

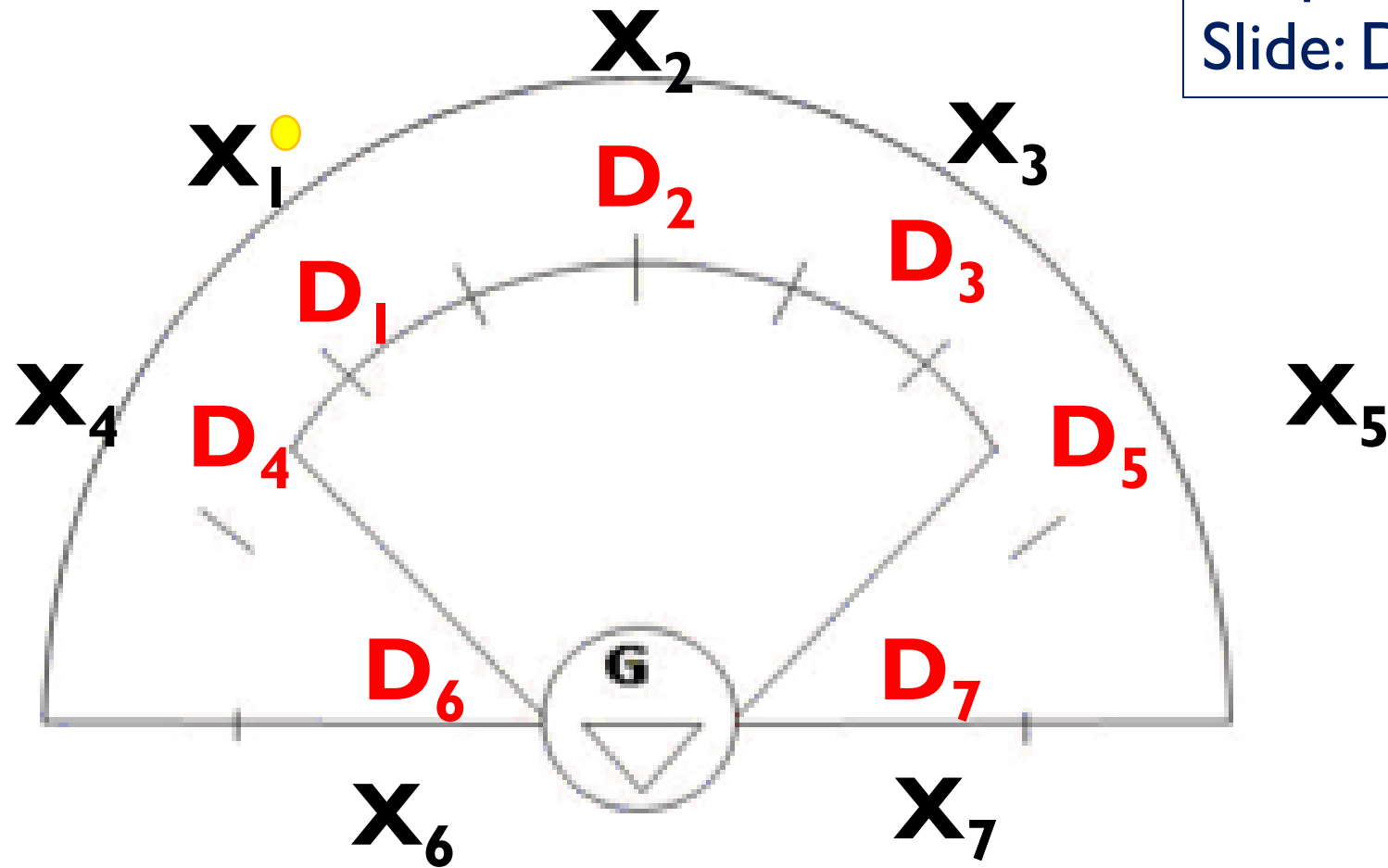
Coaching Girls Lacrosse: SETTLED DEFENSE

DEFENSIVE ROLES

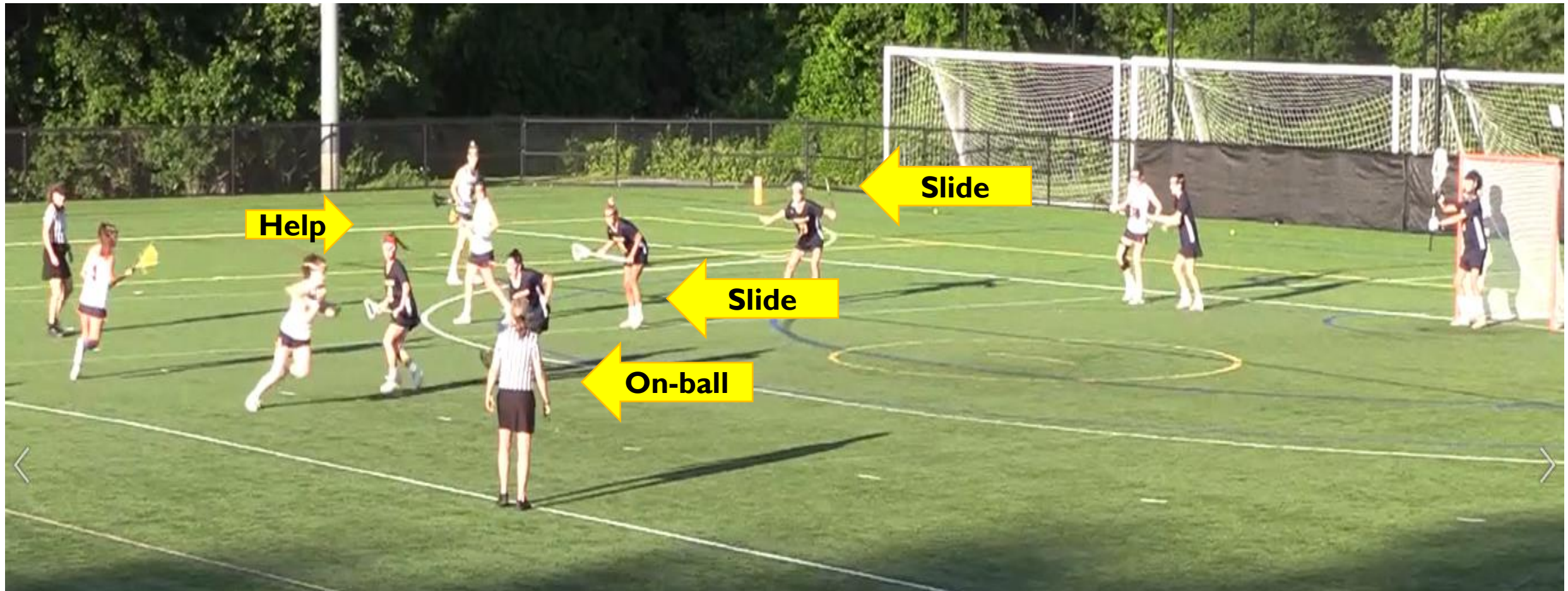
- On-ball
 - Easiest to identify
 - Good 1v1 defense; slowing down the ball carrier
- Help
 - Adjacent to the ball
 - Ready to slide to the ball carrier to create a double team and prevent the player from getting to the goal
- Slide
 - All other players off ball ready for second or third slides; hedge
 - Responsible for covering the middle (including cutters, crashes and rebounds)

DEFENSIVE ROLES

On-ball: D_1
 Help: D_2, D_4
 Slide: D_3, D_5, D_6, D_7



DEFENSIVE ROLES



DEFENSIVE ROLES



COMMUNICATION

- Vocabulary
 - 'I've got ball' – to identify who is on ball
 - 'Help right, help left' – to identify the adjacent defenders in a position to create a double team
 - 'Crash' – when the attacker enters into the 8M and looks to be a scoring threat; alerts all off-ball defenders that they need to get to the middle
 - 'Double' – lets the on-ball defender know that help has arrived and to remain in the double team
 - 'I've got 2' – If a defender has more than one player; alerts a defender who might not have a player to mark

COMMUNICATION

- The importance of talking
 - Helps the defensive unit work together and helps players do their jobs
 - There are a lot of moving parts in a fairly large space; communication helps players anticipate and react to the attackers
- Tonation
 - It is not just what you say, it's how you say it
 - Certain vocabulary needs to be louder to indicate urgency
- Listening
 - If defenders are talking but not listening, it will create chaos and confusion
 - Players need to be able to respond to direction

SLIDING

- Players have to be ready and willing to leave their player to cover a more 'dangerous' player or stop the ball carrier
 - Defenders who make the decision to slide should not worry about their player

SLIDING

- All defenders should always be in a position to assist their teammates
- Identifying slides
 - 1st Slide – slide that comes as a result of the on-ball defender getting beat (the first slide creates the double team); doesn't necessarily have to be a defender who is adjacent to ball
 - 2nd Slide – slide that covers the attacker that was left as a result of the double team
 - 3rd Slide/4th slide – every successive slide that is made as the result of having two players on the ball (or one player who gets beat); until the defender furthest away from ball is left with 2 attackers

COVERING CUTTERS

- Body position
 - 'V' stance to see ball and girl
 - Goal-side (shoulder-to-shoulder)
- Step up into the cutter's path
 - Redirect or disrupt the attacker's movement
 - Stick to stick the entire way through the 8M

COVERING CUTTERS

- Defending a pick or stack situation with multiple cutters
 - Take a step off of the attacker (don't lock off attackers); space will allow all defenders to work together and not pick one another off
 - Communicate with other defenders
- Stay or switch
 - 'Stay' = a man-to-man effort
 - 'Switch' = a zone effort
 - Sequential: Defender 1 takes the first cutter, defender 2 takes the second cutter
 - Directional: Defender 1 takes the cutter who comes off to the right, Defender 2 takes the cutter who comes off to the left

SETTLED DEFENSE

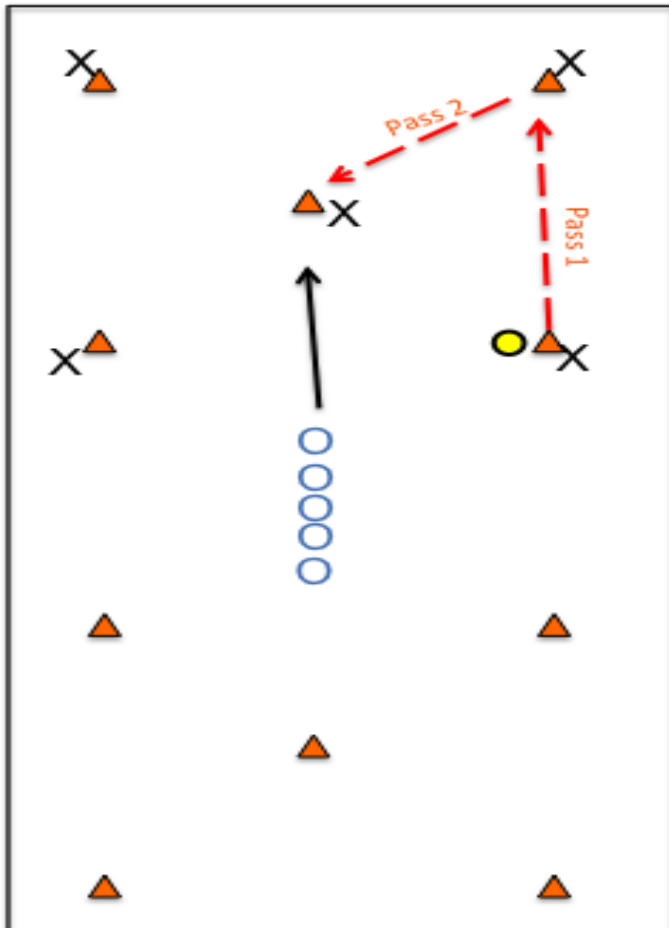
- Ball is always the priority
 - Ensure that the ball is always marked and focus on fundamentally sound on-ball defense
- Communication
 - Be vocal, listen and react
- Athleticism, aggressiveness, awareness and anticipation
 - There is no resting on defense
 - Players should use their athleticism and athletic instincts to make plays; it's better to make errors of commission rather than omission
- Successful defense does not mean the attacking team doesn't score. Focus less on takeaways and more on working as a unit to wear the offense down, force bad shots, cause turnovers, or come up with ground balls.

SETTLED DEFENSE DRILLS

SETTLED DEFENSE DRILLS:

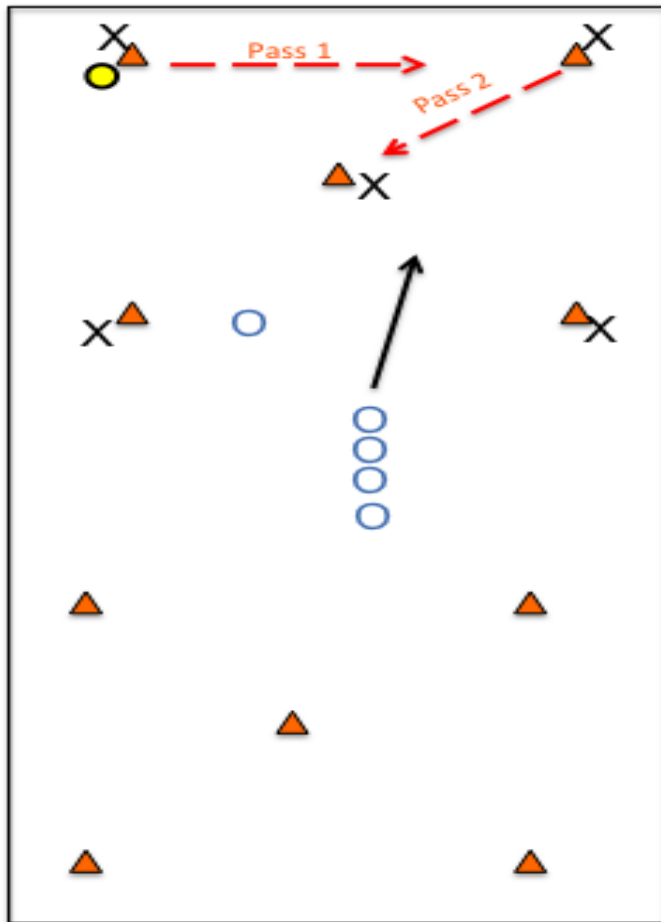
Pressure Box

PRESSURE BOX



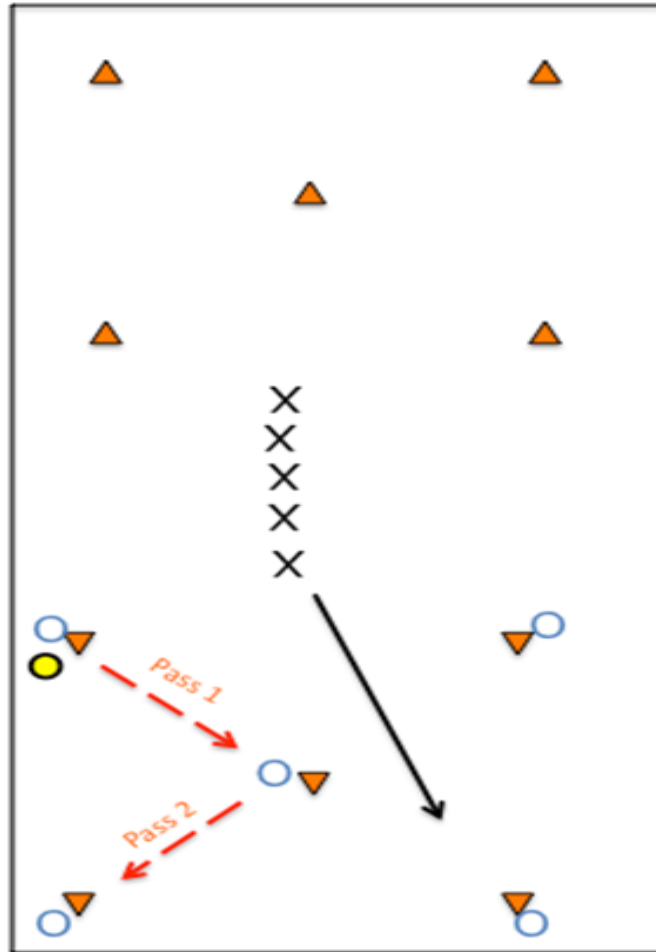
- Pressure box is set up with two, 10 yard x 10 yard boxes (with approximately five yards in between each box).
- One attacker, “X,” is set up at each cone (four on the corners of the box and one in the middle.)
- There is a line of defenders, “O,” in the middle between boxes.
- After two consecutive passes made by the “Xs,” a defender, “O,” is added.

PRESSURE BOX



- Every two consecutive passes made releases an additional defender “O” until five defenders have entered the drill.
- Once there is a turnover (intercepted pass, overthrow, dropped pass that results in a ground ball made by the defense), the defenders, “O,” become the attackers in the adjacent box.

PRESSURE BOX

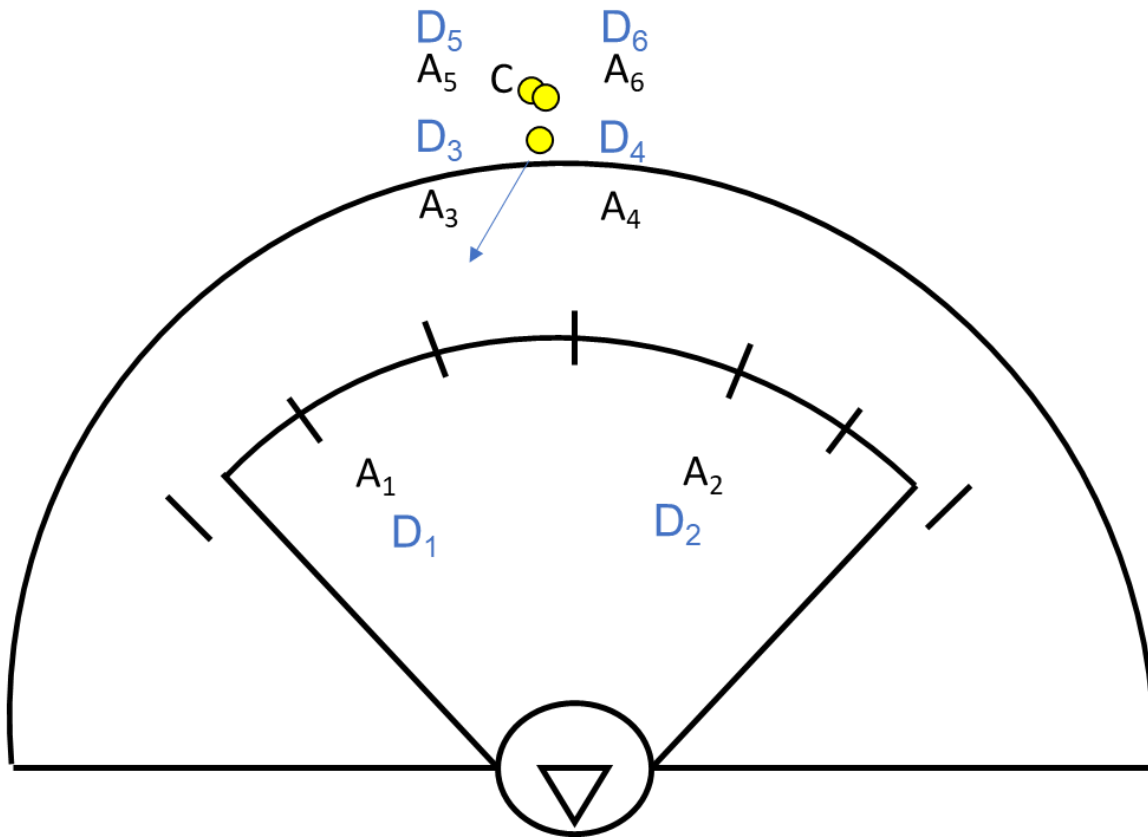


- The “Xs” create a line in the middle between boxes and add one player for every two passes made by the “Os.” The drill goes back and forth between boxes on each turnover.

SETTLED DEFENSE DRILLS:

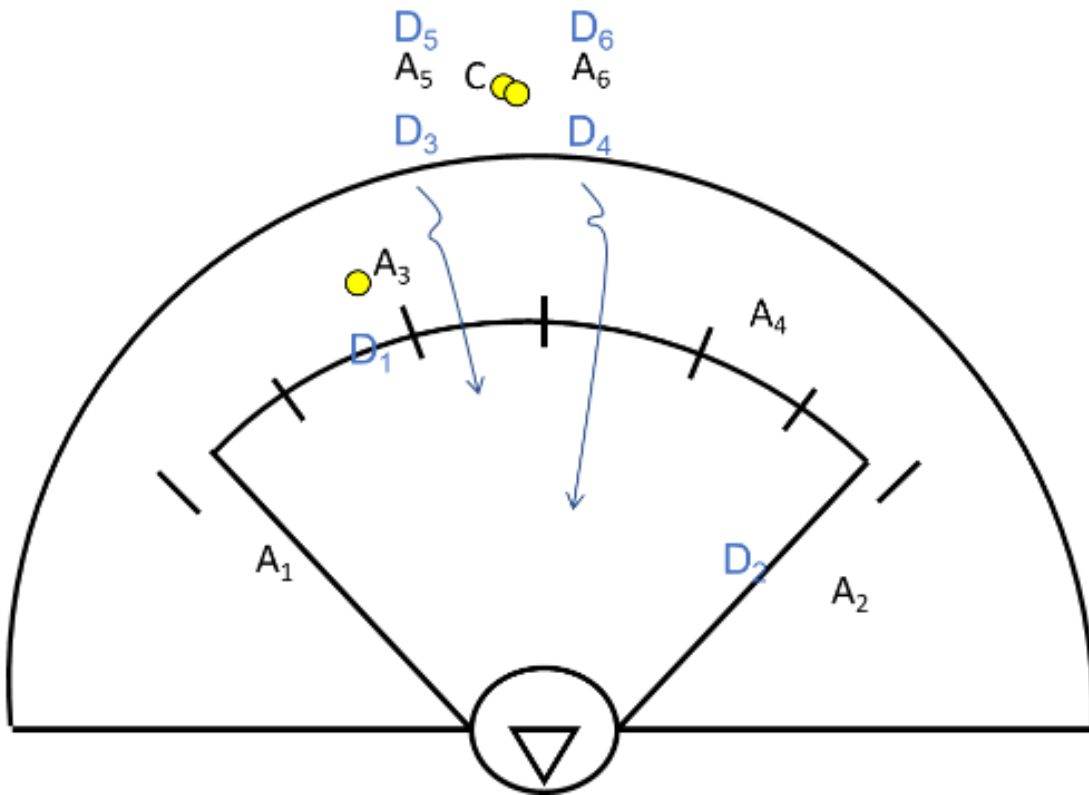
4v4 Chase Drill

4v4 CHASE DRILL



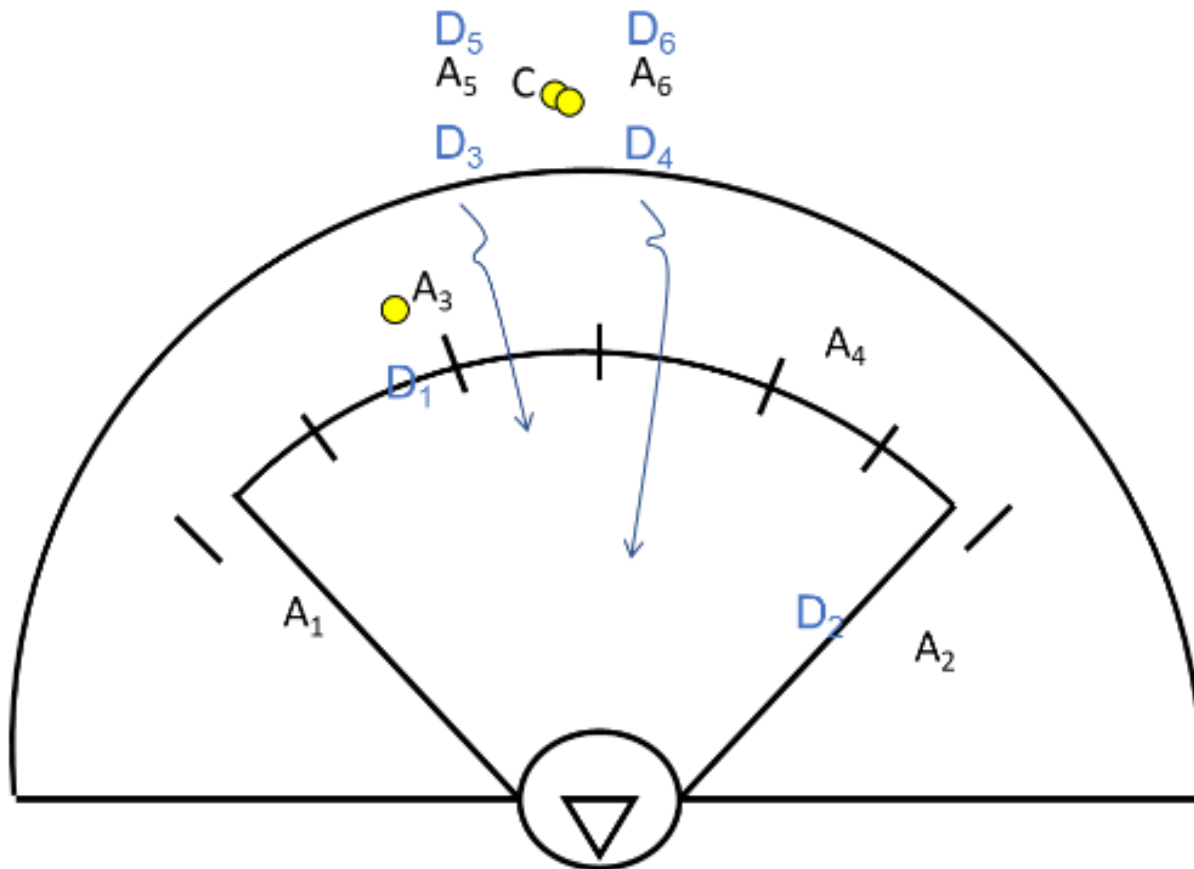
- Players are divided into two teams. A coach establishes one team as attack and one team as defense.
- 2 lines of players are set up just outside the 12M, alternating attack and defense.
- The first two players from each team enter into the 8M.
- Two attackers then line up 3 yards in front of 2 defenders.

4v4 CHASE DRILL



- The coach rolls a ball ahead of the attackers.
- Once the ball is released, the defenders are released as well, “chasing” the attackers into the zone.
- Once the attackers have gain possession, they are initiating offense.

4v4 CHASE DRILL

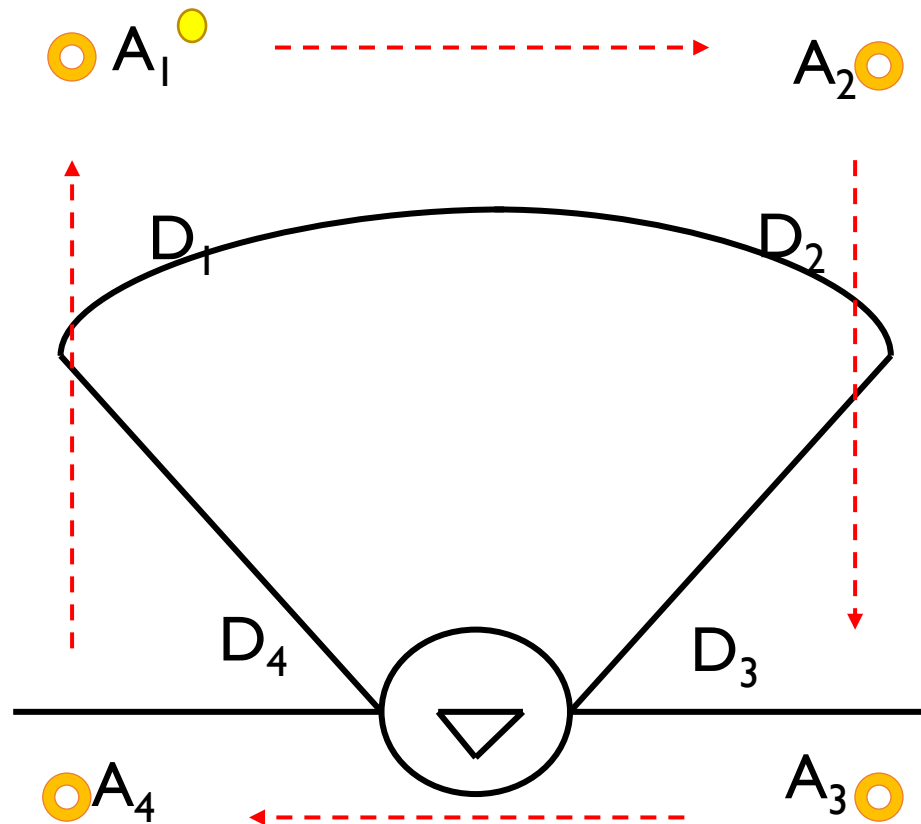


- By giving the attackers the “head start,” it is the responsibility of the defenders in the drill to slow down the fast break and allow the trailing defenders an opportunity to catch up to the attackers.
- The goal is to slow the attackers down enough to play out a settled, 4 v 4.

SETTLED DEFENSE DRILLS:

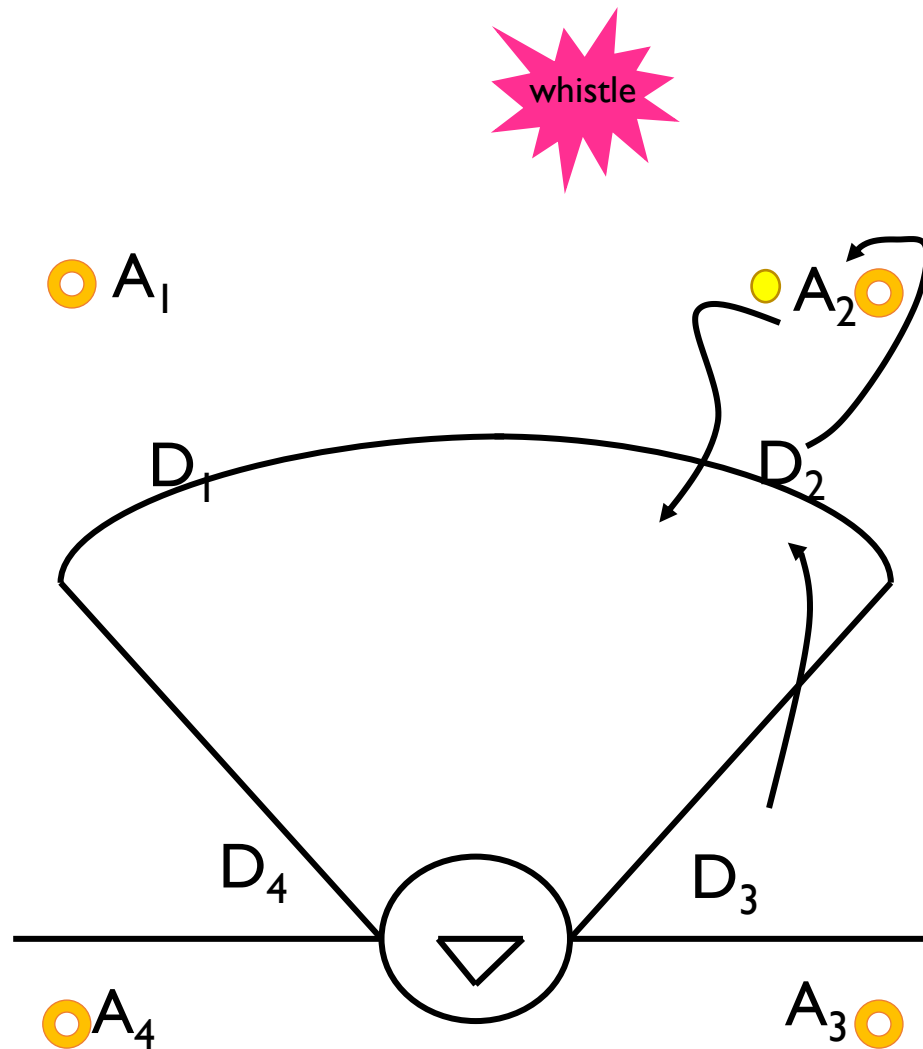
4v4 Trail Defender Drill

4v4 TRAIL DEFENDER DRILL



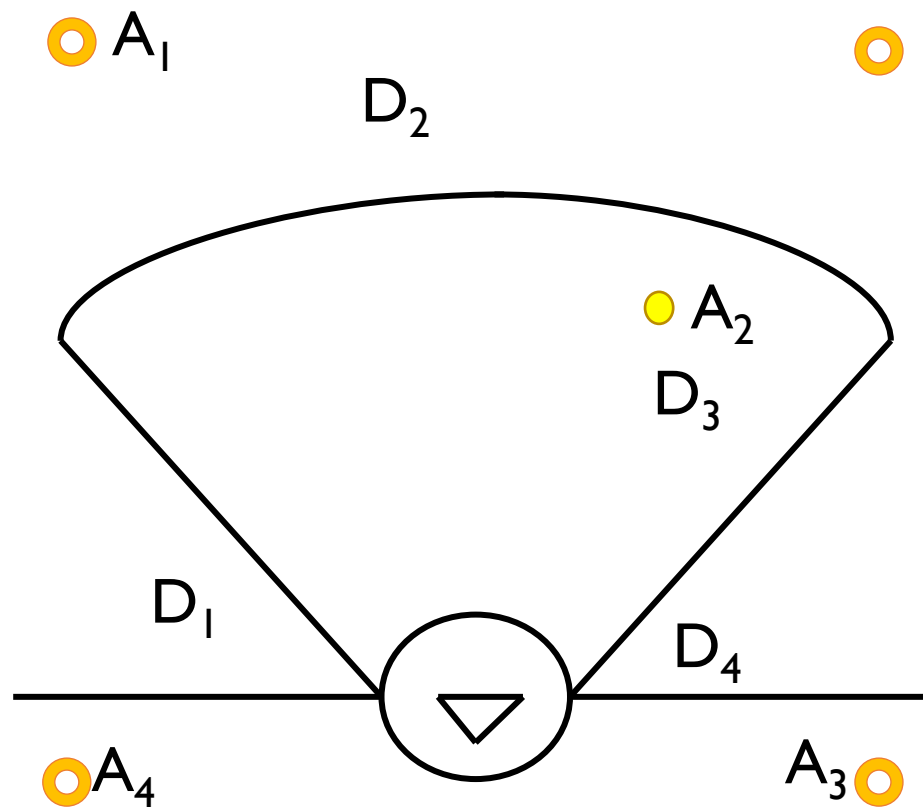
- The 4v4 Trail Defender Drill starts with 4 attackers and 4 defenders set up in a box around the 8M.
- The attackers should stand about 5 yards off of the 8M. The defenders should be positioned on the 8M.
- The attackers begin the drill by passing the ball around.

4v4 TRAIL DEFENDER DRILL



- When the coach blows the whistle, the attacker with the ball should be a threat to goal.
- As the attacker with the ball is entering into the 8M, the on-ball defender must run around the attacker's cone before trailing in.
- The defenders in the drill, D₁ or D₃ should slide to the ballcarrier and D₂ can recover to the closest attacker.

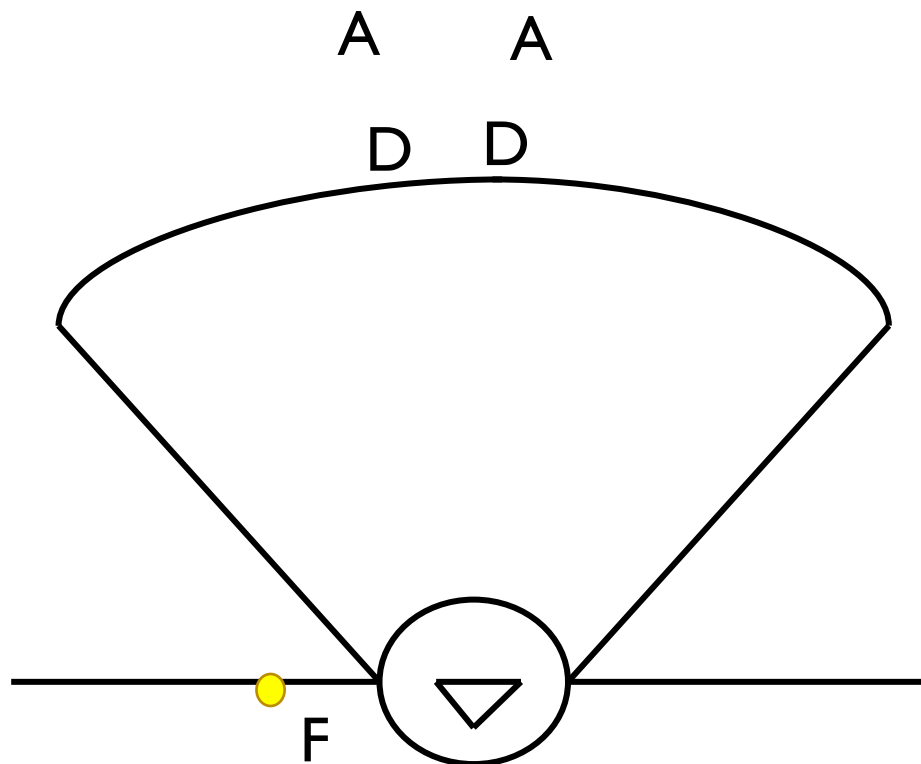
4v4 TRAIL DEFENDER DRILL



- If the defenders in the drill can slow the ballcarrier down or make her pass the ball, the play will continue as a 4v4.
- The attackers can move anywhere and are not restricted to their cones once the whistle blows.

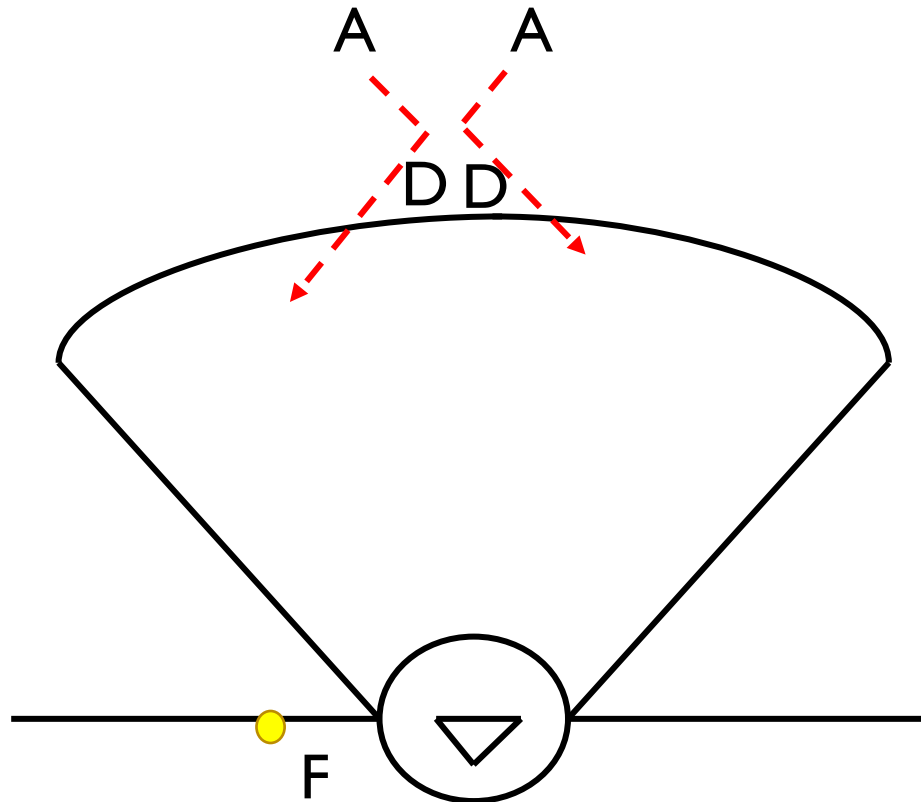
SETTLED DEFENSE DRILLS: Bump or Crisscross Drill

BUMP OR CRISSCROSS DRILL



- The Bump or Crisscrossdrill starts with two attackers just outside of the 8M marked by two defenders.
- The feeder is located at goal line extended.
- The attackers are working together to get one another open so that they can catch a feed and score.
- If an attacker receives a pass and takes more than 3 steps to goal, she must return the ball to the feeder and the attacking pair resets.

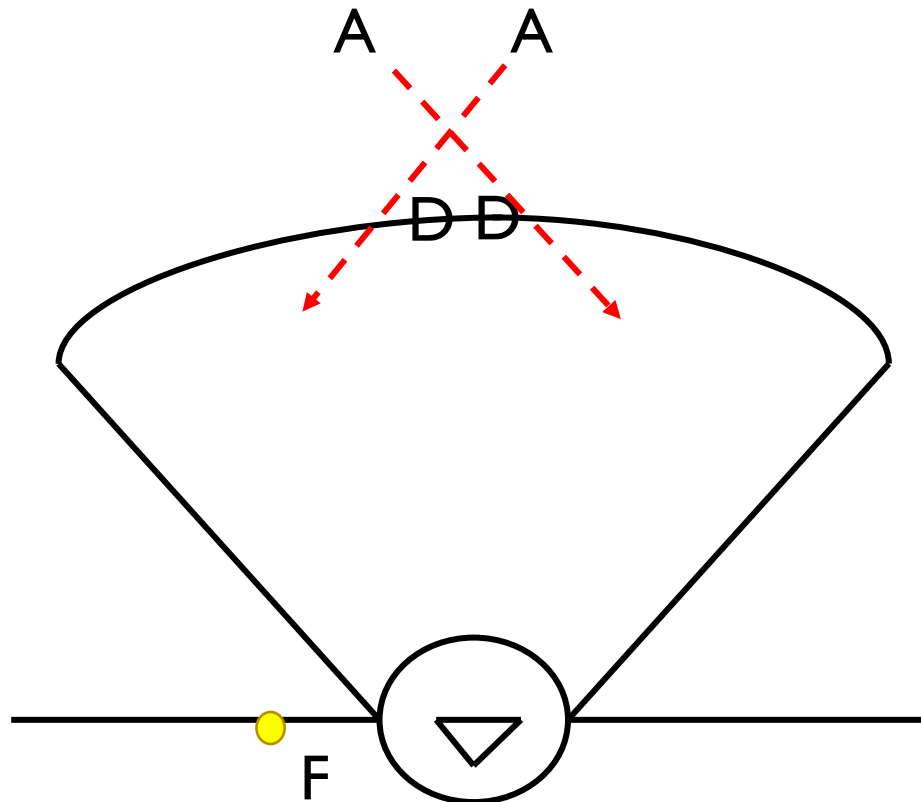
BUMP OR CRISSCROSS DRILL



- The attackers can 'bump' or 'crisscross.'
- If the attackers 'bump,' they are moving towards each other and then breaking away in the direction they came from.

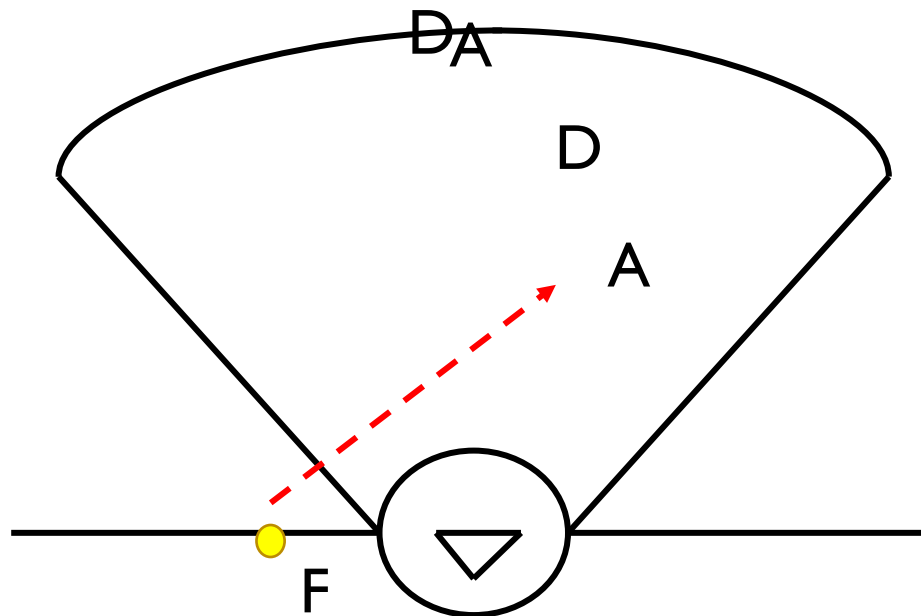
BUMP OR CRISSCROSS DRILL

- If the attackers 'crisscross,' they should work together to confuse the defenders, set picks, and/or cross each others paths to get open for the feed.



BUMP OR CRISSCROSS DRILL

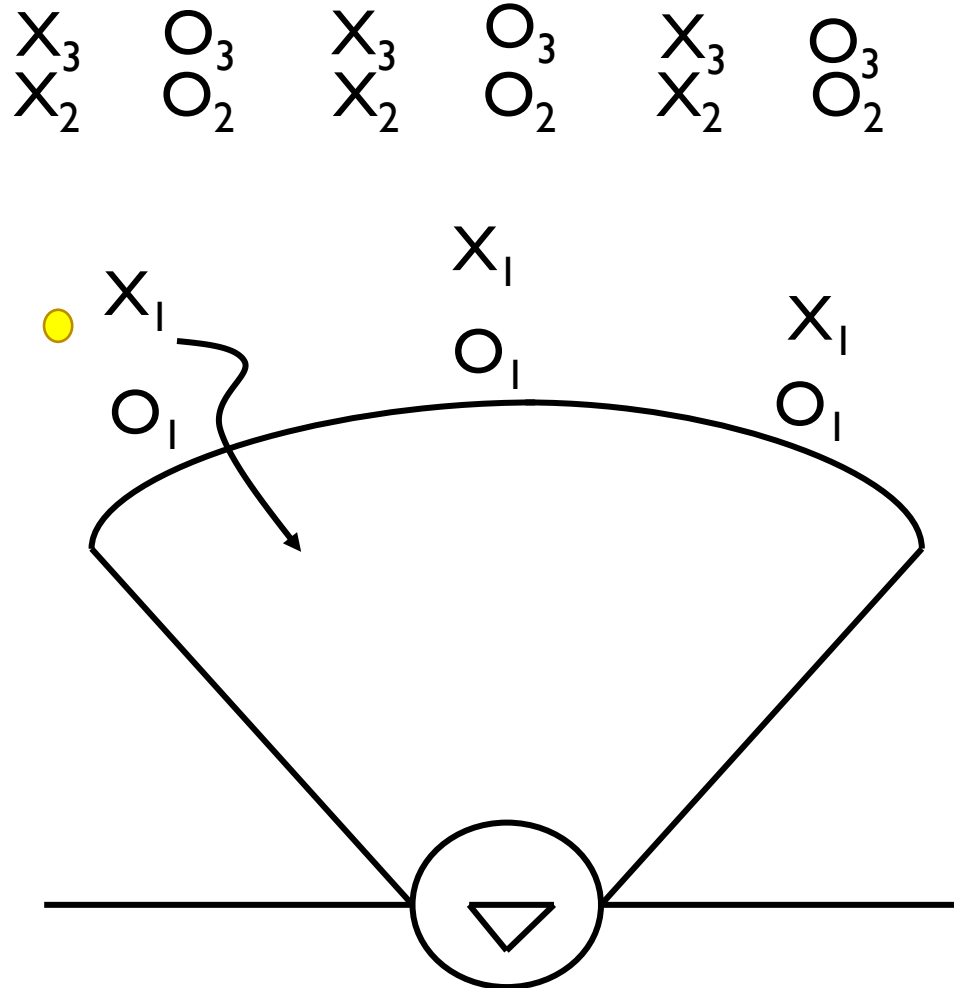
- When the feeder sees an attacker open, she can feed to the attacker. The feeder always keep her feet moving and remain active while she waits for the attackers to get open.



SETTLED DEFENSE DRILLS:

Short Field 3v3 Continuous

SHORT FIELD 3v3 CONTINUOUS

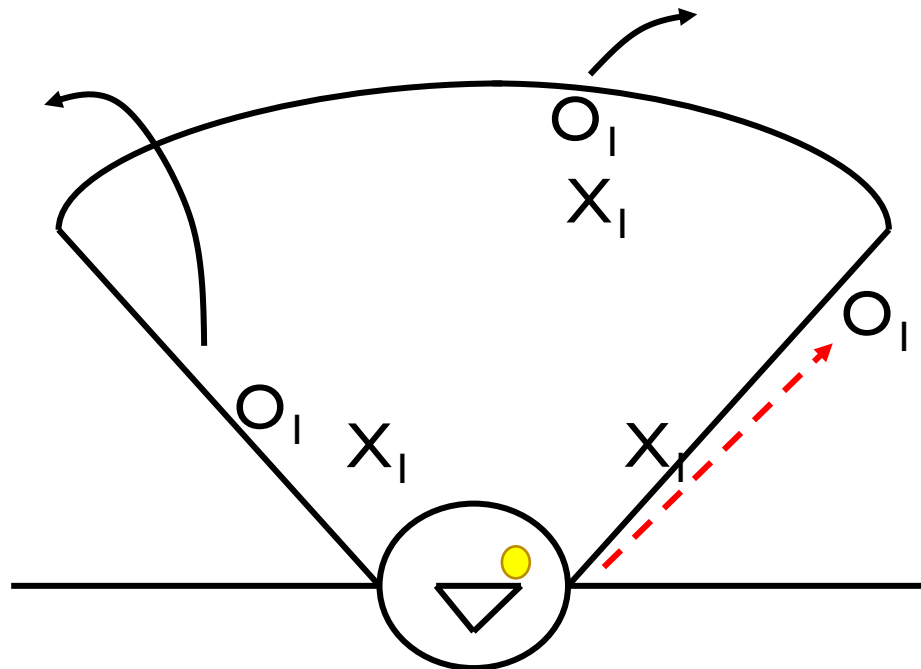


- Players are divided into two teams. There are three lines of each team just inside of the restraining line.
- 3 attackers, X_{1s}, and 3 defenders, O_{1s} start in the drill. They play out a 3v3 to goal.

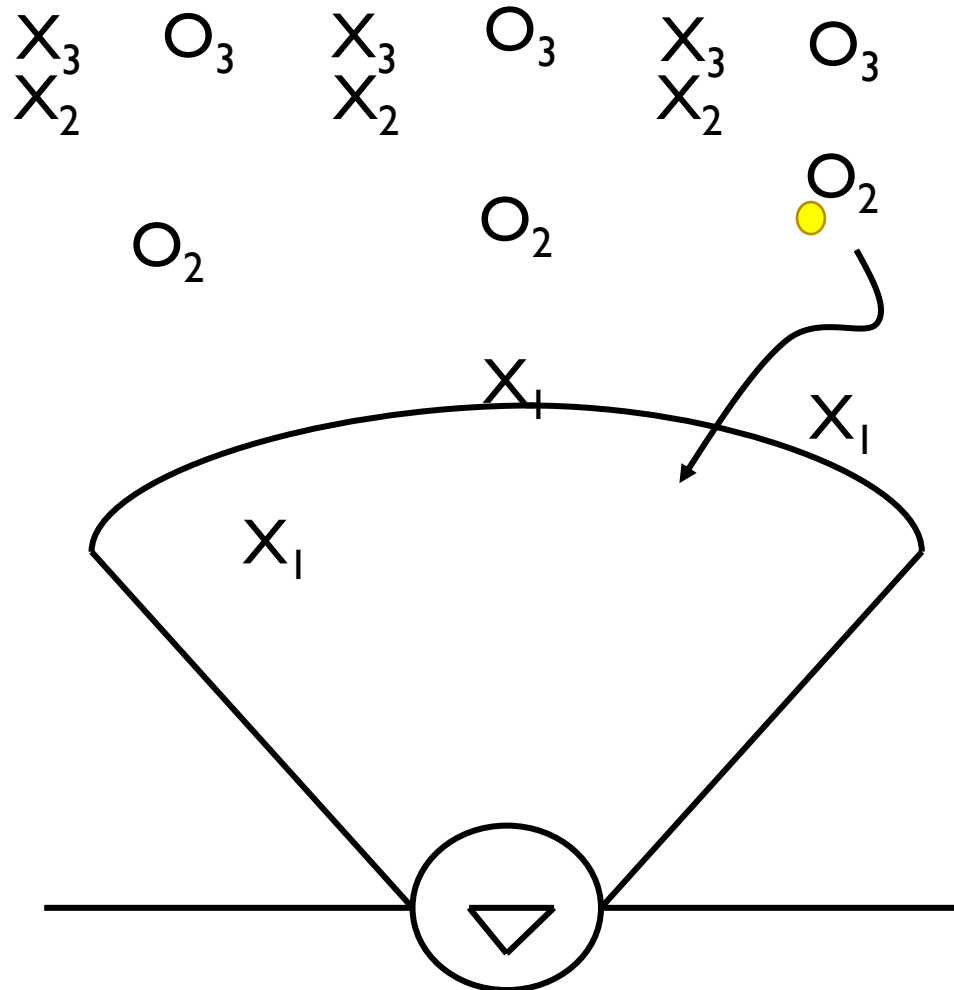
SHORT FIELD 3v3 CONTINUOUS

X ₃	O ₃	X ₃	O ₃	X ₃	O ₃
X ₂	O ₂	X ₂	O ₂	X ₂	O ₂

- If the attack scores, the O_{1s} break out and get the clear from the goalkeeper.
- O_{1s} work to clear the ball to any one of the O_{2s} waiting at the top.



SHORT FIELD 3v3 CONTINUOUS

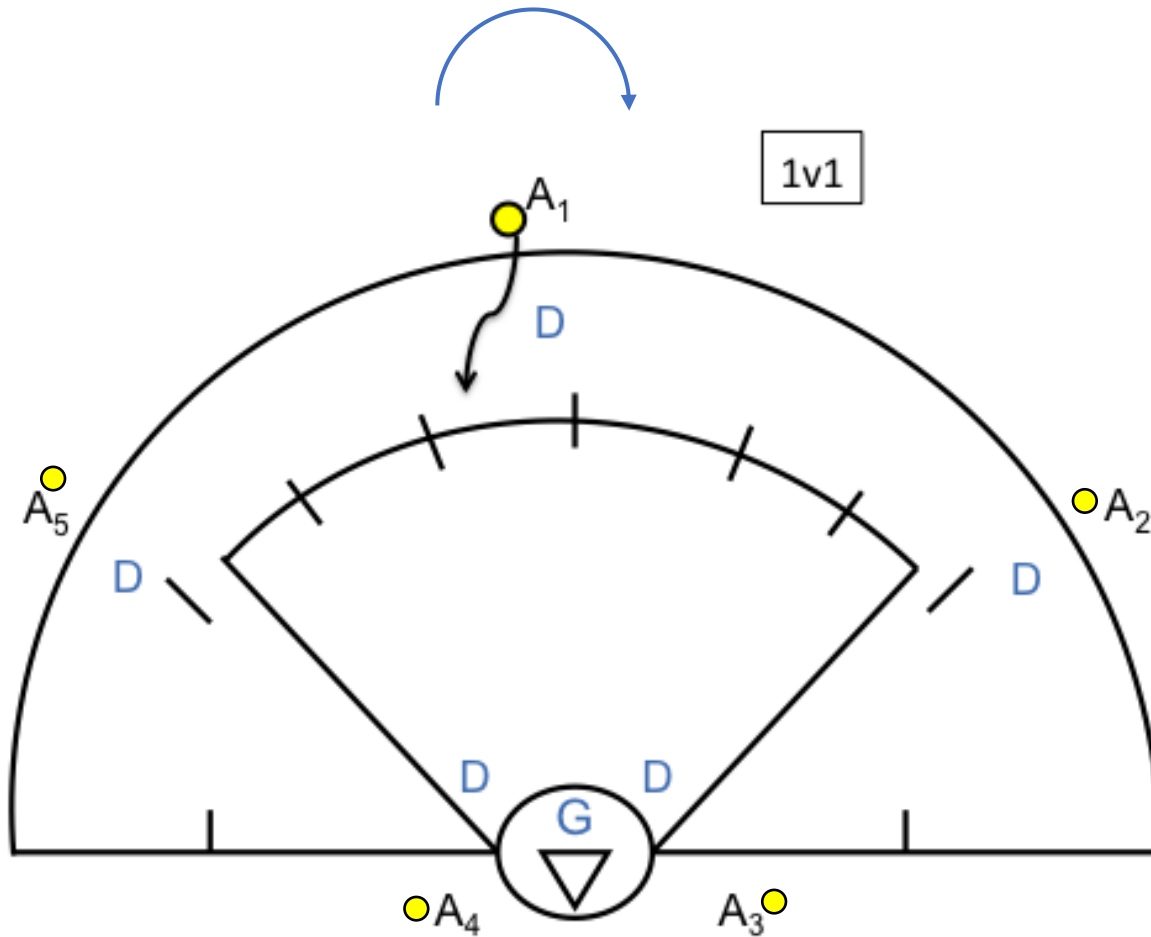


- If the attack scores, the O_{1s} break out and get the clear from the goalkeeper.
- O_{1s} work to clear the ball to any one of the O_{2s} waiting at the top. (This gives the X_{1s} an opportunity to redefend.)
- Once the O_{2s} get the ball, the O_{1s} exit, and the X_{1s} become the defenders.
- (If the defense, O₁, causes a turnover, they can clear the ball immediately to their teammates, O₂.)
- The play continues in the same pattern with the defenders always clearing to their teammates at the top and the attackers becoming the next defenders.

SETTLED DEFENSE DRILLS:

1v1 to 5v5 Drill

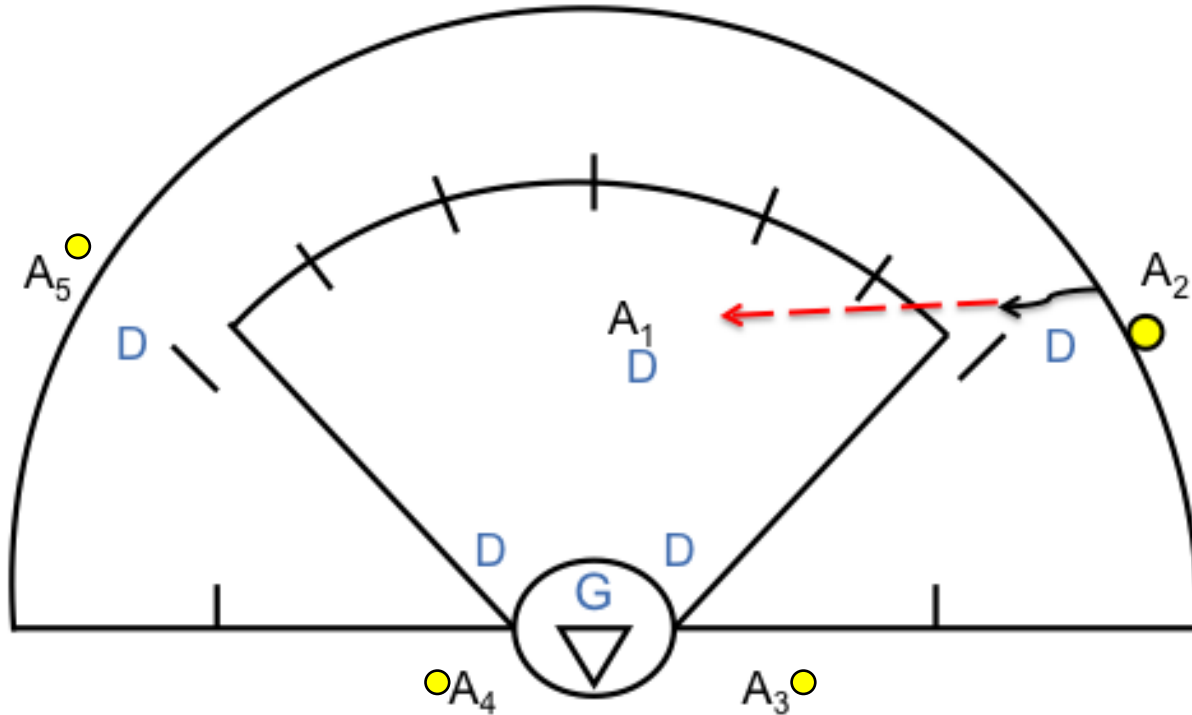
1v1 to 5v5



- Five attackers set-up in a balanced offense around the 8M and each attacker is marked up by a defender.
- Each of the five attackers has a ball.
- The drill starts with the coach identifying the starting attacker and direction of the drill, either clockwise or counter clockwise.
- A₁ will attack first (in a 1 v 1) and the direction is clockwise.
- On the coach's whistle, the A₁ attacks 1v1 to goal.

1v1 to 5v5

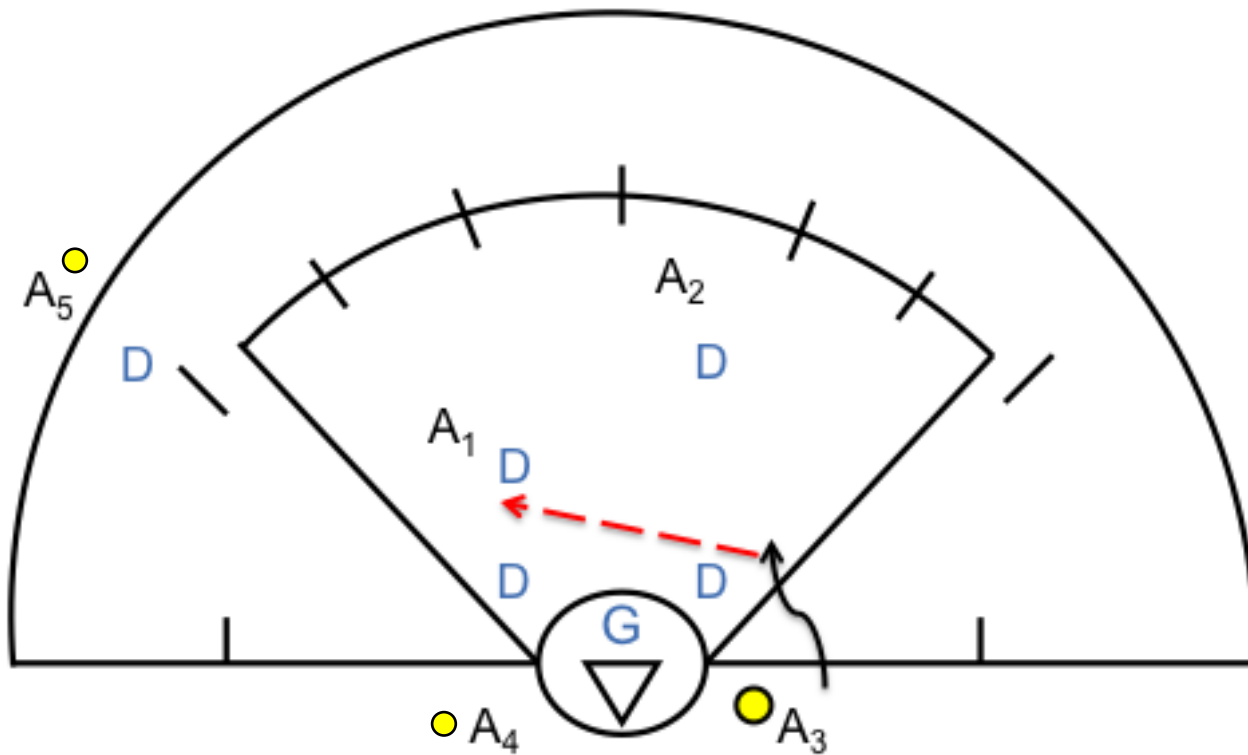
2v2



- Once the play is dead (shot, goal, turnover), the adjacent attacker, A_2 , will start the play with the ball she has in her stick.
- A_1 remains in the drill and A_2 joins creating a 2 v 2.

1v1 to 5v5

3v3



- Each consecutive dead play results in the adjacent attacker starting her ball. The drill builds from a 1v1 into a 5v5.