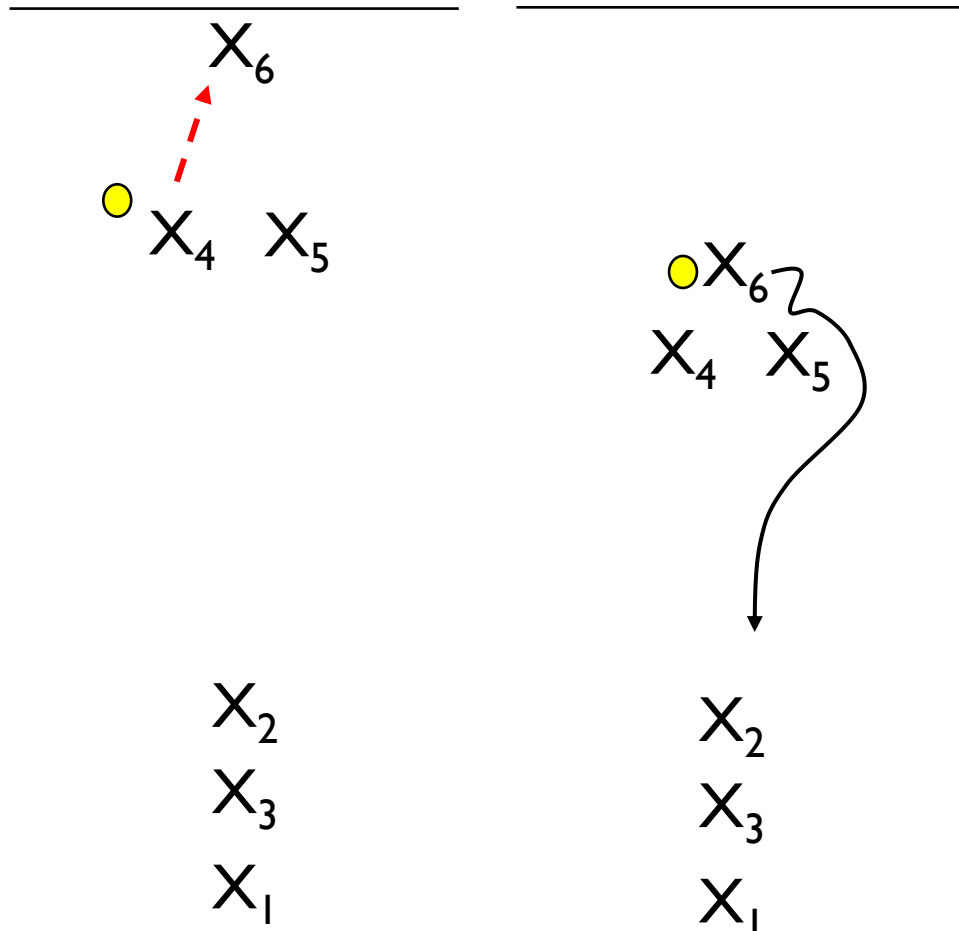




X₁ X₂
X₃

- Divide players into groups of 6. 3 players line up across from the other 3. Players are about 20 yards apart.
- X₁ and X₂ step out in front of the attacker, X₃.
- X₁ rolls a ground ball X₃.
- X₁ and X₂ approach X₃, form a solid double team and make it challenging for X₃ to pass the X₄.
- X₃ is trying to handle the pressure and make a long pass across to X₄.

DOUBLE TEAM LONG PASSES

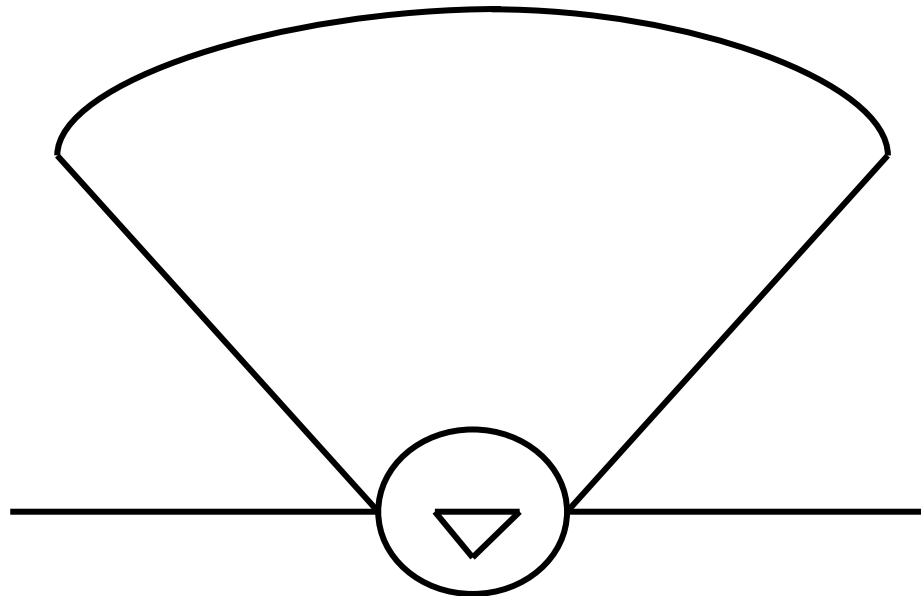


- The drill repeats from the opposite side.
- X₄ and X₅ step out in front of the attacker, X₆.
- X₄ rolls a ground ball X₆.
- X₄ and X₅ approach X₆, form a solid double team and make it challenging for X₆ to pass the X₂.
- X₆ is trying to handle the pressure and make a long pass across to X₂.

DOUBLE TEAM DRILLS:

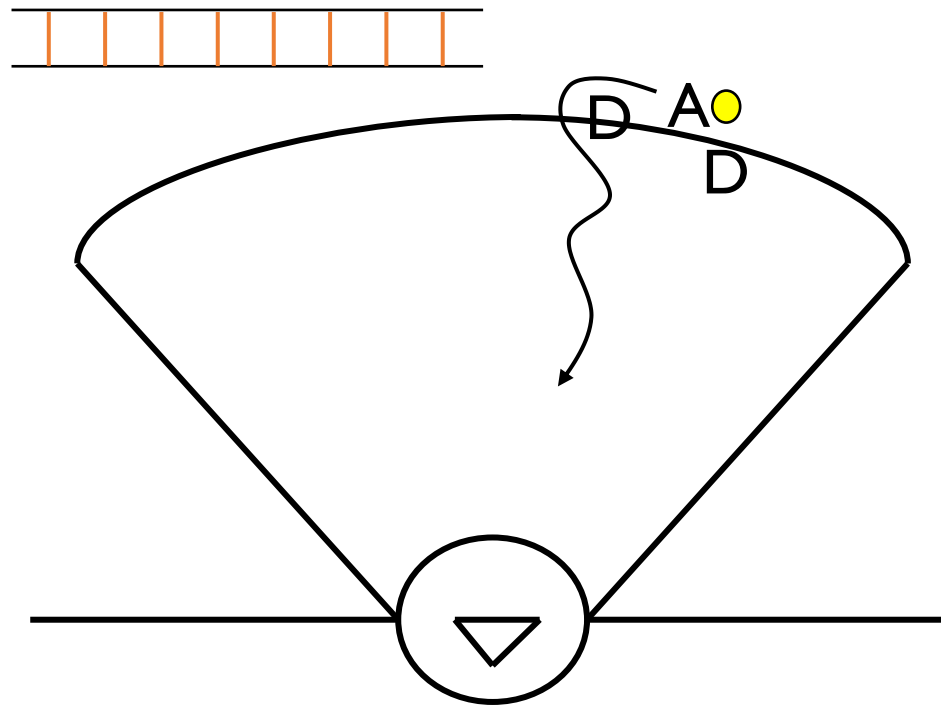
Double Team Ladder Drill

DOUBLE TEAM LADDER DRILL



- The Double Team Ladder Drill starts with three players in front of an agility ladder. The speed ladder is placed perpendicular to the center hash at the 12M.
- The first player in line is the first defender. The second player in line starts with a ball and is an attacker. The third player in line is the second defender.
- All three players start through the agility ladder, one right after the other.

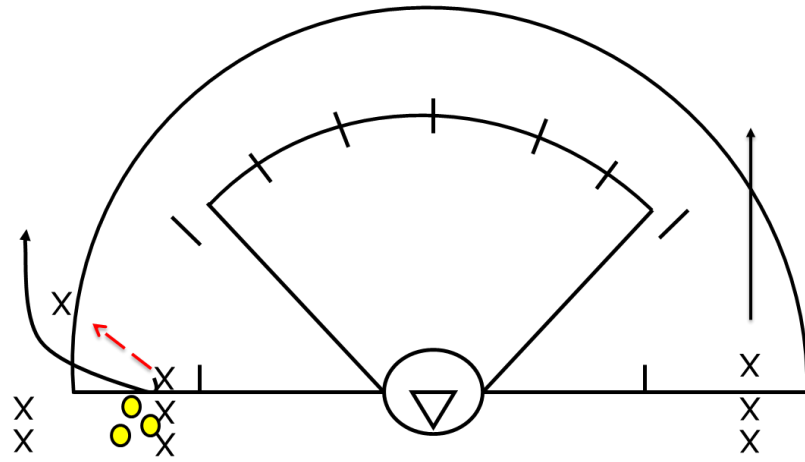
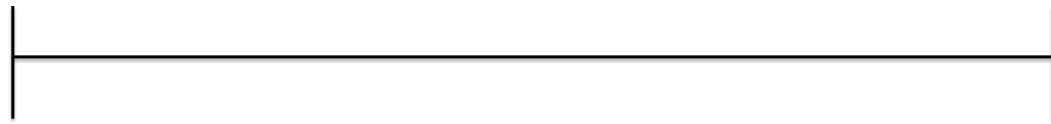
DOUBLE TEAM LADDER DRILL



- When the first defender gets out of the ladder, she turns and looks to slow down the attacker who is exiting the ladder.
- When the second defender gets out of the ladder, her job is to create a double team on the ball.
- The ball carrier tries to manipulate the defense and attack the goal, 1 v 2.

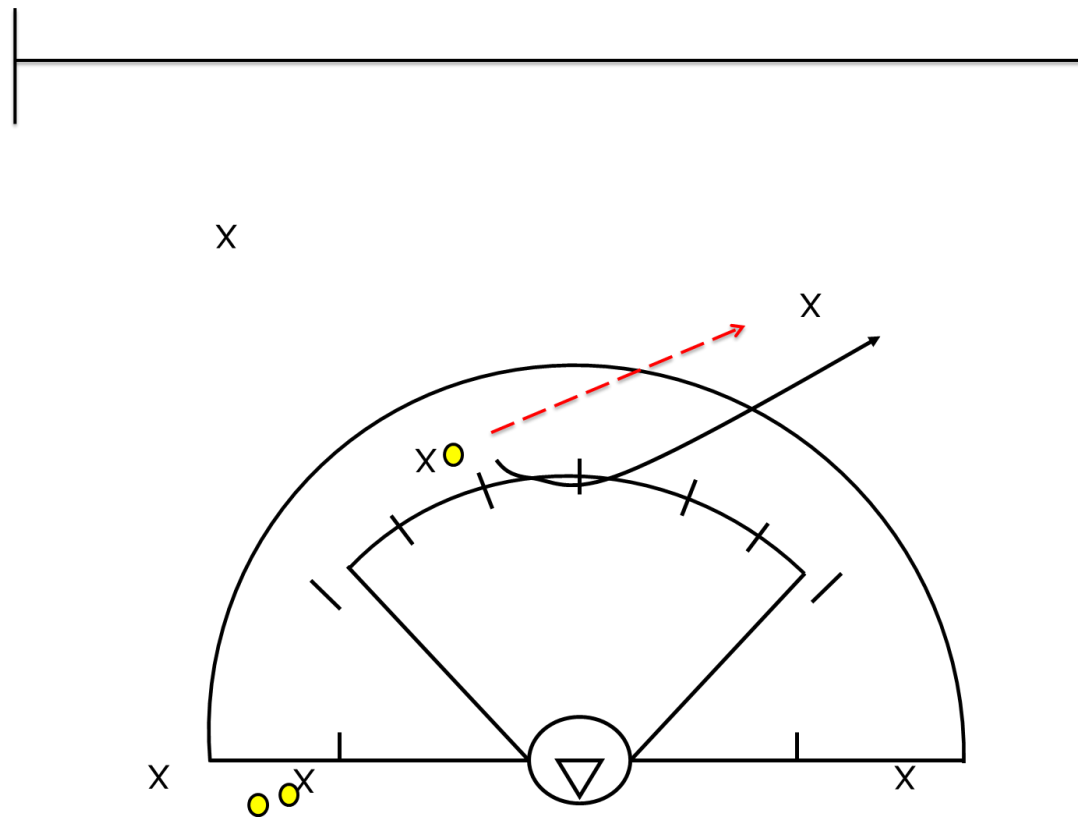
DOUBLE TEAM DRILLS: **3 Man Weave to 1v2 Drill**

3 MAN WEAVE INTO 1v2 DRILL



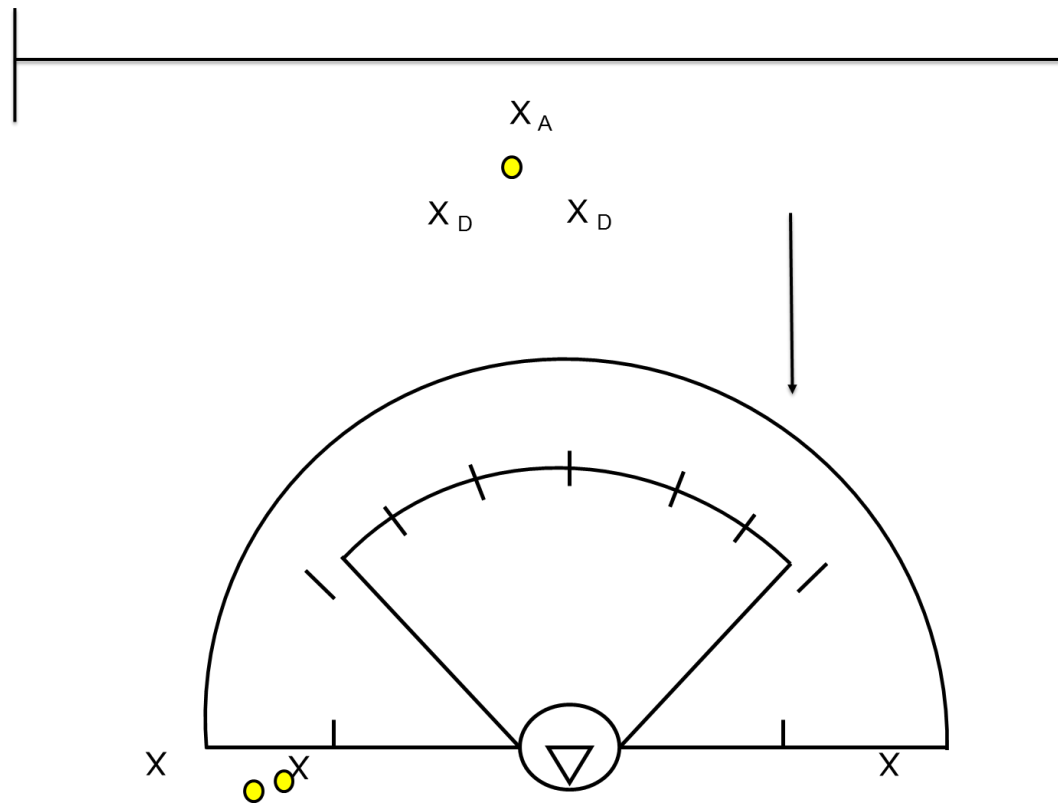
- The 3-Man Weave into 1 v 2 is set up with three lines along goal line extended (two lines on one side of the cage, one line on the other).
- The player in the middle line has a ball. As in a traditional weave, the player in the middle passes the ball to one of the outside lines (either the player on her right or left).
- Once she makes the pass, she then follows her pass to replace behind the girl she just threw the ball too.

3 MAN WEAVE INTO 1v2 DRILL



- The player who catches the ball, meanwhile, is moving in a sharp diagonal line towards the center of the field, as she passes the ball to the girl on the opposite side of the field, who is moving diagonally ahead of her.
- Players pass and continually replace behind the player that they just passed to. Players continue weaving until they reach the near restraining line.

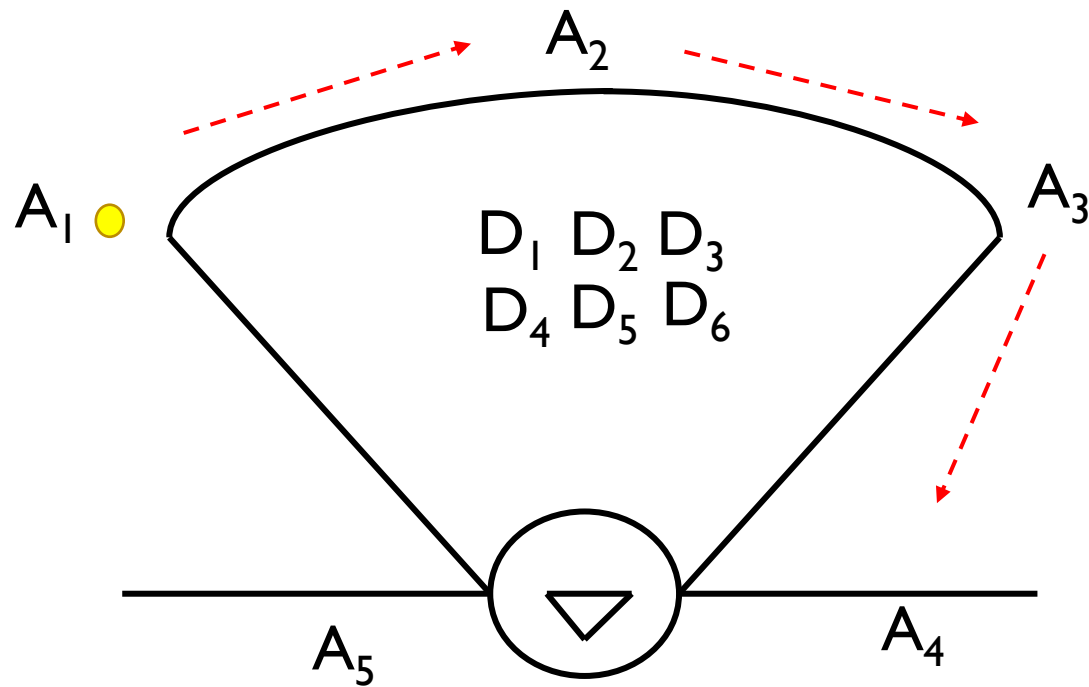
3 MAN WEAVE INTO 1v2 DRILL



- The player who ends up with the ball at the restraining line is the attacker and the other two players become defenders.
- The attacker goes to goal while the defenders work on creating an effective double team to slow the attacker down and work to create a turnover.

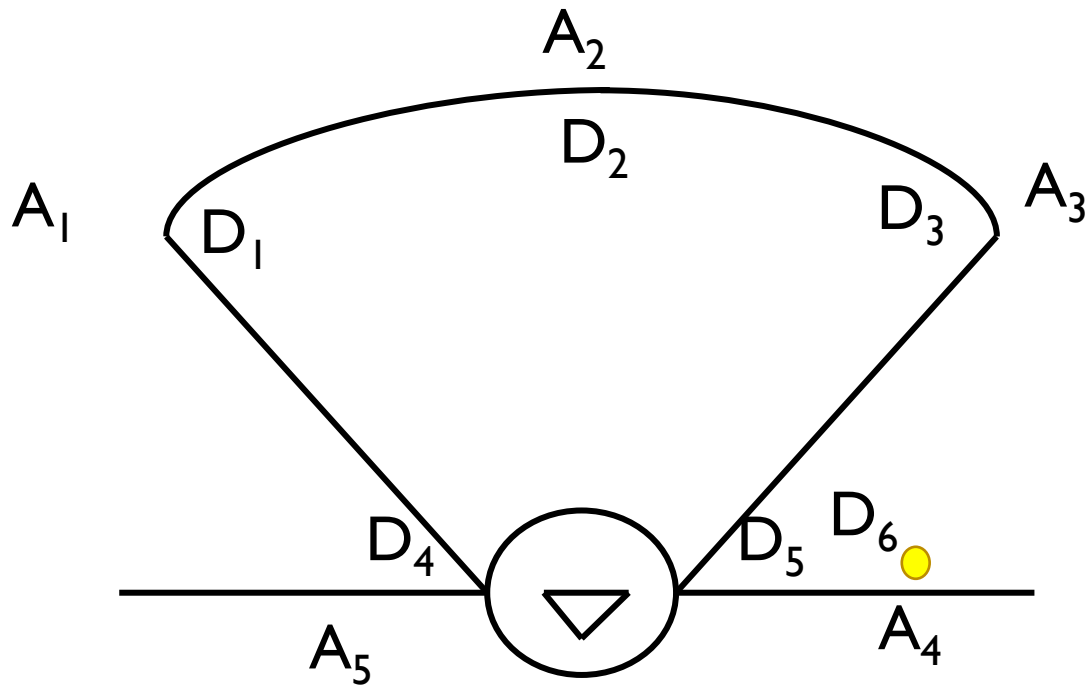
DOUBLE TEAM DRILLS: 'Double the Ball' Drill

'DOUBLE THE BALL' DRILL



- Divide players into two teams
- The attack has to complete 3 passes (undefended) counting out loud the number of passes
- Defenders are counting the passes ready to mark up
- On the 3rd pass, defense sprints to mark up and two defenders have to double the ball

'DOUBLE THE BALL' DRILL



- Attack works to get around defenders to get to goal
- Defense is focusing on the double – if they are getting beat the other defenders are responsible for crashing
- Depending on the amount of players, it can result in a 5v6, 4v5, 6v7