

Chaska 2021 Defensive Concepts

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Our Identity

Playing solid team defense that revolves around communication, controlled aggression, and helping in off ball. We are going to be aggressive in applying pressure on the offense to create turnovers to allow our offense more opportunities to score.

For Chaska Lacrosse to succeed, our defense needs to embody an **EAT** mentality as in what we want to do to our opponent's offense:

- **E**xecution: Play the game plan and execute together
- **A**ggression: Be aggressive but not overcommitting
- **T**eamwork: We have to play together to be successful, we need everyone on this team to succeed



Defensive Concepts + Terminology

Defensive Strategy

Blue - Zone Defense

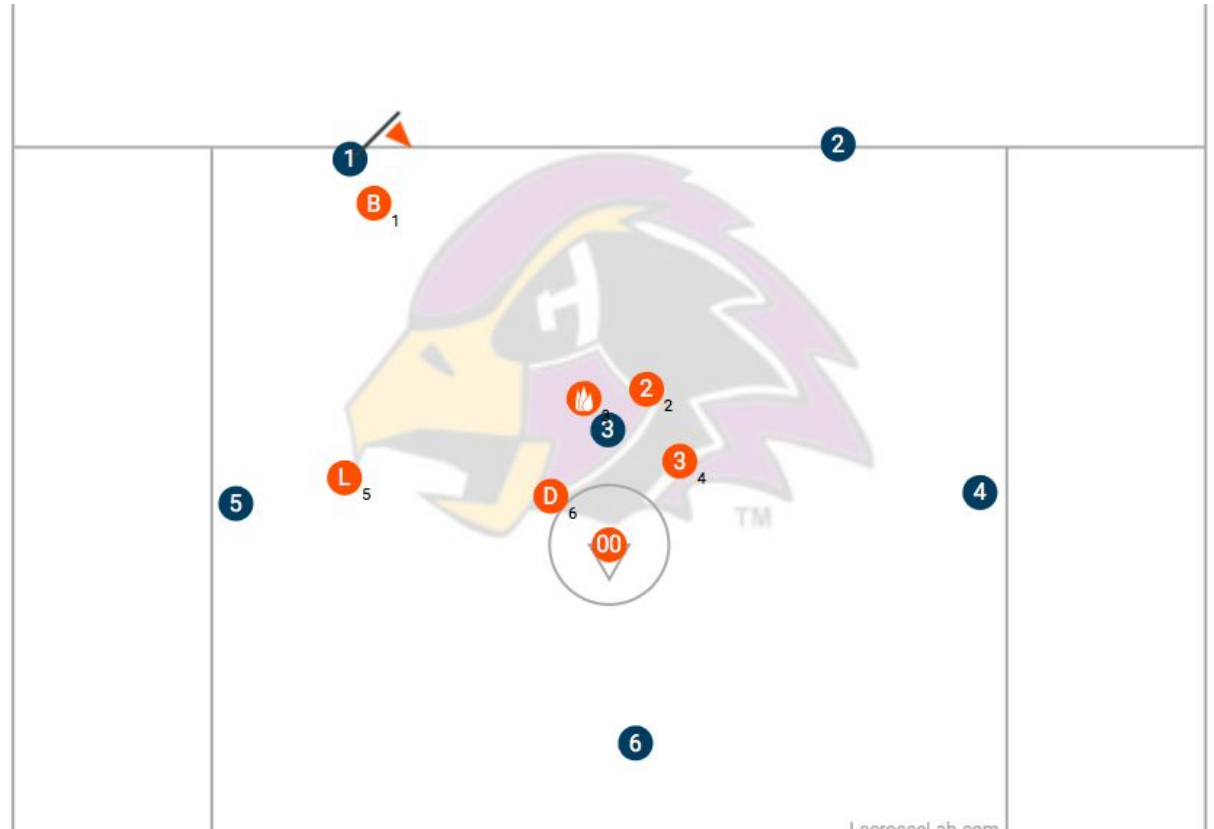
Slide Packages

Purple - Crease slide

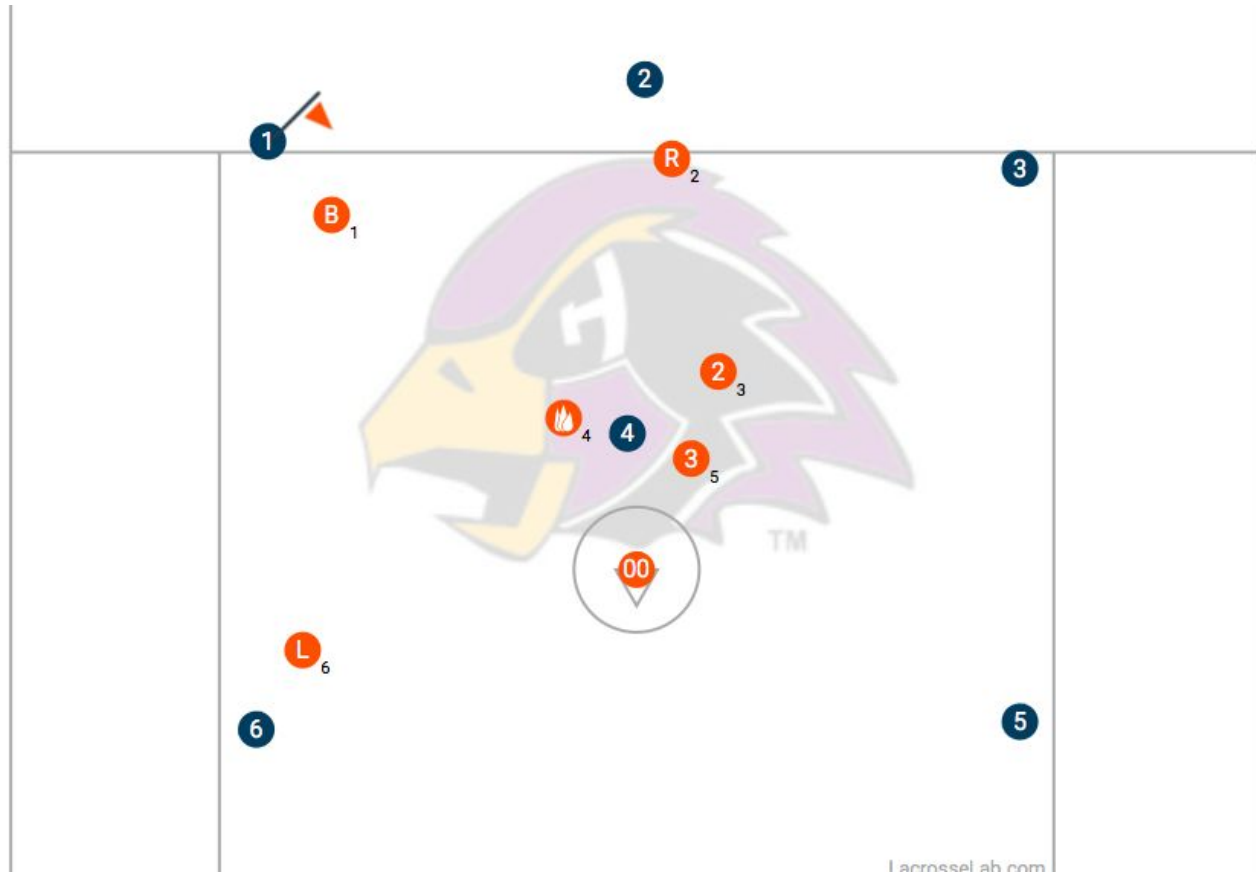
Gold - Adjacent Slide



Purple Example 2-3-1



Purple Example 3-1-2



Terminology continued

Misc.

Loyola - Call + jersey number indicates player to jump once receives ball while all other players are locked

Bingo - Double the ball with goalie coming out of cage to cover player closest to the goal

Man Down

Bird - Box with short stick defender in the middle locking off crease

50- 3-2 formation with short stick middle bottom left.



Terminology Continued

- **Hot one:** first slide to ball
- **Two slide:** second slide covering for first slide
- **Fill:** off ball man filling passing lanes
- **Fire:** term used to communicate when we are sliding to ball
- **Peel:** slide man says to defensive on ball of offensive players we slide to, telling the player to peel back to the paint.
- **Bump:** Used by two slide is covering for first slide to let the defensive player that just peeled to the crease to bump him back to his original position.
- **Close the gap:** For the player on ball to take space from the offensive player and apply pressure on the offensive player with the ball.
- **Close the gate:** Forcing top foot over top of offensive player and back to X.

Principles by Position

Longstick Midfielders and Midfielders:

- Get out and play your opponent, getting a PUNCH at 17 yards off the wings of the opponents offensive box
 - At the top of the box or right off the end-line, to drive your opponent off his path.
 - We will drive and force opponents down the side, away from their strong hand if given the opportunity, unless otherwise told differently.
- **NO ROLL BACKS TO THE MIDDLE OF THE FIELD!** No checks anywhere on the field inside the offensive box
- **DO NOT THROUGH TRAIL CHECK!** Drive and push the player on his hips
- Off ball, report to crease and midline, communicating and talking through everything.

Principles by Position

Defenseman:

- Approach under control
 - You want to keep your top foot high, forcing your opponent to make plays with his off-hand.
 - Trail to X, until you break a side and your stick head goes up field. Against a drive from X or off the low wing or high wing, we are forcing our opponent underneath or towards X and behind
 - Close shoulders to the end line within 4-5 years, on the “DRIVE” call.
- Outside of 5 yards, angle shoulders to the corner of the field. If you are unable to be squared up, ride your player away from the goal, towards the corner of the field, maintaining your leverage and advantage.
- We expect you to step out and run/challenge/pressure your opponent.
- As a close defenseman, your check should occur as a player is retreating away from the goal, or jogging within the offensive end.
- Limit these checks and be more of a force running and **DRIVING** players around the field.

On Ball Principles for all

- **HAVE THE MINDSET YOU WILL NOT BE BEAT!** Confidence and aggressive on ball.
- Close the gap! Take space away from the player dodging to put pressure on him but to create space for you to be able to take proper angles if they do get a step on you.
- Stick will be in front of defensive player in the offensive players hands to apply pressure.
- **DRIVE IN THE PLAYERS HIPS!** It is much easier to control the offensive player when you are driving them out while in their hips.
- When dodged on from up top, force the player to the alley. We cannot give up the middle of the field because it will change our two slide. **DO NOT GIVE UP ROLL BACKS!**
- While being dodged on from X, force the player to one side. Know the players weak hand and force him to it. Once at a step before GLE, CLOSE THE GATE and force the player back to X.

Off ball principles for all

- We all must communicate together, starting with the goalie leading to the defenseman and anyone on the defensive end.
- If you are one pass away from the ball (unless you are the one or two slide) press out on your player to push the pass further away and pressure the ball.
- If you are opposite side of the ball you must help in the crease, paint, etc. Help the team communicate who is the one and two slides. Have conversations with each other about what you are seeing so everyone is on the same page.

Playing picks

- Pole to pole pick: Switch; call sides and be aggressive. This is also an opportunity to jump the pick and get a quick double team.
- Pole to shorty pick: Switch; again be aggressive because we can get a quick double team to force a turnover.
- Shorty to pole pick: STAY; shorty get close to player setting pick and communicate to player to get over or under of pick so they can stay on ball.
- Shorty to shorty: stay.
- IF THERE IS ANY CONTACT: switch.

Defensive Strategy Videos

[Individual Defense](#) - Bill Tierney does a great job of illustrating of how to play 1v1 defense depending on position of dodger.

[Zone](#) - Bryant used a 25 zone formation to upset Syracuse in the NCAA tourney. All players constantly moving out to ball and then back into the paint

Purple Slide- Cornell has a similar slide we will be using.

<https://www.youtube.com/watch?v=BqIZTqf6Jhs>

Gold [Slide](#) - Same as above for adjacent slides

Good explanation and talk through of on ball and off ball defense

https://www.youtube.com/watch?v=SvBVr_xjCvg



Individual Drills

Footwork - Combination of drills to that will help improve your body position and breakdown at point of attack

Ground balls - Work on the proper GB technique by practicing this at game speed

Wall Ball- Work on these drills to improve your passing and catching in the clearing game

Final Thoughts

Playing great defense doesn't happen overnight so make sure you are learning the concepts, working on the individual drills and staying ready for when the season starts. Go on youtube and watch college and professionals playing defense (on and off ball, transitioning and clearing) and then work to add what you see to your skillset.

If you have any questions, please reach out to:

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