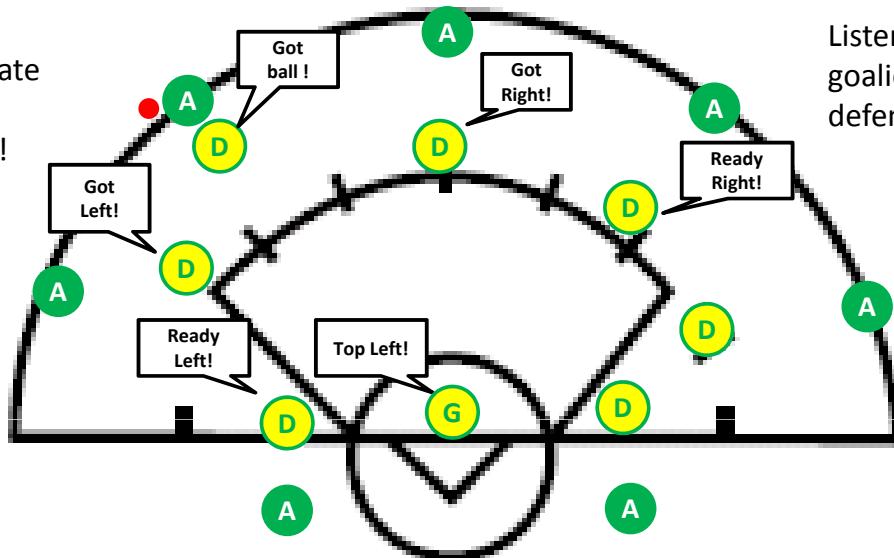


On Ball & Off Ball Defense

Communicate loudly and repeatedly!



Listen for the goalie and other defenders!

“On Ball” Defender

- **Communicates** that she’s on ball and where the ball is
- **Pressures** the attacker **goal side** – between the ball and the goal to take away shot or open path to goal
- Uses **body defense** to force attacker
 - to cradle/pass with their weak hand
 - wide/down the side and below the goal line
 - into a double team
- Mirrors the attackers stick with their stick and only checks when only 99% certain can get possession of the ball with a **safe and legal** check (honor your opponent)

“Off Ball” Defenders

- Keeps **stick up** in passing lane on the ball side
- Position body to **see ball and see girl** marking
- Marks her girl **goal side** – between ball and marked girl to take away the pass
- **Communicates** to “on ball” defender where **help** is for **double team**
- **Slides** aggressively to cover open girl when double team goes
- Focus on girls who pose the greatest threat

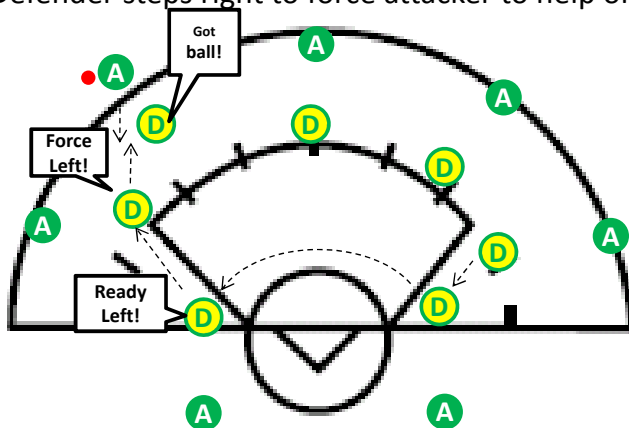
11-Oct-11

Defense.pptx

1

Double Teams and Slides

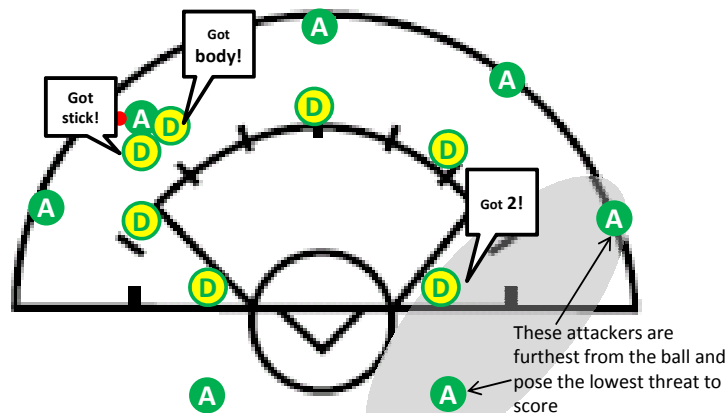
Defender steps right to force attacker to help on her left



When you double team, commit to it until the double team ends due to a pass, shot, getting beat, dropped ball, turnover, etc. **DO NOT LET UP UNTIL THE DOUBLE TEAM IS OVER!** If they try to back out, go with them.

Double teams and slides should be done aggressively. Don't hesitate or second guess ... commit and act!!!

Defense slides to adjust



These attackers are furthest from the ball and pose the lowest threat to score

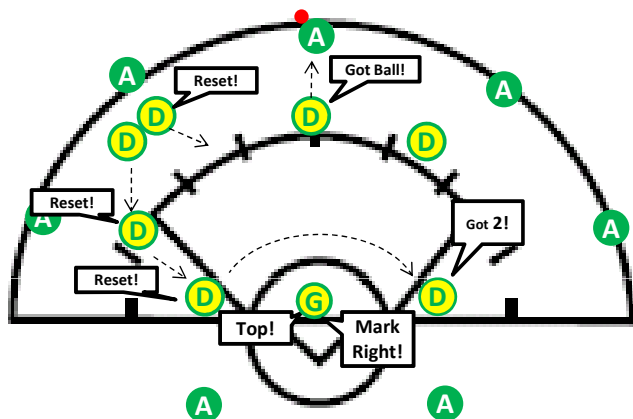
11-Oct-11

Defense.pptx

2

Reset when Double Team is Over

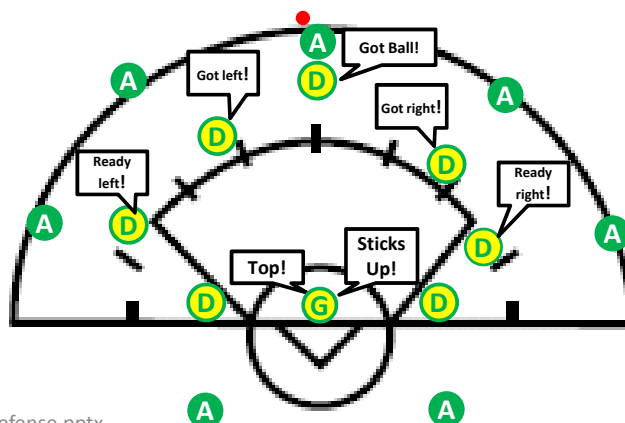
Attacker successfully backs out of the double team or passes. Defense resets.



Listen to the goalie/other defenders for cues as to where help is needed. "Got 2" "Mark right"

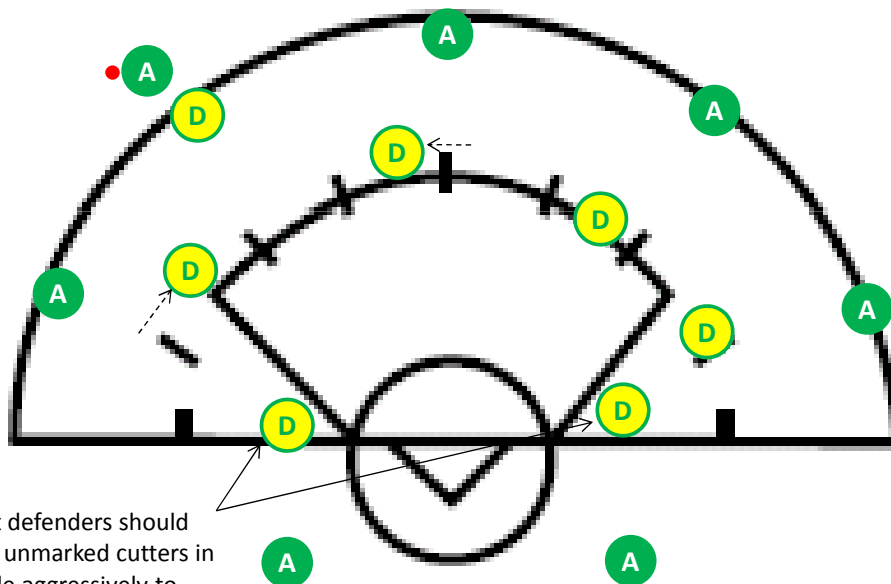
Reset aggressively. Don't hesitate or second guess ... commit and act!!!

It starts over again.



Off ball positioning:

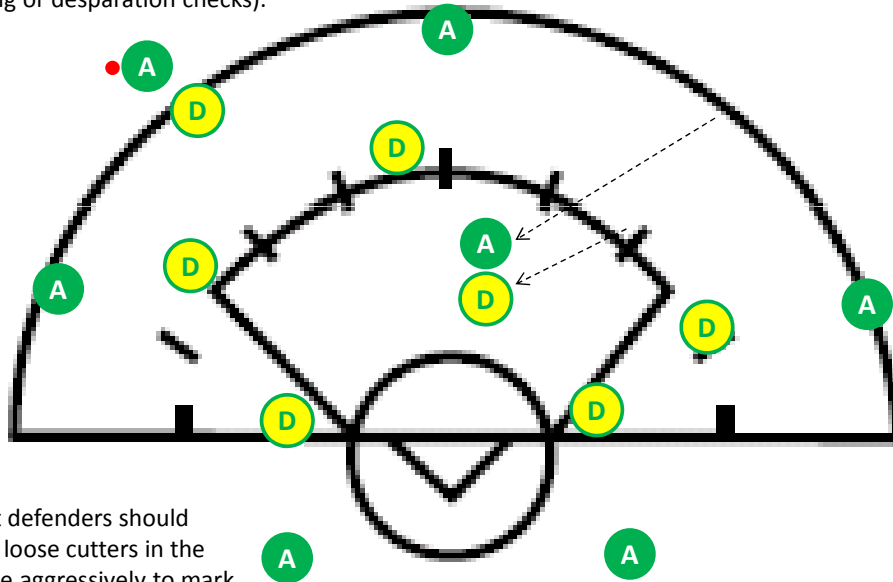
- ALWAYS see ball and see girl
- Hide your pony-tail from the girl you are marking – if she can see it, you can't see her.
- Make a triangle: ball – you – girl
- Sticks up! in the passing lane
- Take a big step back to improve your angle so you don't have to turn your head too much
- Defenders adjacent to the ball should "cheat" slightly toward the on-ball defender to be ready to help in case the on-ball defender gets beat and needs help



The two lowest defenders should always look for unmarked cutters in the 8m and slide aggressively to mark them goal side.

Covering cutters:

- See ball, see girl so you can anticipate the cut
- When the attacker starts the cut, use body position to force them where you want them (don't let them get behind you)
- Try to run hip to hip with the cutter
- Stay goal side
- Stick up mirroring the attackers stick
- If she's got a step on you, focus on catching up rather than trying to make it up with your stick (detaining or desparation checks).



The two lowest defenders should always look for loose cutters in the middle and slide aggressively to mark them goal side.

Goalie Communication

