



US LACROSSE COACHING EDUCATION PROGRAM

Defending Picks Resource

Playing picks above the goal line extended when a pick is set for the ball carrier

- The best option for the defense to maintain balanced defensive coverage when picks are set above the goal line extended on the ball carrier is to have an automatic switch.
- The defender covering the attack player who is setting a pick on another defender guarding the ball carrier should call for a switch and leave the attacker setting the pick to cover the ball carrier.
- The defender, who was playing the ball carrier, should now cover the man who set the pick.

Playing picks behind the goal line extended (i.e., behind goal) when a pick is set for the ball carrier

- The best option for the defense to maintain balanced defensive coverage when the ball carrier is behind the goal is to allow the defender being picked to continue to guard the ball carrier.
- Once again, the defender covering the picker is the director yelling what the defender covering the ball carrier should do.
- The defender covering the picker should communicate where the pick is by yelling “pick on your right” or “pick on your left” – “go through.”
- “Go through” means the defender on the picker will drop off the pick 2 to 3 yards, giving the defender covering the ball carrier space to go under or around the pick and get to the other side to continue to cover the ball carrier.
- The defender covering the picker should be positioned off the pick waiting to see what the picker and ball carrier’s next moves are.
- If the picker cuts around to the goal after the ball carrier runs off the pick, the defender on the picker stays on this man.
- If the ball carrier goes by the pick and his defender continues to cover him, but then the ball carrier cuts back using the pick a second time, a “switch” call may be needed at this point if the pick stops the defender covering the ball carrier.





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Playing “Off-ball picks” (i.e., playing picks when the attack does not have the ball)

- Defenders may defend picks on attackers without the ball either by calling for a “switch” or calling for the defender to “go through.” This decision is up to the defenders involved in the pick.
- The defender guarding the attack player setting the pick should decide and react to whether his teammate – the defender on which the pick is set – can get around the pick or not.
- If the defender on which the pick is set cannot get around the pick, his teammate guarding the picker must call for a switch and pick up the attacker running off of the pick.
- If the defender can get around the pick, his teammate guarding the picker should yell “go through.”

