

# 2016 National Conference



## Big Picture Defense: With a focus on teaching principles, fundamentals & skills

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U19 Australian Men's Lacrosse Team 2016



AUSTRALIAN LACROSSE ASSOCIATION

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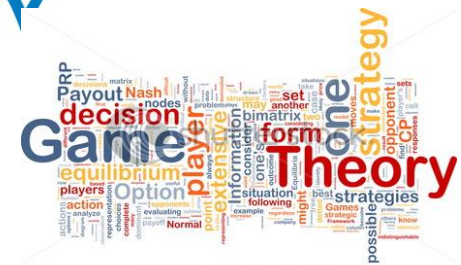


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# Introduction



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# Why this topic?

- Mismatch of talent, athleticism and focus on the defensive end of the field in Australia



# Topic Overview

- Defense: The big picture
- Talent Identification: Who should play defense
- Playing D without the ball
- Defensive fundamentals, principles, skills & drills



# The Big Picture

- What is defense?
- When does defense start and offense finish?
- Who is responsible for playing defense?



# Defense: With the ball



- Win (+) or Draw (=) principle
- Design your offense to maintain possession or regain possession quickly
- Condition your close D players to take a superior gb position



# Supporting Tips, Skills & Drills

- Time offensive possessions
- 3v3 quick outlet transition drill
- 7v6 half field riding – transition offense
- 2v1H2H centre line gb drill

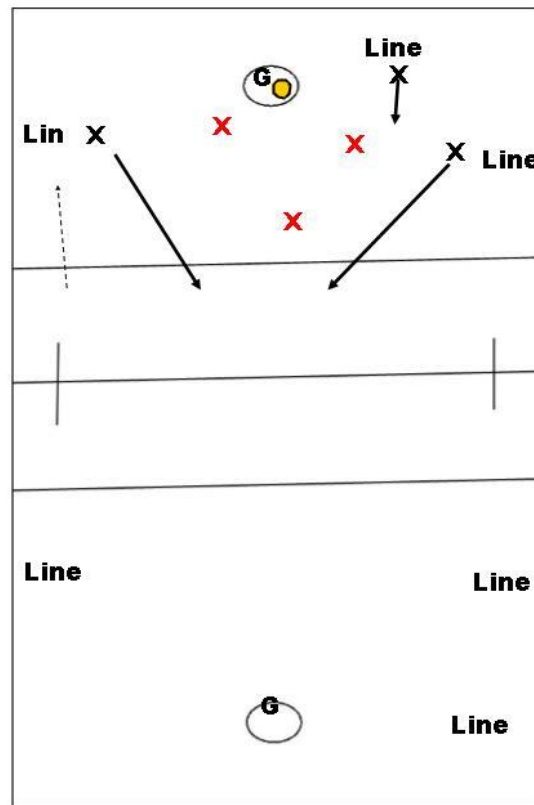




# 3v3 Quick Outlet & Transition/Riding Drill

3v2 Quick Outlet Transition & Riding Drill

U19 Australian Men's



Objective: Condition all players to quickly snap into the riding game and take away the dangerous areas, forcing the clearing team to slow clear and settle into half field offense. Also provided opportunity for players to become comfortable creating transition scoring opportunities.

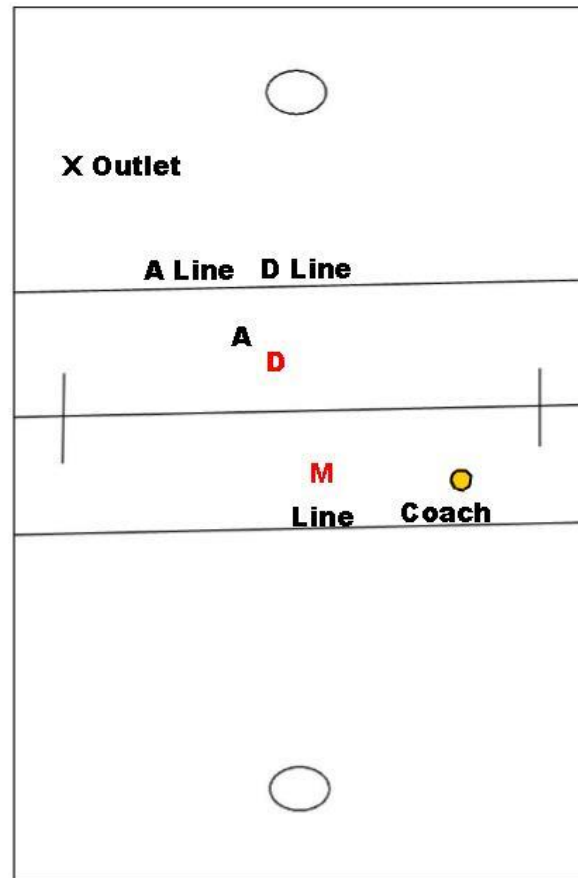




# 2v1 Centre Line GB Drill

2v1 Centre Line GB Drill Drill

U19 Australian  
Men's



Objective: Condition defensive players to take dominant position for centre line gb's and provide opportunity to practice goosing the ball and communicating when to cross or outlet.



# Defense: Without the ball

## A QUICK NOTE:

- There are a lot of different approaches to playing defense.
- What will work for your team depends on your playing resources (athleticism, understanding, awareness and skills) and your opponents offensive skill set.



# My Approach to Defense Without the Ball

- I take a mixed approach to defense.
- Approach presumes we are less athletic than our opponents offense.
- Combines traditional man on man principles, with contemporary man on man principles and zone principles.



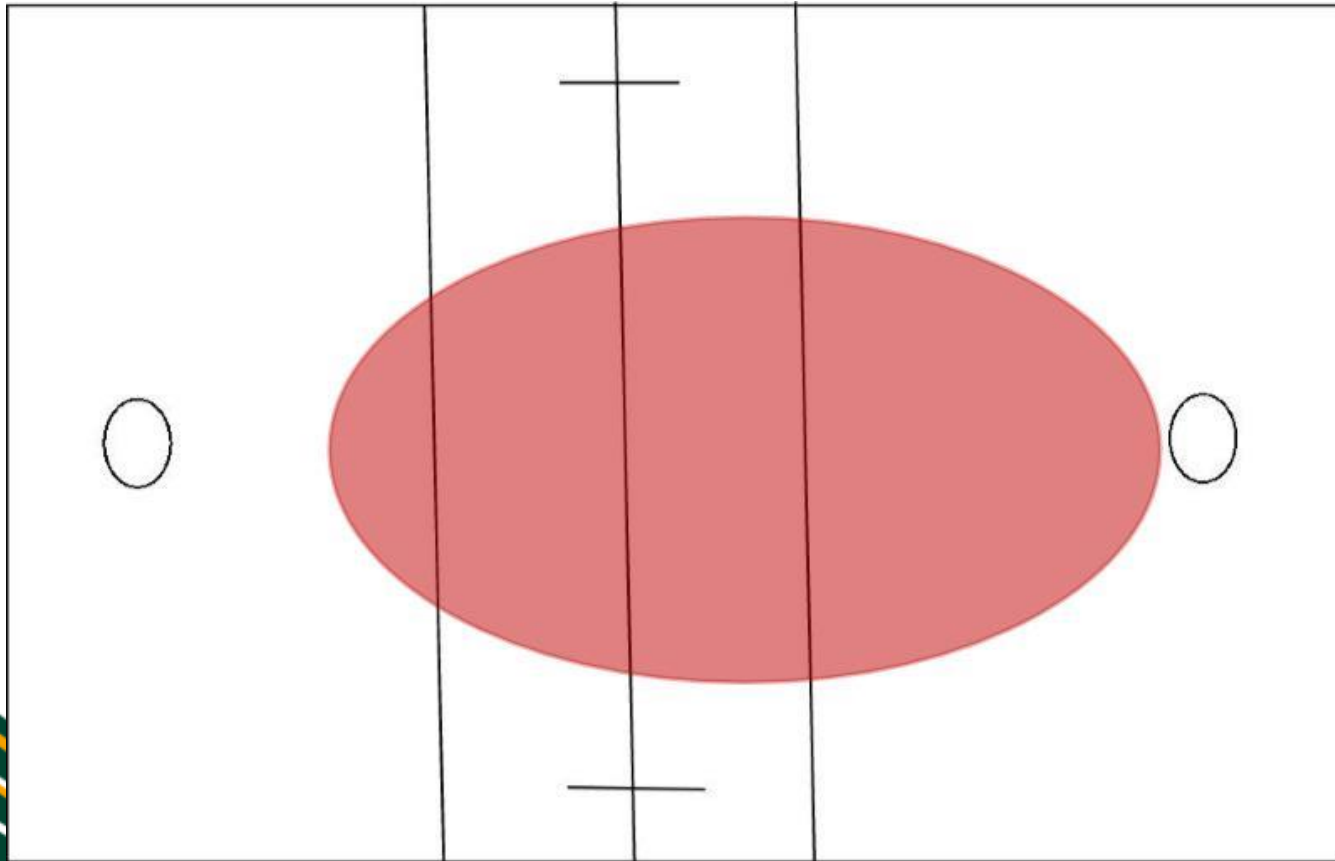


# Key Principles

- Defend from the inside out
- Be prepared to slide/help
- Slough off players presenting low offensive threat
- Be accountable
- Be adaptable
- Communicate, communicate, communicate



# Riding: Danger Area



# Riding

- Prevent any immediate outlets that could create transition
- Cover all upfield passes and look to slow the clearing teams progress
- Settle into your ride pattern
- Force the clearing team to make multiple, long passes deep in their half



# Common Clears & Counters

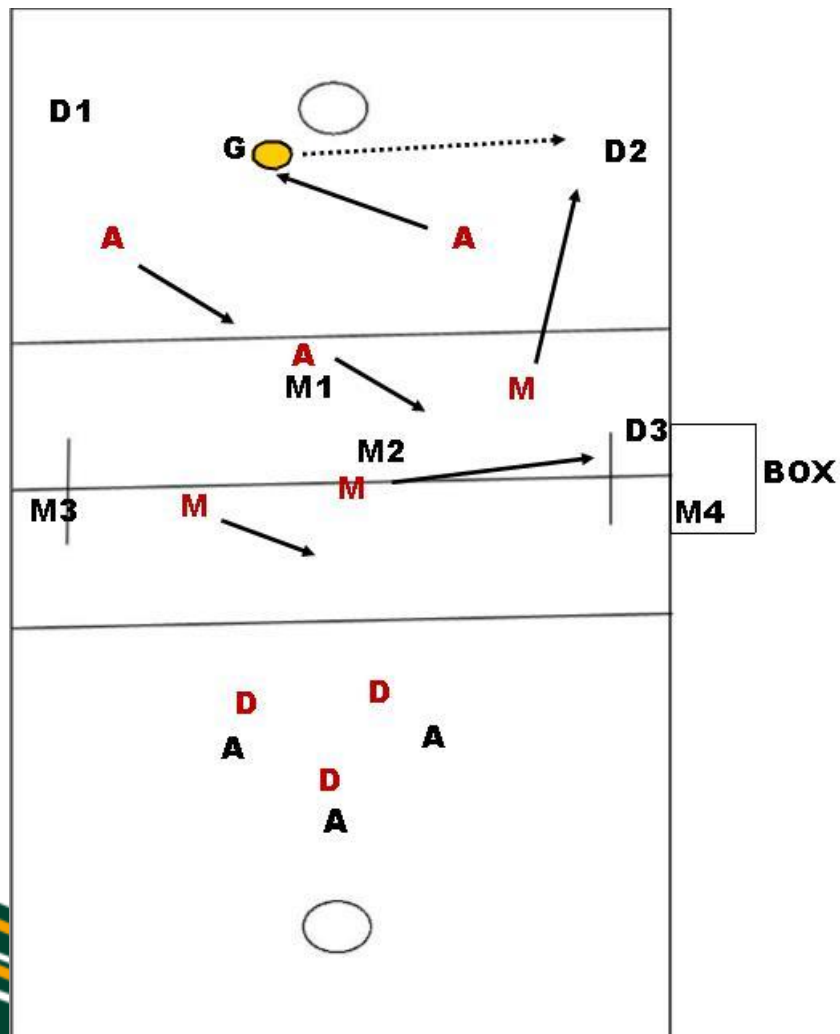
- Open clear (222)
- Closed clear (box & 2)
- Midfielder carry



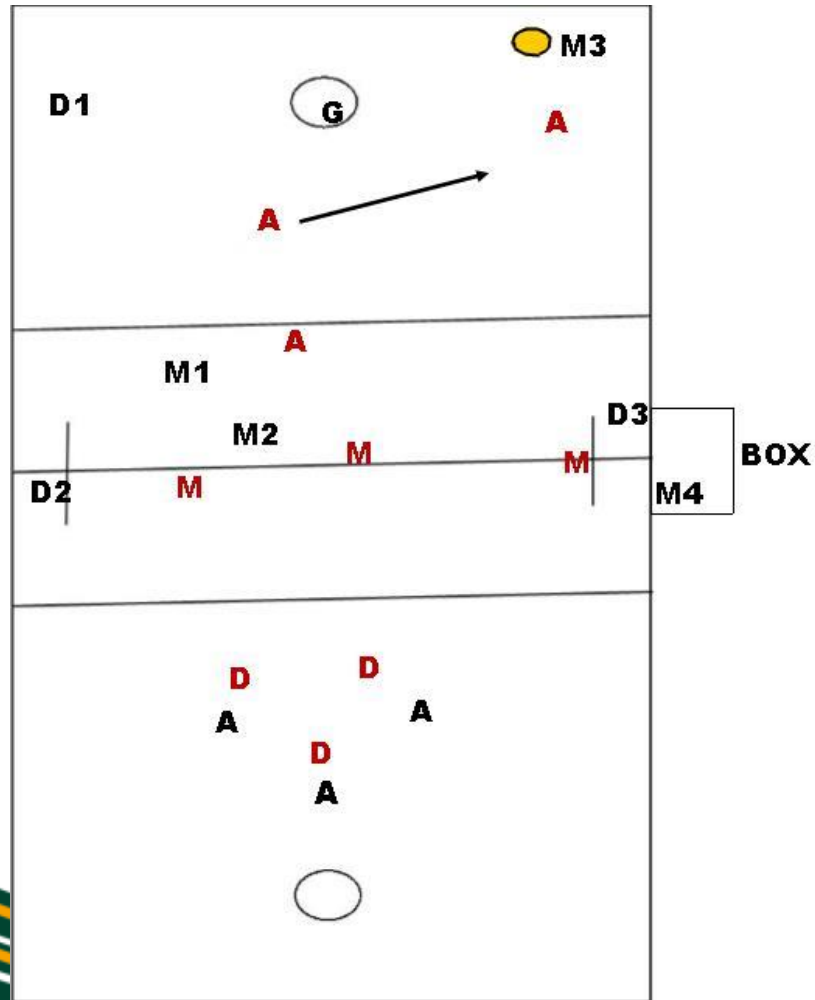




# Closed Clear - 42



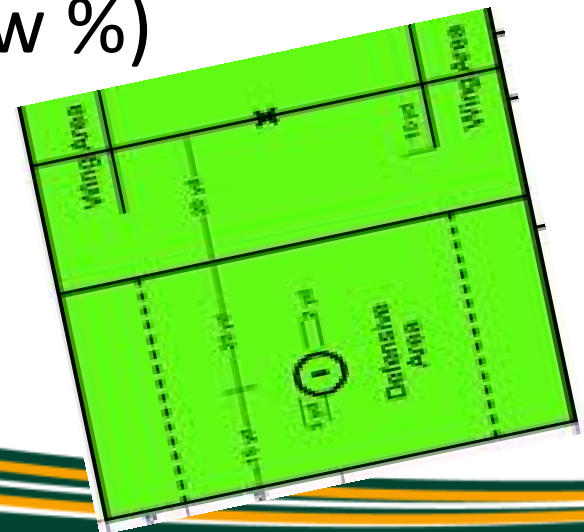
# Carrying Clear



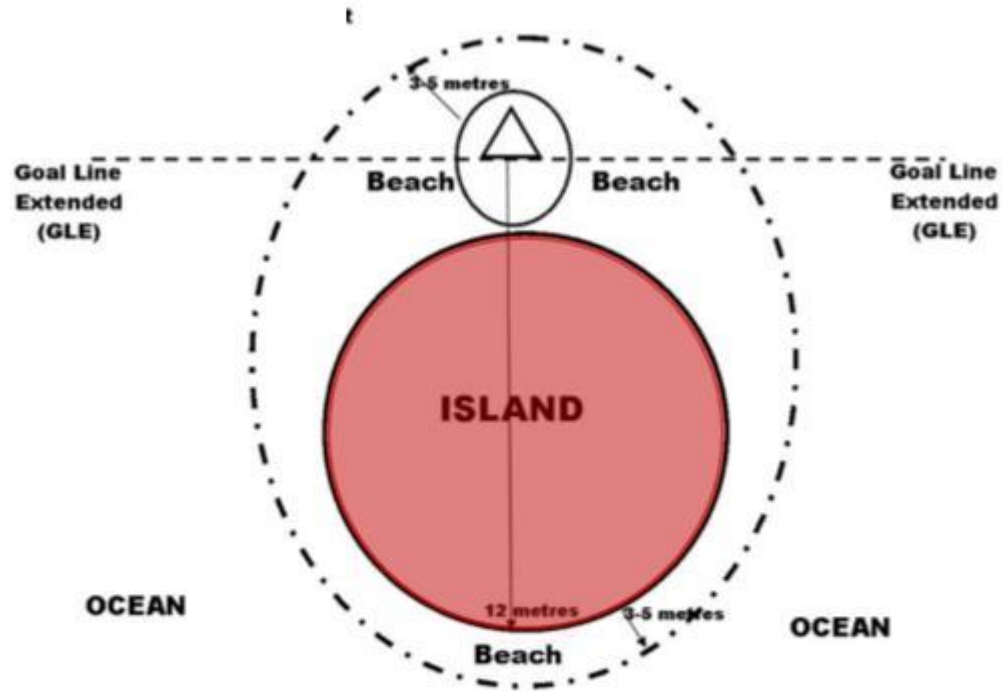
# Half Field Team Defense Principles

In addition to the key principles mentioned earlier:

- Prepare to be beaten on occasion
- Design your defense to provide help/slides that give your opponent the worst possible shot (low %)



# The Basic Island Principle



# Half Field, Individual Defense Principles With the Island

## On Ball Defense

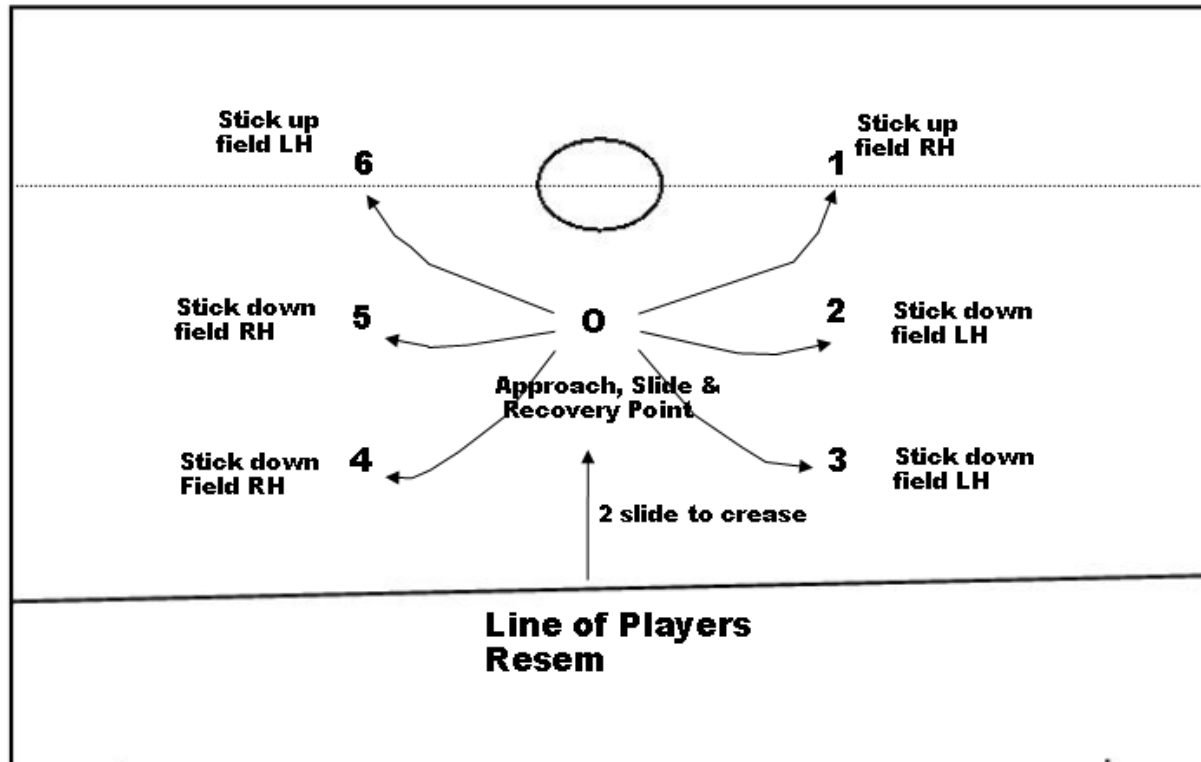
- Engage the ball carrier when he steps on your beach.
- Take a strong angle of approach. Give your opponent 1 direction.
- Funnel them down the alley from up top.
- Turn them back to X from below GLE.
- Poke, insert & drop step.
- Close the gap as you near the danger zone.
- Turn your opponents hips away from the goal.
- Be there at the end to interfere with the pass or shot.



# Angles of Approach Drill

Approach Angles—Approach/Slide & Recover

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Lacrosse Squad 2012



Objective: Condition players to take good angles of approach, protect the dangerous area the attackman wants first then break down and make final close down approach from there.

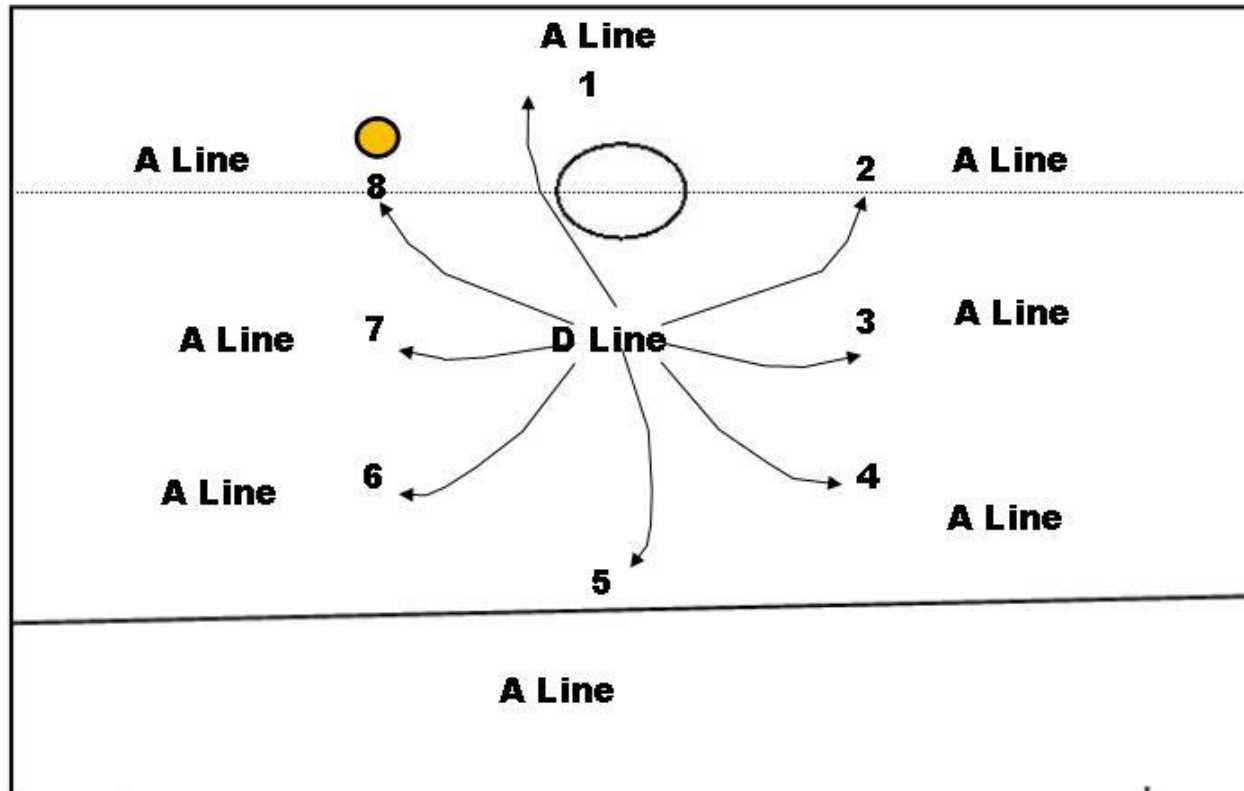




# Simple Approach and 1v1 D Drill

Approach & 1v1 D Drill

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Objective: Condition D to take good angle of approach heading into a 1v1 contest and reinforce good on ball defense principles (poke, insert, drop step, lift, turn hips out).

# Half Field, Individual Defense Principles With the Island

## Off Ball Defense

- If beaten recover to Island.
- Back side players inhabit Island and take on slide and passing lane cover responsibilities.
- Communicate slide responsibilities.
- Adjacents are closer to edge of Island and have sticks to interior lanes.
- Head on a swivel.
- Line up ball side and open to the ball when matching offensive players on the Island.
- To cover cutters, move early and block their intended path, then run with them and cover their stick.



# Sliding: When to hold, show and go



Really opponent specific and will require some scouting. As a general rule of thumb:

- Hold = ball carrier is not a huge threat, weak show or only looking to feed.
- Show/Haze = If the ball carrier is really only dodging to feed and waiting for the slide to come.
- Slide = When your opponent is a credible scoring threat.



# Sliding: What to look for to go



Meet the ball when they are wanting to shoot!

- Know your opponents habits
  - Are they a shooter, feeder?
  - What is their shooting range?
  - Where do they like to shoot from?
- Determine their body language.
  - Does your team mate defending the attackman have good body and stick position?
  - Are their hips turning to goal?
  - Are they driving aggressively?
  - What are they looking at? Goals or feeding options?
  - Are they carrying 1 handed or 2 handed?



# Off Ball Defense Drills

- Piggy in the middle
- 1v1 inner crease feeding drill
- 4v3 12 m box drill,
- Slide responsibility drill against skeleton offense at 50%
- 3v3, 4v4, Slide recognition drills
  - I shape for crease slide
  - 21 shape for coma
  - 4v4 for adjacent



# Identifying Talented Individuals to Play in Defensive Roles

- Good athletes, quick feet, good size
- Team oriented players that support team mates
- Great awareness of surroundings
- Strong communicators
- Capable stick handler and ground baller
- Not afraid of contact





# Simple Drills to Develop Talent

- Footwork = Star & box conditioning drill
- Footwork = 1v1 Drop step D drill
- Stick skills = 3 man D passing drill
- Stick skills = Piggy in the middle
- Ground balls = Crease and midline GB's
- Communication = Blind folded partner obstacle course.





# Questions

