

# **Coaching Girls Lacrosse: Introductory Concepts & Drills Grades 1 - 4**

**Drill Focus: Defense**

**Achieve Lacrosse Coaches Education  
Thursday, January 20, 2022**

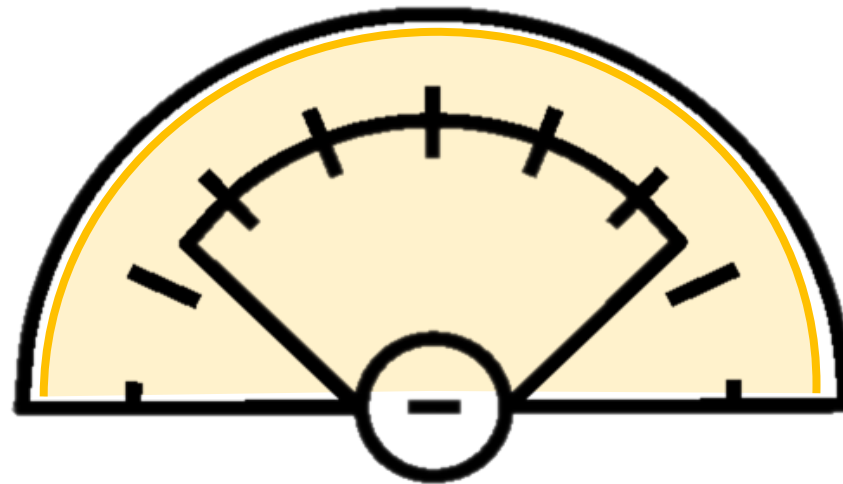
# AGENDA

- Rules
  - Basic rules
  - Major/minor fouls
- Basic skills and drills
  - Cradling/switching hands
  - Throwing
  - Catching
  - Checking

# AGENDA

- Defensive Concepts and drills
  - 1v1 Defense
  - Double teams
  - Crashing

# CRITICAL SCORING AREA (CSA)



# FREE MOVEMENT

- Free movement is allowed for players on a whistle or stoppage of play.
  - For major fouls, the offending player must move 4 meters behind the player taking the free position and stand until play is restarted with a whistle or self-start. All other players may continue to move freely about the field
  - Substitutions occur freely throughout the course of the game (during play or on a whistle)

# SELF-START

- Self-start is a way to provide more flow to the game and improve the speed of play
  - For a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue without waiting for an additional whistle.
  - The self-start must be taken within playing distance of the spot of the foul.
  - Play will commence once the ball carrier steps or passes.
- Self-starts cannot occur when:
  - The game clock is stopped
  - There is an offside foul
  - A foul occurs in the CSA (free position shot)
  - There is an alternate possession
  - An inadvertent whistle is blown
  - A goal is scored

# FOULS

- Minor fouls
  - Procedural, misplay
- Major fouls
  - Safety
- Cardable/misconduct fouls
  - Excessive, out-of-control, dangerous

# MINOR FOUL EXAMPLES

- Minor fouls
  - Covering - Players are not permitted to cover the ball under any circumstances with their stick or body.
  - Illegal cradle – when the ball carrier holds her cross within the 7-in sphere or close to her body so that the stick is not playable
  - Offensive 3 seconds: Player with the ball may not hold the ball for more than three (3) seconds when closely guarded by the defense; the defense must have both hands on their stick and in a position to legally check (if checking were allowed.)



# MAJOR FOULS EXAMPLES

- Major fouls
  - Offsides - For full field, 5 players behind line when ball is in offensive end, 4 players behind when ball is in defensive end. For 7v7, 3 players behind midfield line when ball is in offensive end, 2 players behind when ball is in defensive end.
  - Shooting space - Defenders cannot obstruct the free space to goal if not marking an opponent or playing the ball carrier within a stick's length.
  - Defensive 3 seconds - Defenders cannot remain inside the 8m arc unless marking an opponent within a stick's length.
  - Crease violations – neither offensive nor defensive players cannot enter the crease. Offensive players may not follow through into the goal circle on a shot.

# CARDABLE FOULS

- Cardable fouls
  - Unsportsmanlike conduct
    - Arguing, using profane language, etc.
  - Shooting fouls - players are responsible for not shooting at or into other players and to maintain a safe follow through on all shots.
    - Dangerous Shot – shooting dangerously or out-of-control
    - Dangerous Propel – when a shot hits another defender and is not directed at the net
    - Dangerous Follow Through – when the attacker's stick shoots through the on-ball defender or hits the on-ball defender when releasing the ball

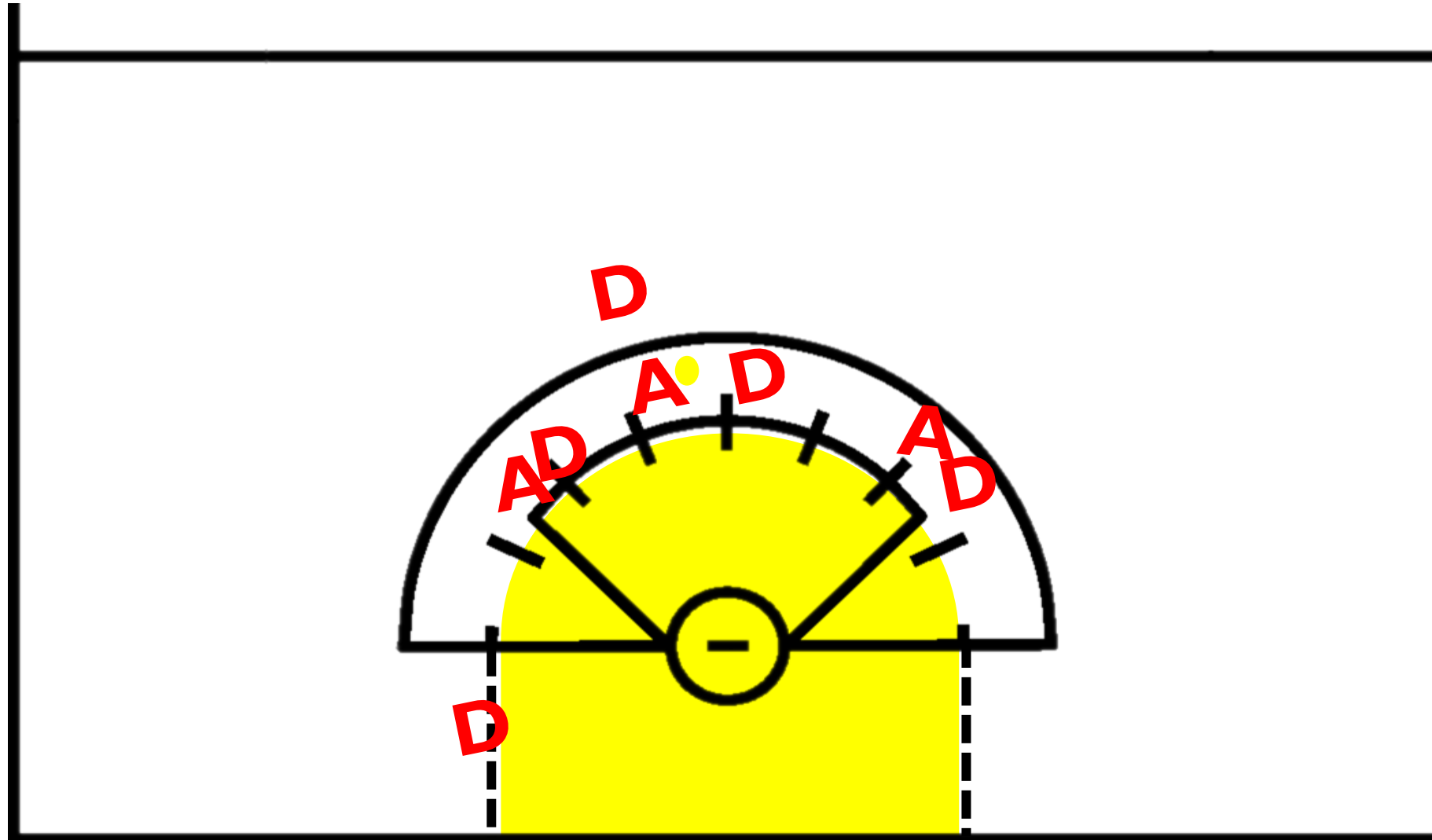
# PENALTY ADMINISTRATION

- Major and minor foul penalty administration
  - Minor fouls
    - If a minor foul occurs, the offending player must move 4 meters away in the direction that she came from
    - If a minor foul occurs in the 8M, the offending player stands on the 8m and the player who was fouled stands on the 12M
  - Major fouls
    - If a major foul occurs, the offending player must move 4 meters behind the attacker with the ball
    - If a major foul occurs in the 8M, the fouled player is awarded a free position shot (taken from the 8M) and the offending player is placed behind on the 12M

# PENALTY ZONE

- Penalty Zone
  - If a major foul by a defensive player occurs within 8-meters of the goal circle above the goal line extended, the entire penalty zone must be cleared. All players in the penalty zone must take the shortest route out.
  - The procedures for clearing the penalty zone will remain the same as was previously used to clear the 8m arc with the following exception: if a pair of opposing players is to be moved to a hash adjacent to the ball carrier, the defensive player will be entitled to the inside position closest to the ball carrier.

# PENALTY ZONE



# STICKWORK

- Switching hands
  - One big cradle to your offside – rotating your hips and shoulders so that the stick is protected
  - Stick should drop between your shoulders
  - Touch the opposite shoulder with your knuckles before releasing your hands to switch
  - Never switch hands while the stick is exposed, in front of the face or into the defender

# STICKWORK

- Big hands vs. little hands
  - Big hands
    - Traditional hand placement – bottom hand at the bottom of the stick, top hand  $\frac{3}{4}$  of the way up the stick
  - Little hands
    - Hands are 'choked up' – the bottom and top hands are about 5-6 inches from the bottom and top of the stick respectively
    - Using 'little hands' is important for protecting and controlling the stick in high pressure situations (i.e. on the draw circle or in the CSA)

# STICKWORK

- Strong-side (throwing and catching)
  - Right handed player
    - Right hand on the top of the stick, left hand on the bottom
    - Stick is on the right side of the body
  - Left handed player
    - Left hand on the top of the stick, right hand on the bottom
    - Stick is on the left side of the body
- Off-side (throwing and catching)
  - Right handed player
    - Right hand on the top of the stick, left hand on the bottom
    - Stick is on the LEFT side of the body
  - Left handed player
    - Left hand on the top of the stick, right hand on the bottom
    - Stick is on the RIGHT side of the body



# CHECKING

- According to US Lacrosse, checking is an attempt to dislodge the ball from an opponent's crosse by using controlled crosse to crosse contact.
- Checking positioning
  - Top hand no more than 2/3rds of the way down the stick
  - Arms away from the body to establish personal space and good positioning
  - Wrists, not the arms, initiate the check
  - Checks should be conducted in a short, choppy, downward motion with sharp recoil that is made away from the opponent's head or body

# CHECKING RULES OF THUMB

- Always maintain good defensive body position
  - NEVER give up your positioning or lose your balance to make a check
- Be patient; wait for the stick to be exposed
  - Do NOT hunt for the stick, wait for it to be presented
- Checks should always be controlled and safe
  - No wind-ups, tomahawks, or retaliation

# CHECKING FOULS

- Empty Stick Check
  - Check or hold an opponent's stick when it's not in contact with the ball. Incidental contact while making a play for the ball is not an empty check.
- Held Stick Check
  - A check that is made with limited or no immediate release or recoil

# CARDABLE CHECKING FOULS

- **Slash**
  - A reckless and/or dangerous swing of the crosse at an opponent's crosse or body, whether or not the opponent's crosse or body is struck.
- **Check to the Head**
  - No player's stick may hit or cause her opponent's stick to hit her own head
- **Rough Check/Illegal Check on the Body**
  - Roughly or recklessly check another player's stick. It is illegal to use the stick in a dangerous or intimidating manner, such as directly poking or waving a stick near opponent's face.

# MODIFIED vs. FULL CHECKING

- Modified checking
  - Modified checking rules allows a player to use her stick to make controlled contact to the ball carrier's stick if the contact (and checking motion) is below the shoulder and away from the body.
- Full checking
  - Checks can occur regardless of the location of the opponent's stick (so long as the check is made in a short, choppy, downward motion with sharp recoil away from the opponent's head or body )

# STICKWORK DRILLS

# STICKWORK DRILLS

- 4-Person, 2-Ball Post Passing
- 3 Pass, 3 Cut Shuttle
- Holy Cross 2-Ball Box Passing
- Rocket Passing
- Long Passes