

# 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

# ON-BALL DEFENSE

- ABCD
  - **A**pproach with your stick up; staying low with your knees bent
  - **B**reakdown your footwork; keep your feet moving on the approach
  - **C**ontact; step up and take away the attacker's space
    - Body contact is not necessary; slow attacker down and contain
  - **D**irect the attacker
    - Force the attacker depending on scheme, help or hand
    - Keep the attacker in one direction

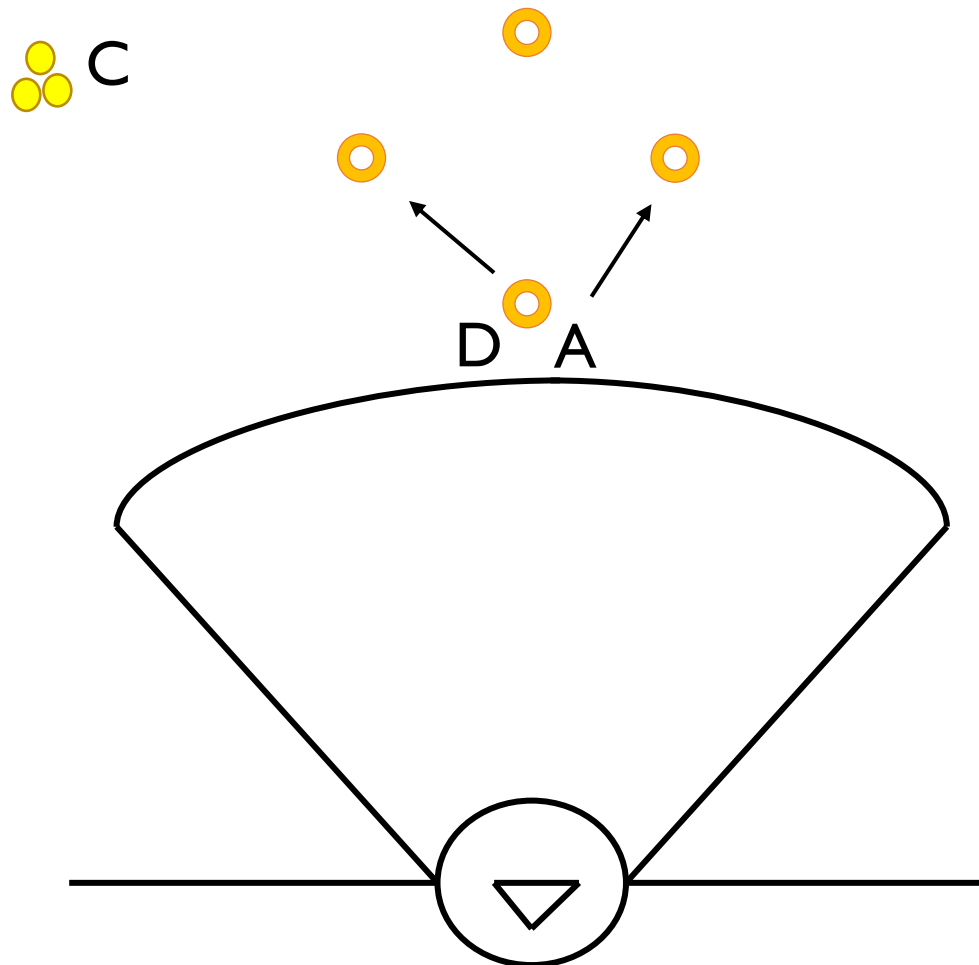
# ON-BALL CREASE DEFENSE

- 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

# I v I DEFENSE DRILLS

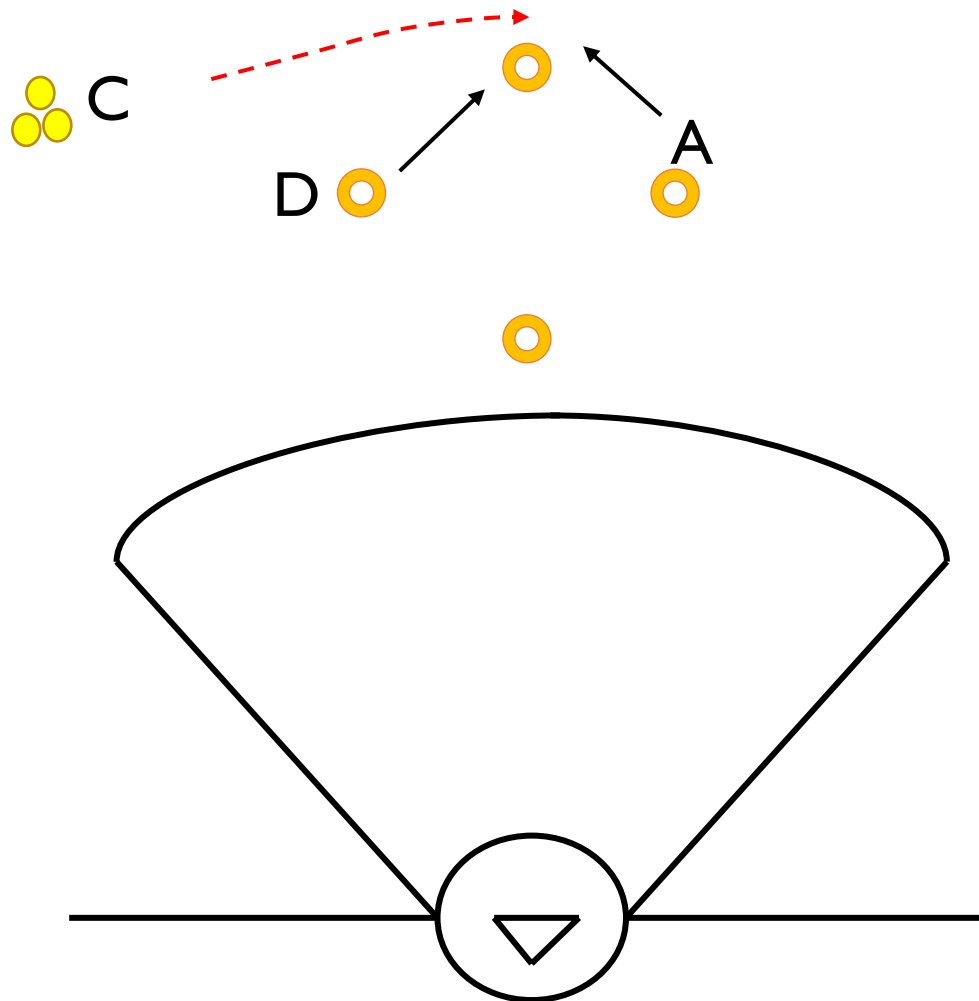
# **IvI DEFENSE DRILLS: Diamond Drill**

# DIAMOND DRILL



- The diamond drill is a 1v1 drill that focuses on a defender's footwork and approach to the ballcarrier.
- Four cones are placed in a diamond shape outside of the 8M. They are approximately 10 yards apart.
- One attacker and one defender stand side-by-side at the bottom of the diamond.
- On the whistle, the attacker and defender sprint to the outside cones and then up to the top cone.

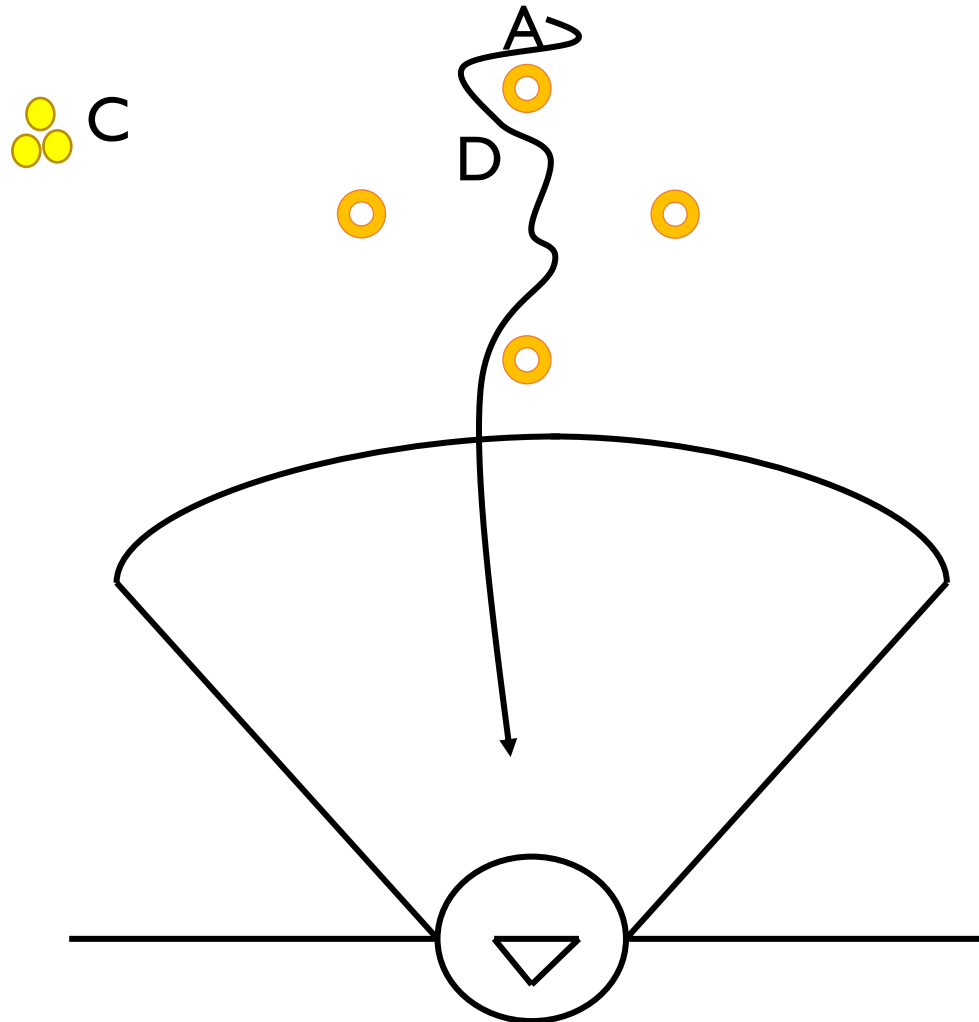
# DIAMOND DRILL



- At the attacker is approaching the top cone, the coach will throw her a ball.
- She should be catching it with the outside hand (as she rounds the cone.)



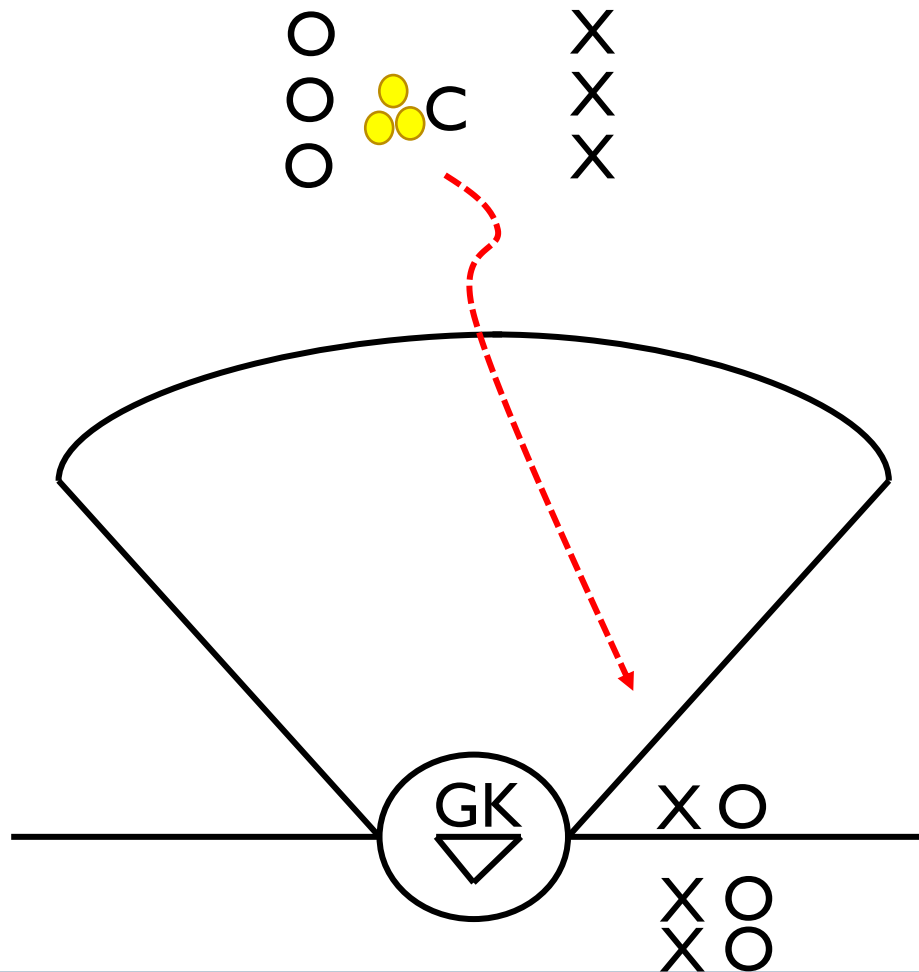
# DIAMOND DRILL



- When the attacker and defender meet at the top cone, they attack |v| to goal.
- The drill should be repeated to the other side (and the coach should move to the right side.) The attacker would then be asking for the ball with the left hand up.

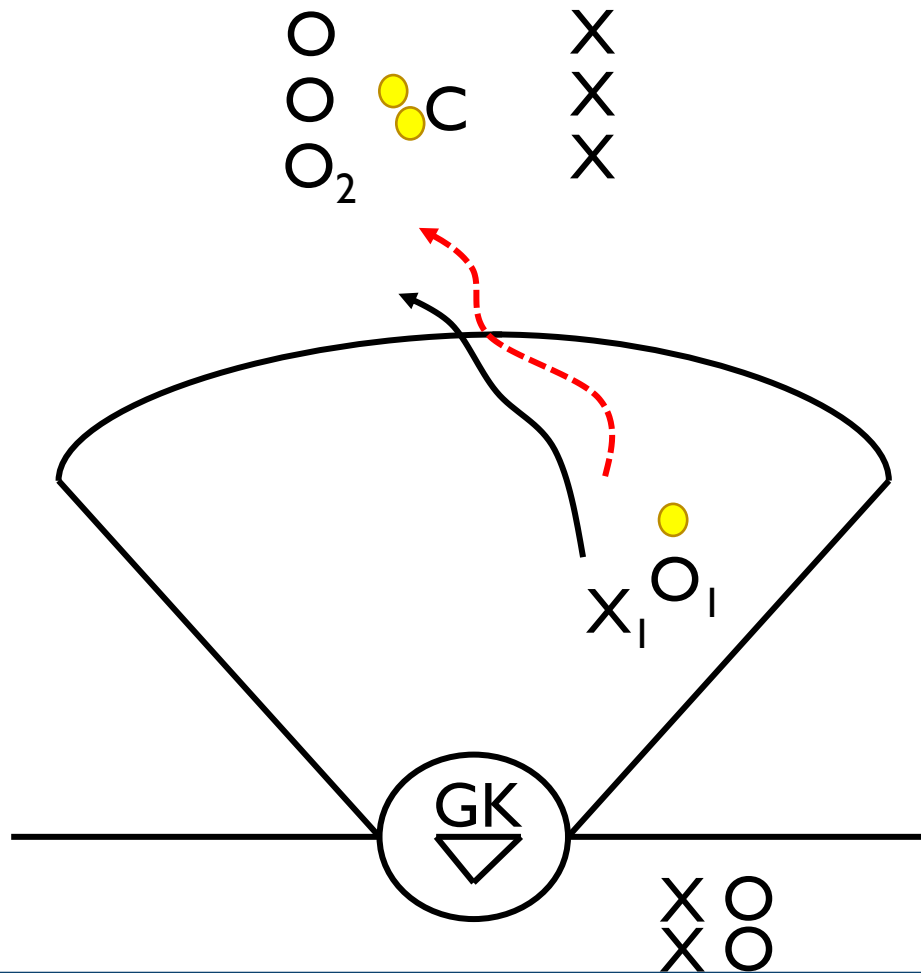
# **I v I DEFENSE DRILLS: CGB I v I Drill**

# CGB 1v1 DRILL



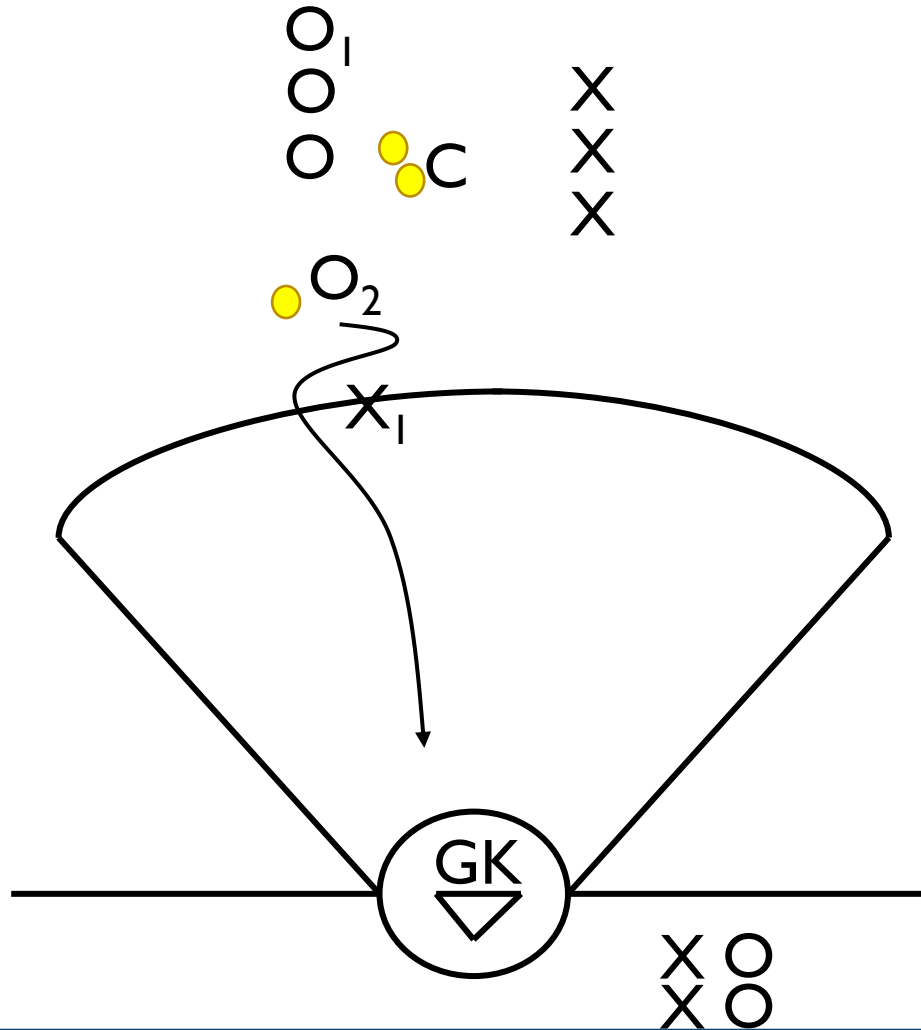
- The Competitive Ground Ball 1v1 drill starts with dividing players into two teams. Two lines of players begin at goal line extended and two lines of players line up on either side of the coach.
- The coach rolls a competitive ground ball to the first two players in the low line.

# CGB 1v1 DRILL



- Once possession is established, the player with the ball,  $O_1$  must pass the ball to her teammate,  $O_2$  in the top line.
- $X_1$  defends the pass.

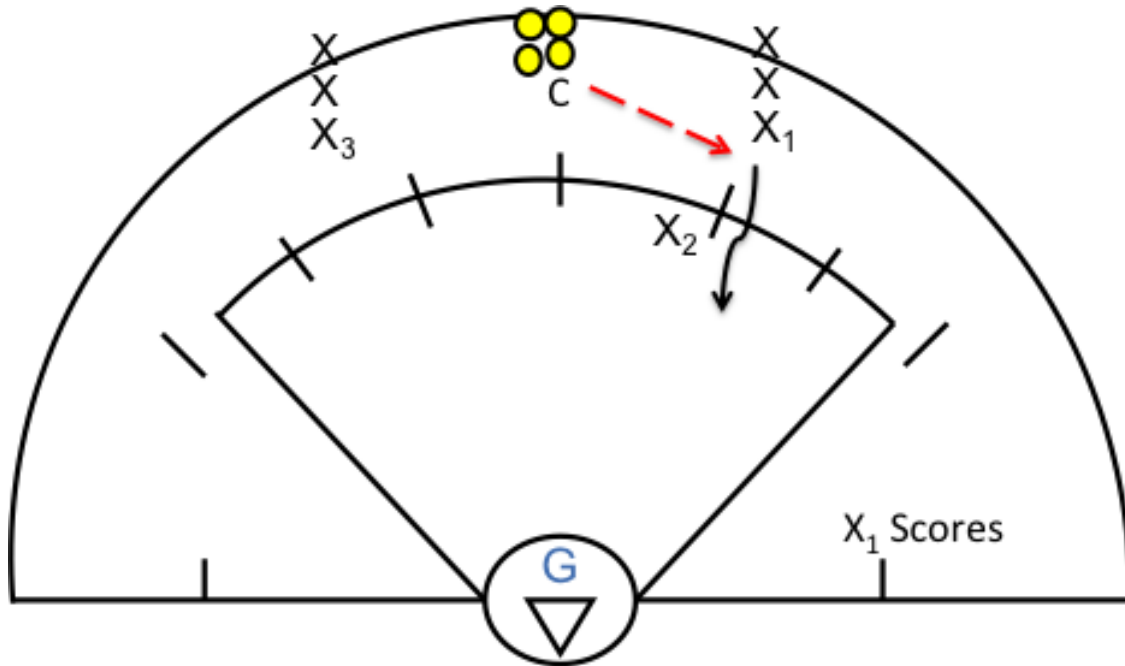
# CGB 1v1 DRILL



- If the pass is made successfully, the defender X<sub>1</sub> then drops off and moves to defend O<sub>2</sub>.
- O<sub>2</sub> and X<sub>1</sub> go 1v1 to goal.

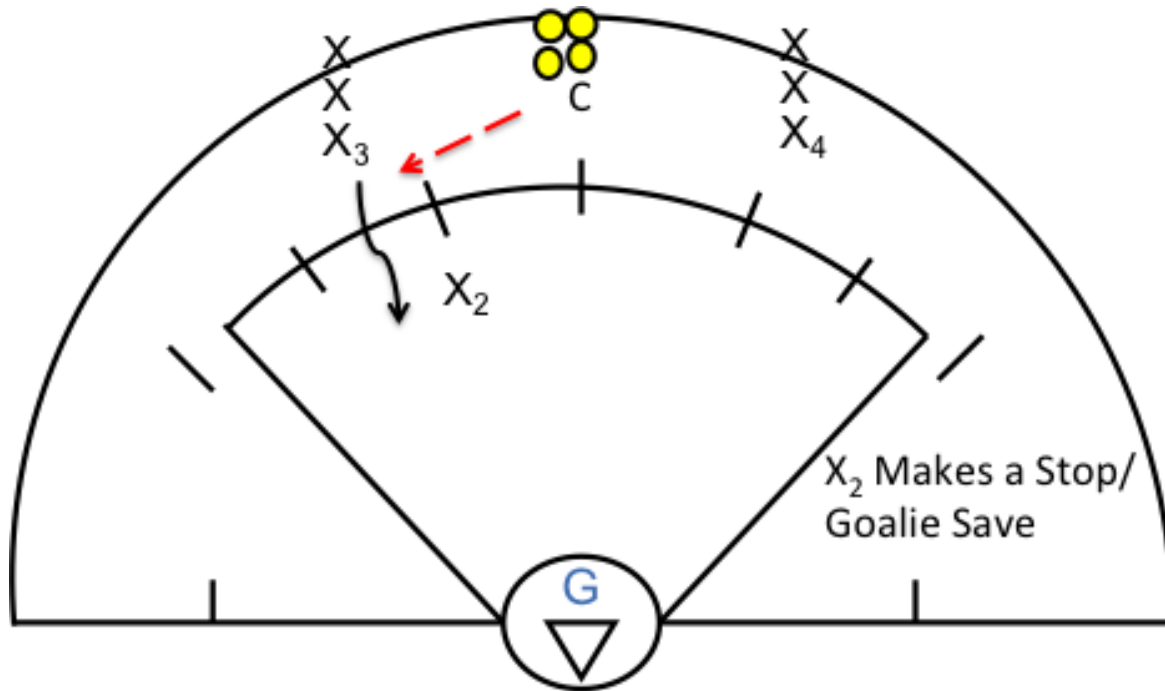
# **IvI DEFENSE DRILLS: UCONN IvI**

# 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<sub>2</sub> in the diagram).
- The coach then throws a ball to the first attacker in the left line, X<sub>1</sub>. X<sub>1</sub> dodges to goal. If she scores, she returns to the end of the line and X<sub>2</sub> remains as the defender.

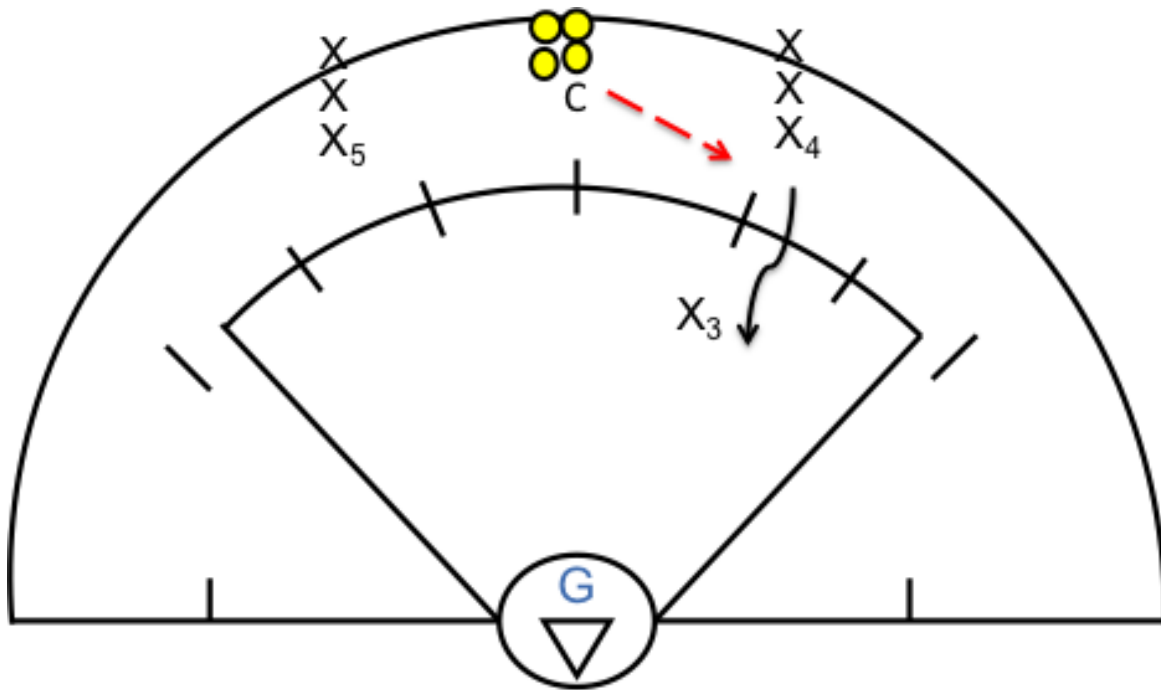
# UConn 1v1



- The coach then throws a ball to the first attacker in the right line, X<sub>3</sub>. X<sub>3</sub> will dodge to goal.
- If X<sub>2</sub> causes a turnover or the goal keeper makes a save, X<sub>3</sub> becomes the next defender and X<sub>2</sub> returns to the end of the either line.



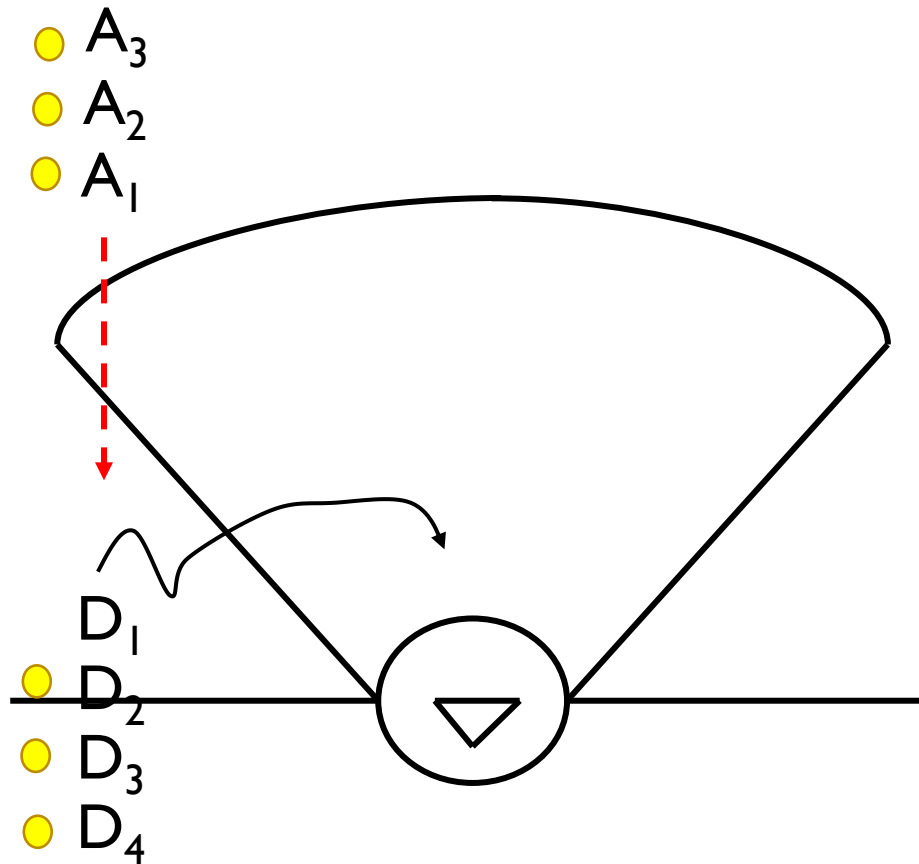
# UConn IvI



- 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.

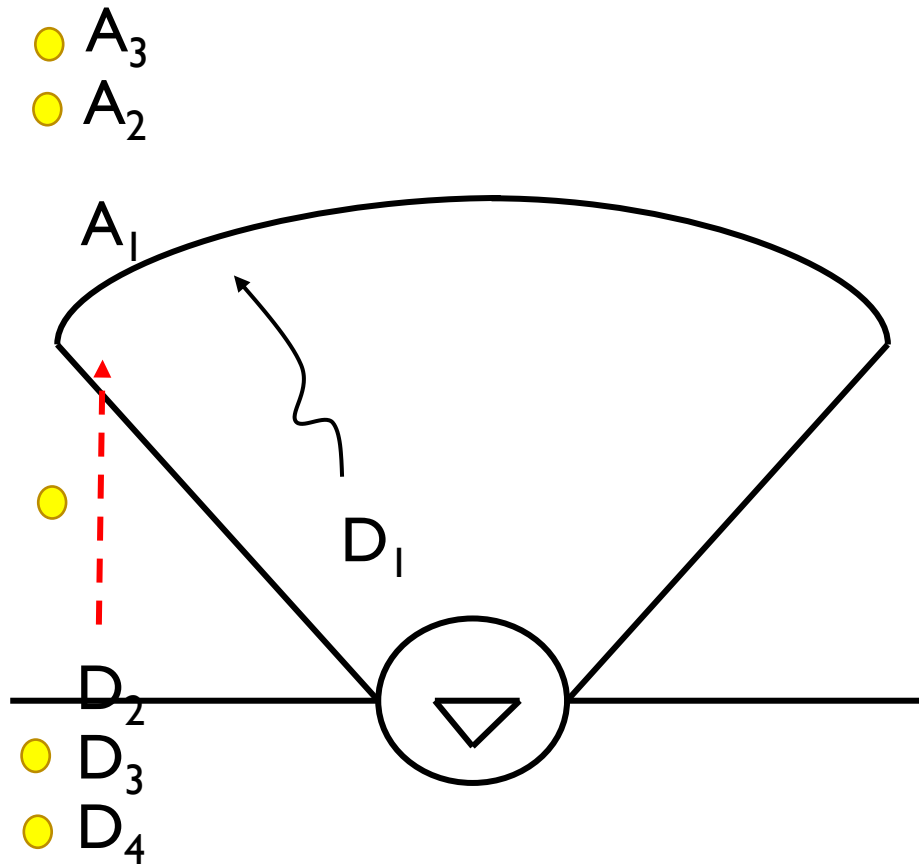
# **I v I DEFENSE DRILLS: Feed/Shot/I v I**

# FEED/SHOT/|v|



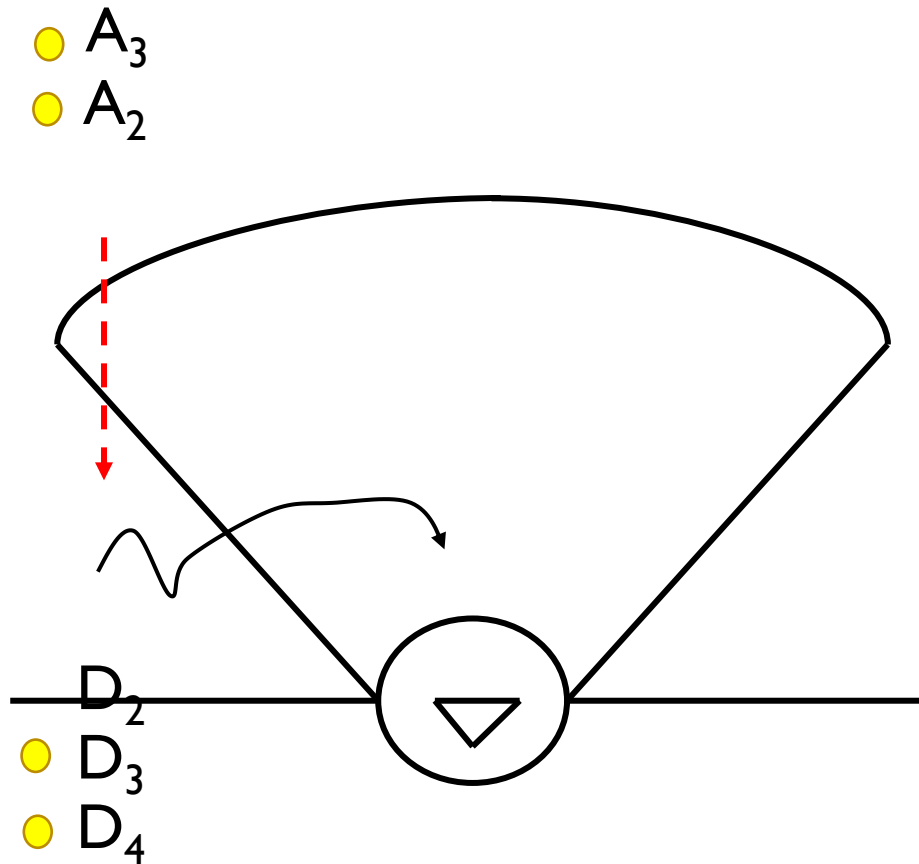
- Feed/shot/|v| is set up with a line of attackers outside the 8M and a line of defenders on the same side at goal line extended. Every player (except the first defender) starts with a ball in her stick.
- The first attacker  $A_1$  rolls a ground ball down to the first defender in line,  $D_1$ .  $D_1$  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 A<sub>2</sub> rolls a ground ball down to D<sub>2</sub>. D<sub>2</sub> picks up the ball goes to goal and takes a shot.
- As D<sub>2</sub> is shooting, D<sub>3</sub> rolls a ground ball up to A<sub>2</sub>.
- A<sub>2</sub> attacks D<sub>2</sub> |v| to goal.

# 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

# 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

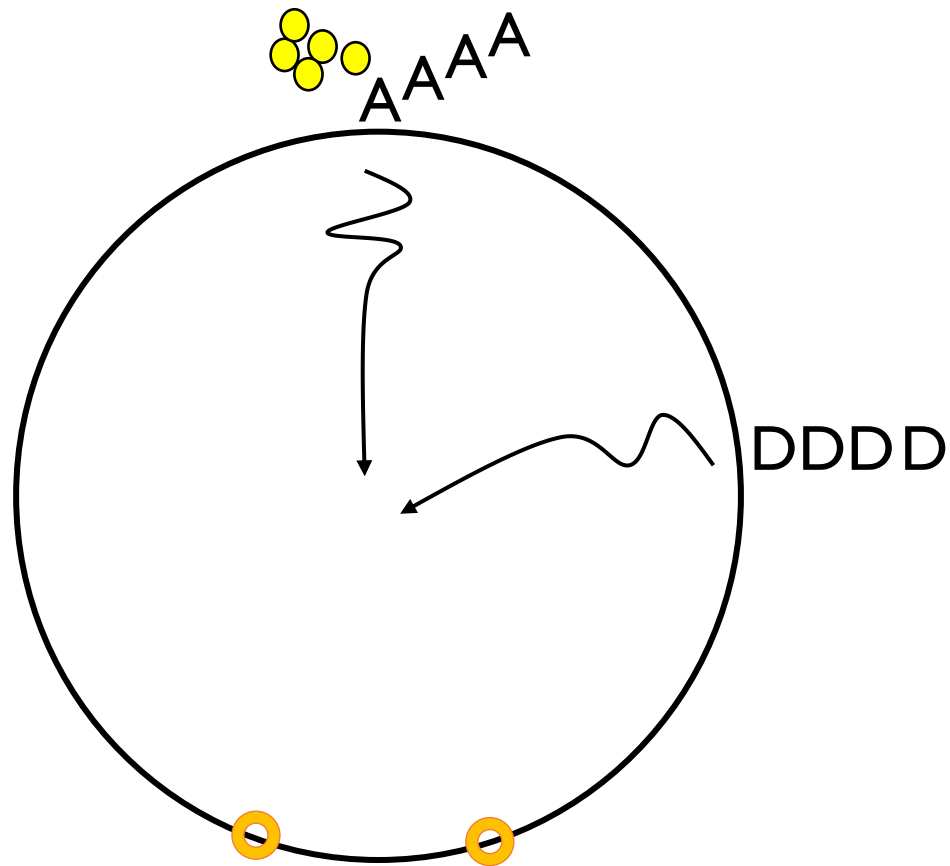
- Releasing out of a double team when the ball has been passed to another attacker
- Try to figure out where the open player is and get marked up again as quickly as possible!

# DOUBLE TEAM DRILLS

# **DOUBLE TEAM DRILLS:**

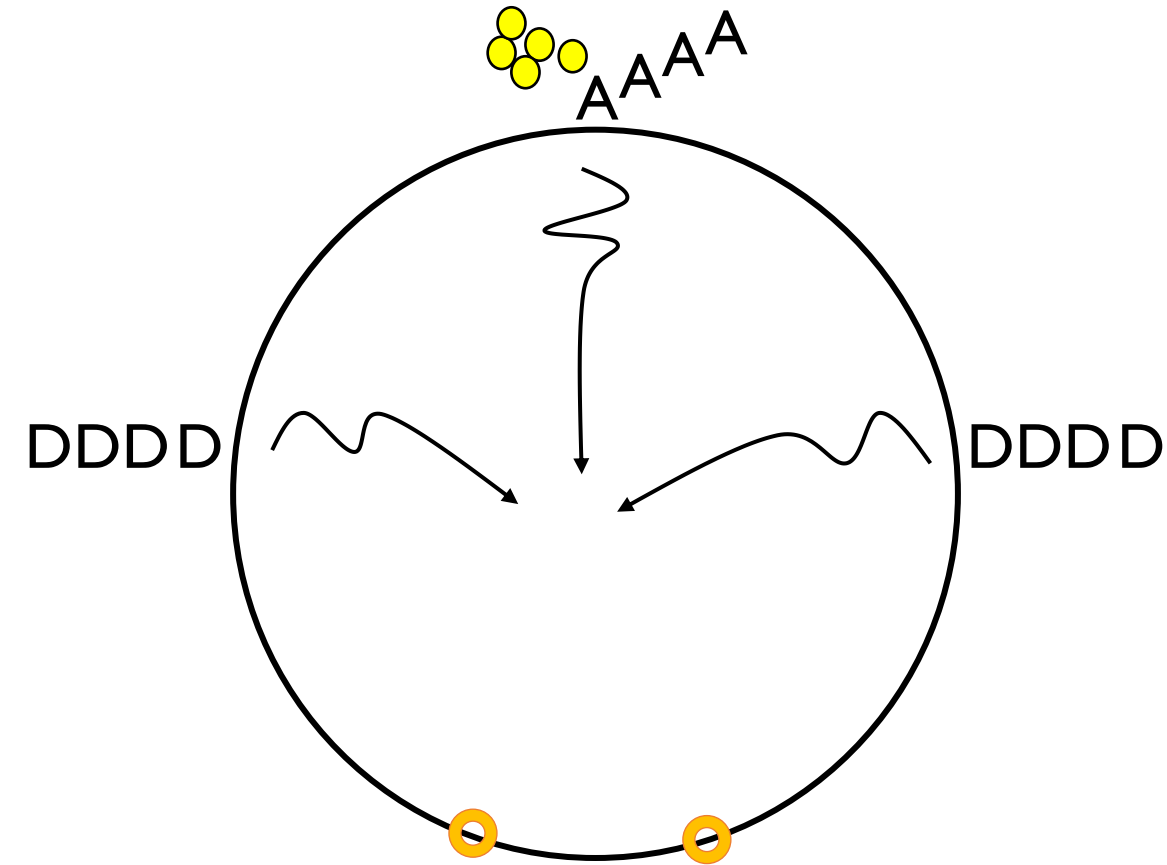
## **Bruise Drill**

# 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

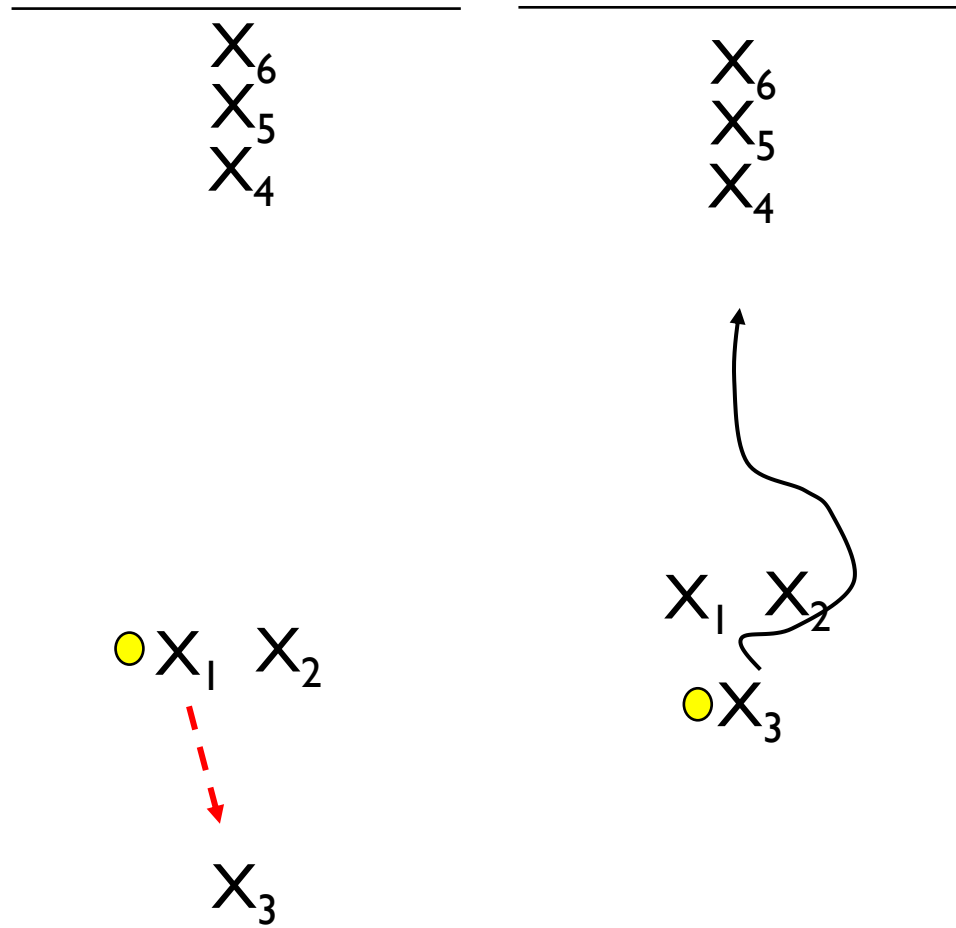


- Add an additional line of defenders directly across from the first line of defenders to work on creating and executing a double team.

# **DOUBLE TEAM DRILLS:**

## **Double Team Long Passes**

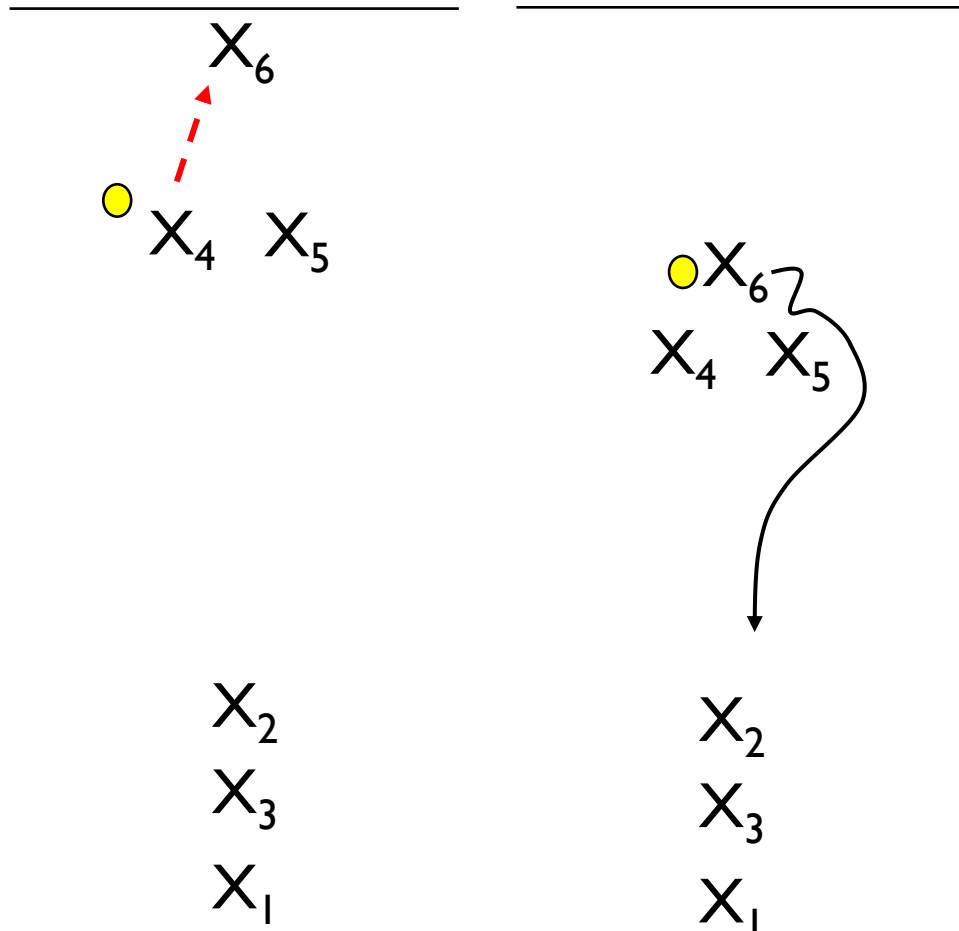
# DOUBLE TEAM LONG PASSES



- Divide players into groups of 6. 3 players line up across from the other 3. Players are about 20 yards apart.
- $X_1$  and  $X_2$  step out in front of the attacker,  $X_3$ .
- $X_1$  rolls a ground ball  $X_3$ .
- $X_1$  and  $X_2$  approach  $X_3$ , form a solid double team and make it challenging for  $X_3$  to pass the  $X_4$ .
- $X_3$  is trying to handle the pressure and make a long pass across to  $X_4$ .



# DOUBLE TEAM LONG PASSES

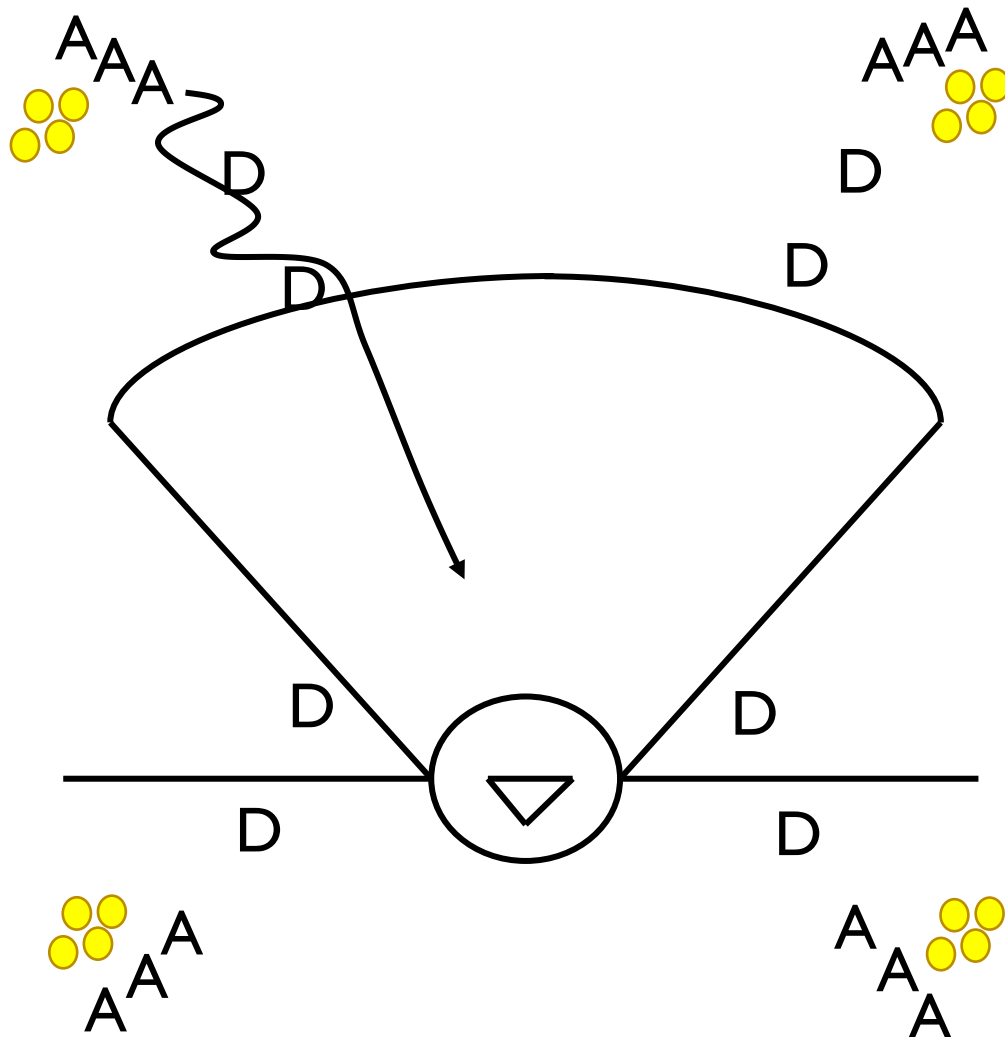


- The drill repeats from the opposite side.
- X<sub>4</sub> and X<sub>5</sub> step out in front of the attacker, X<sub>6</sub>.
- X<sub>4</sub> rolls a ground ball X<sub>6</sub>.
- X<sub>4</sub> and X<sub>5</sub> approach X<sub>6</sub>, form a solid double team and make it challenging for X<sub>6</sub> to pass the X<sub>2</sub>.
- X<sub>6</sub> is trying to handle the pressure and make a long pass across to X<sub>2</sub>.

# **DOUBLE TEAM DRILLS:**

## **Dartmouth Double Dodge to 1v2**

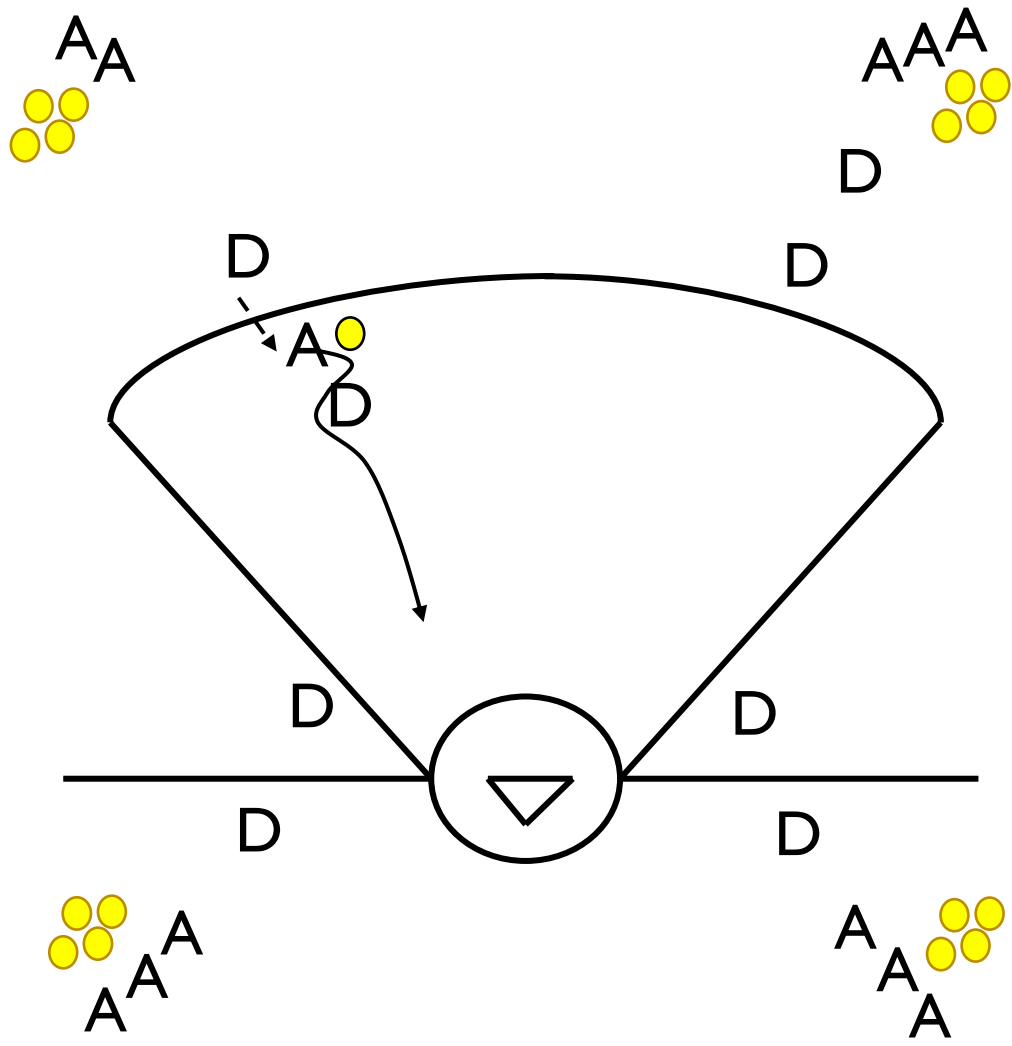
# DARTMOUTH DOUBLE DODGE TO 1v2



- Players are set up in four corners around the goal. Place 2 defenders in front of each attacking line.
- The first attacker in each line takes turns dodging at each defender in front of their line. After the two dodges, the attacker takes a shot on goal.
  - The defenders should remain as 'shadow defenders.'



# DARTMOUTH DOUBLE DODGE TO 1v2

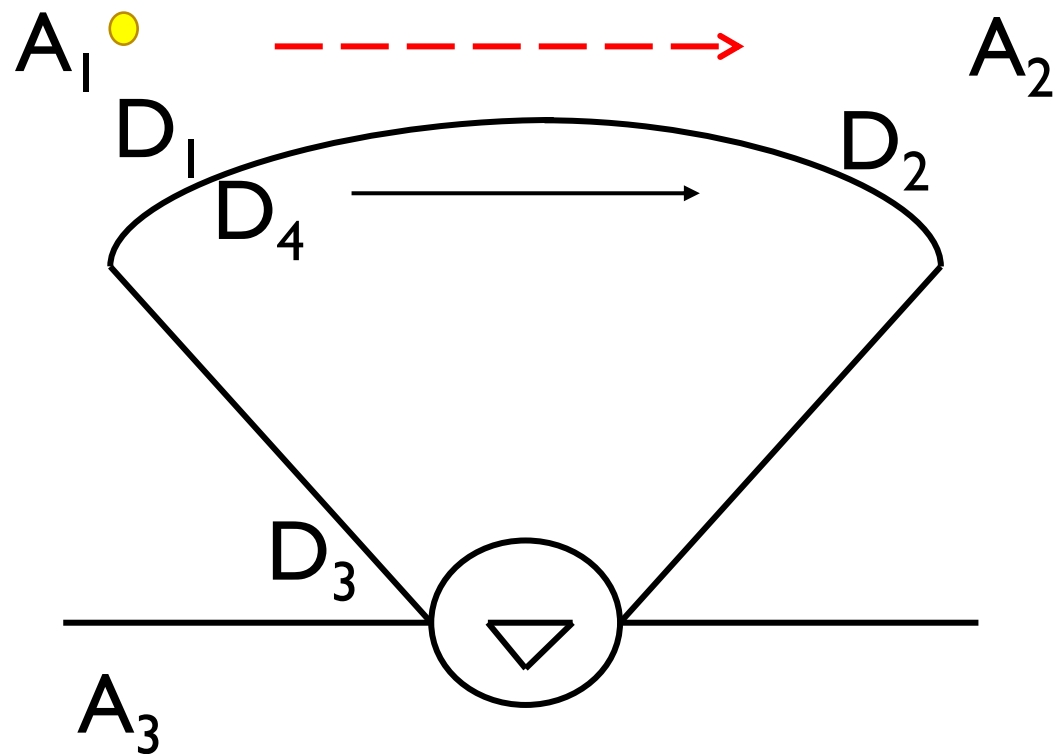


- After a few rounds, make both of the defenders 'live.'
- Once the attacker dodges by the first defender, the first defender is live and trails the attacker to form a double team with the second defender.
- The attacker tries to handle the double team and get to cage in a 1v2

# **DOUBLE TEAM DRILLS:**

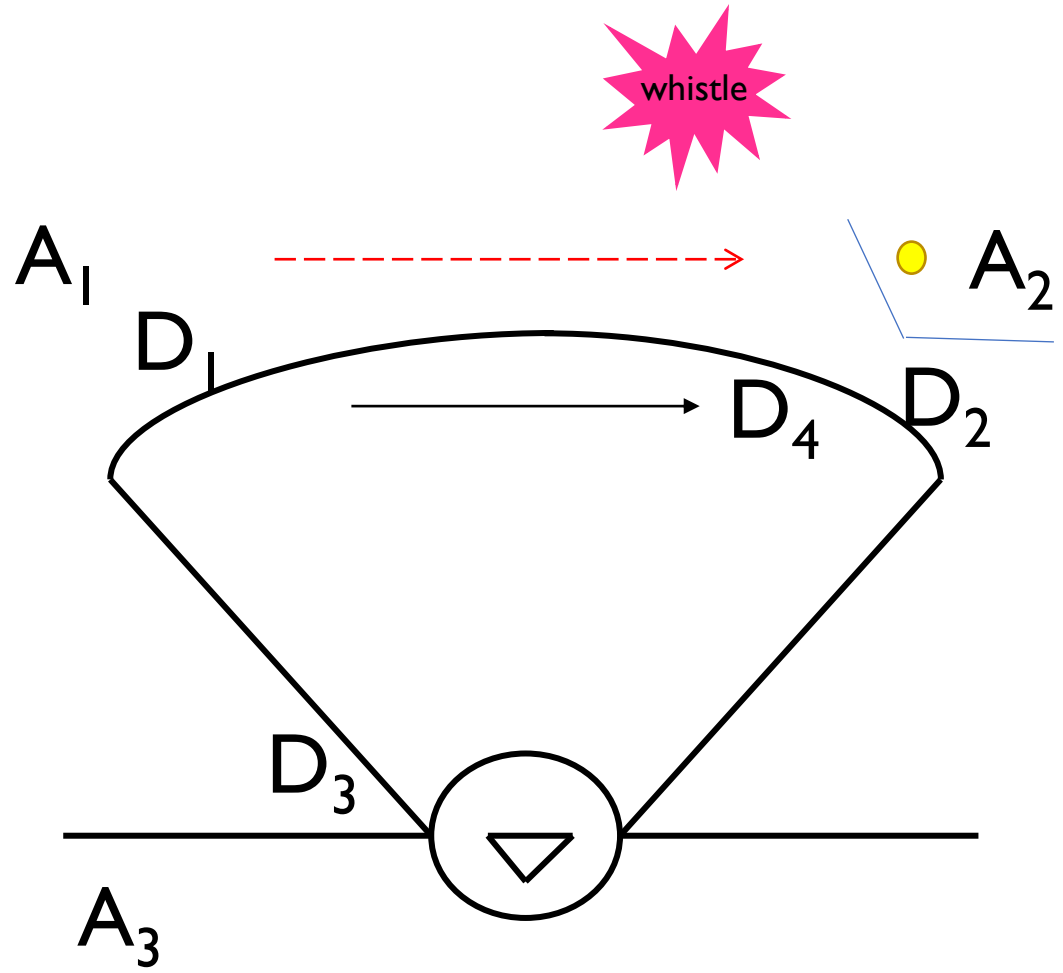
## **Backer Drill**

# BACKER DRILL



- The drill sets up with three attackers and four defenders.
- Three attackers ( $A_1, A_2, A_3$ ) spread out between the 8 and 12 meter.
- Three defenders are marking up on the three attackers ( $D_1, D_2, D_3$ ) and one defender ( $D_4$ ) is “backing” or “shadowing” the ball.
- Attack is passing the ball around and the defender ( $D_4$ ) is following the ball around.

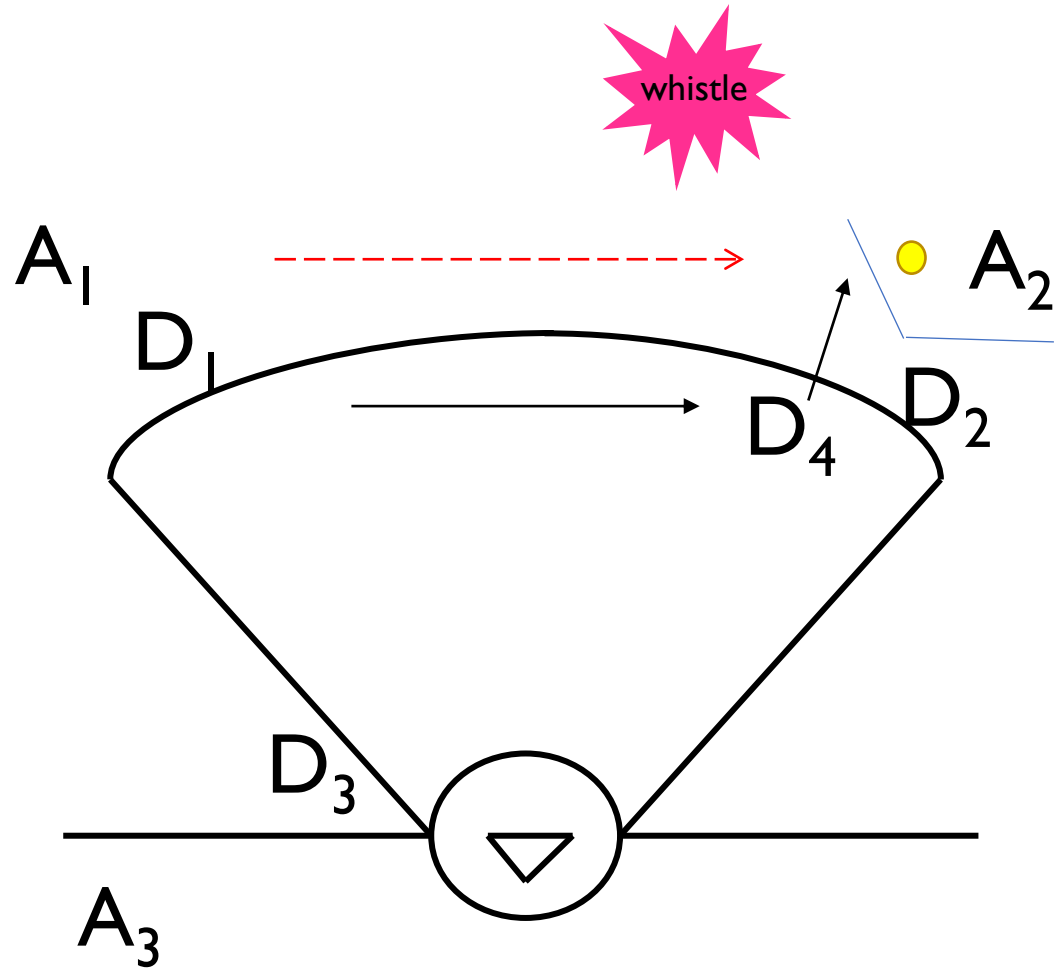
# BACKER DRILL



- Ball moves from A<sub>1</sub> to A<sub>2</sub>, D<sub>4</sub> follows the pass and is now “backing” the ball on A<sub>2</sub> behind D<sub>2</sub>.
- Once the coach blows a whistle the play becomes live and the defender are working on doubling the ball.
- The other defensive players are ready to help and slide on defense, the attack is working on going to goal.



# BACKER DRILL

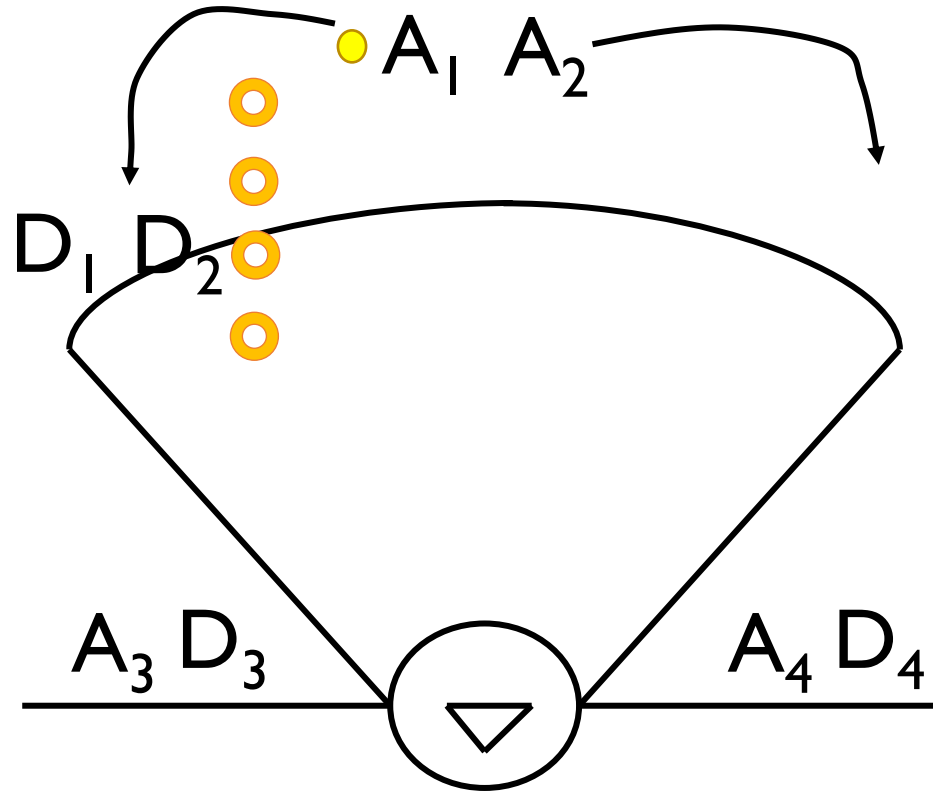


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# **DOUBLE TEAM DRILLS:**

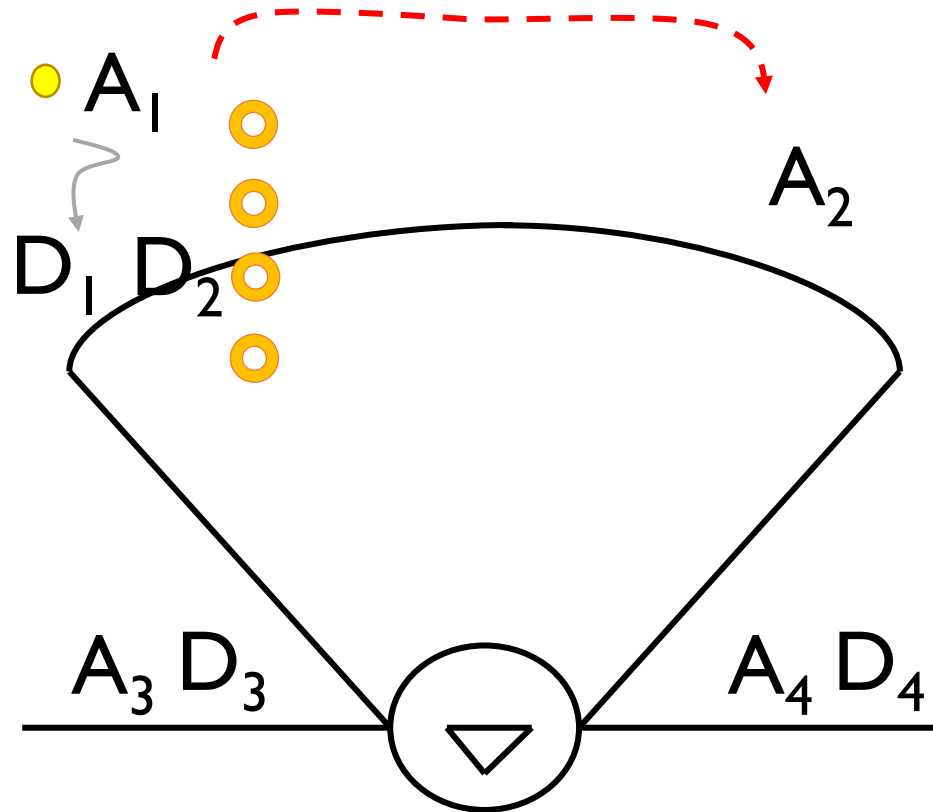
## **4v4 Double Team Drill**

# 4v4 DOUBLE TEAM DRILL



- The drill sets up with four attackers and four defenders.
- On the whistle, one attacker, A<sub>1</sub> carries the ball into the 'lane.' A<sub>1</sub> is trying to get to goal via the 'lane.' A<sub>2</sub> is breaking to the other side of the 8M.

# 4v4 DOUBLE TEAM DRILL

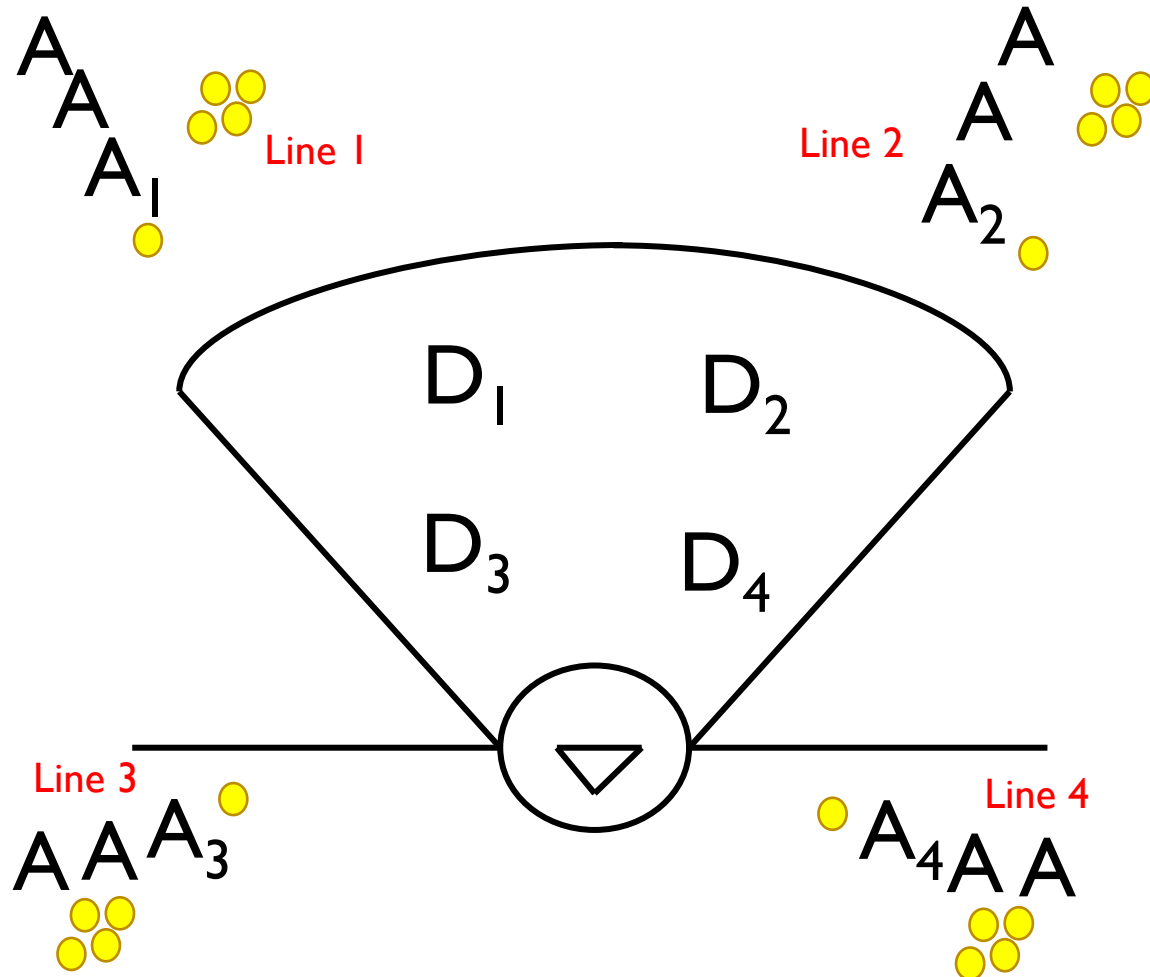


- A<sub>1</sub> trying to beat the double team to goal. If she can successfully (while staying to the right of the cones), she can go to goal. If she breaks the double, all other players are live.
- If A<sub>1</sub> is stopped, she should pull out and swing the ball to A<sub>2</sub>. When A<sub>2</sub> gets the ball, all other players are live and it becomes a 4v4 to goal.

# **DEFENSIVE DRILLS:**

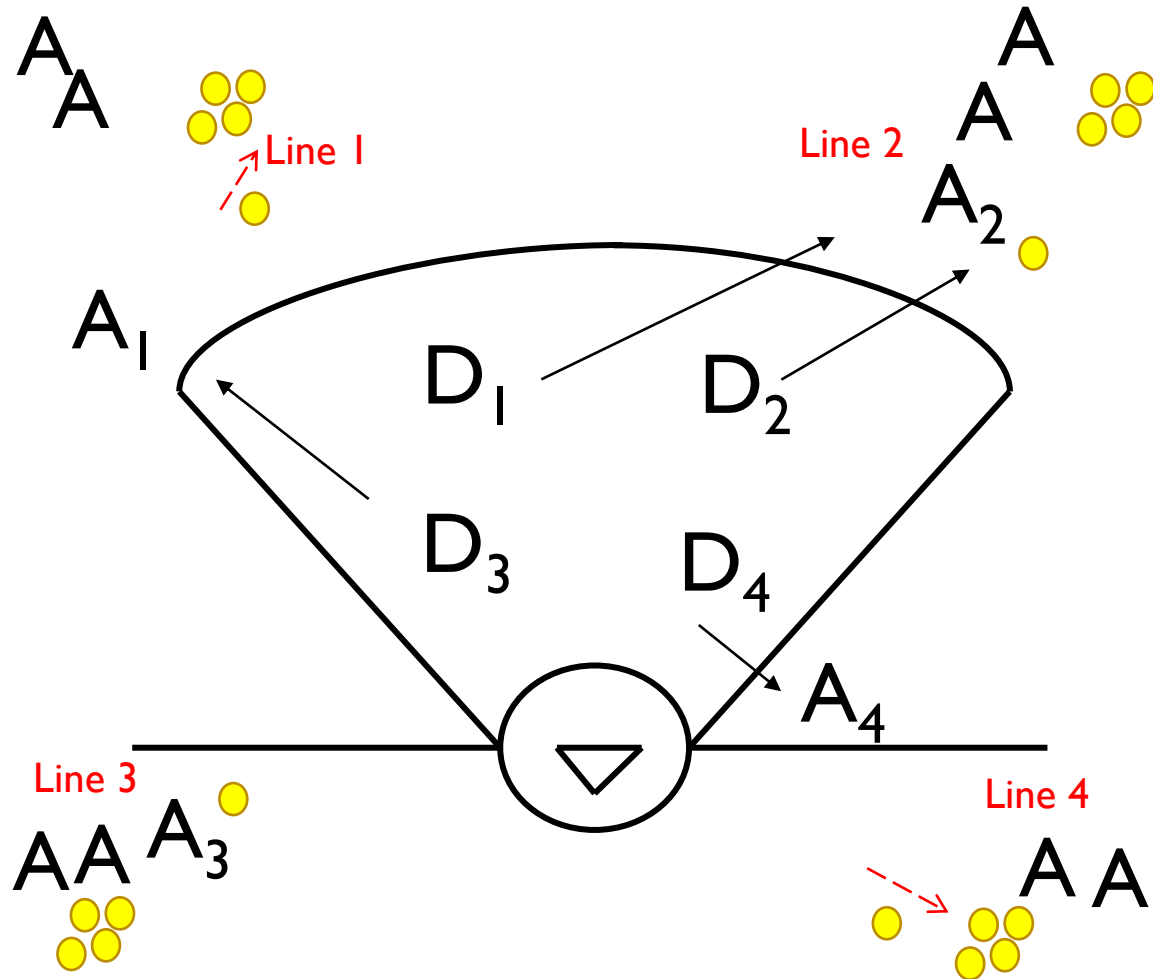
## **Spallina “D” Drill**

# SPALLINA “D” DRILL



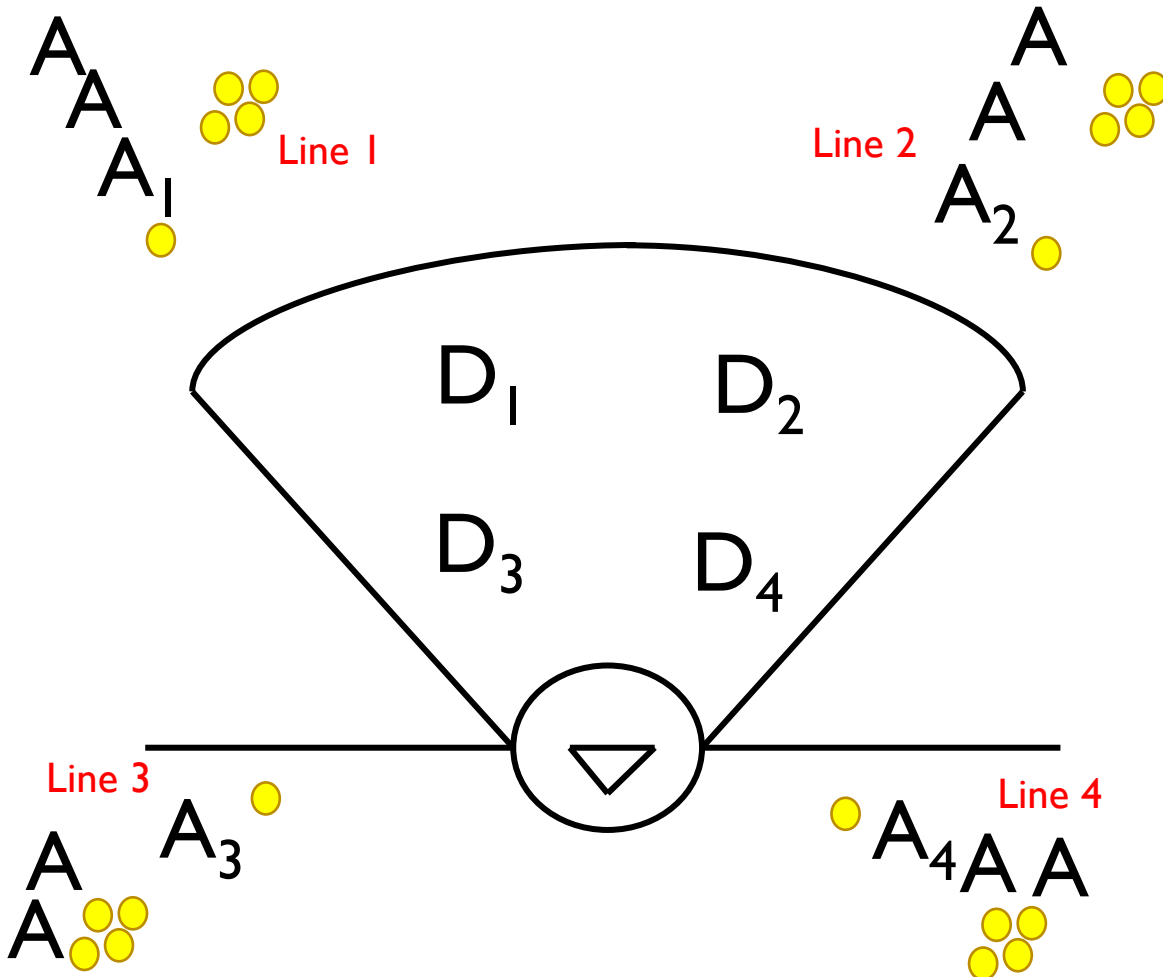
- Four lines of attack and four defenders in the middle or in the 8 meter.
- All attackers start with balls in there stick, depending on what number the coach calls first is who start with the ball.
- The coach is always calling out three numbers that will represent what attackers are in the drill.
- If the coach yells 214 – Line 2 starts with the ball, Line 1 & Line 4 drop the ball that was in the stick and play attack with Line 2. Line 3 is out of the drill.

# SPALLINA "D" DRILL



- The Defenders,  $D_1$ ,  $D_2$ ,  $D_3$ ,  $D_4$  are listening for the numbers and adjusting to play defense on those lines, 2|4
- $D_1$ ,  $D_2$ , going to double on ball,
- double to Line 2 because they have the ball.
- Working on the double team and keeping the attacker out of the middle and the other defenders are ready for an interception, a slide or double if the ball move

# SPALLINA "D" DRILL



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- $D_1$ ,  $D_2$ , going to double on ball, double to Line 2 because they have the ball.
- Working on the double team and keeping the attacker out of the middle and the other defenders are ready for an interception, a slide or double if the ball move