

Defense outline 02/22/07

Defense – object is to make the opponent pass the ball

1. Stance
 - a. Knees bent
 - b. Weight on the balls of your feet
 - c. “Chin over shin”

2. Checking – Stay in control
 - a. Poking – hand or stick only, never slash or swing
 - b. Poke, Poke, Poke, Lift
 - c. Two hands in the center of your stick
 - i. Do not crush the opponent to the ground
 - ii. Push to the outside
 - d. Do not lunge at your opponent
 - i. Controlled and measured
 1. Push and poke/lift

3. Movement – Relax...display organization and confidence
 - a. Spacing – do not bunch up, stay in your triangle
 - i. Keep the opponent at stick length
 1. Outside the restraining box – stick plus ½ length
 2. Inside the restraining box – stick length
 3. Crease to 20 feet – body contact or personal space (3ft)
 - ii. Shuffle feet side to side – resist turning your body to follow an opponent.
 - iii. ALWAYS position yourself between the ball and the goal
 - iv. Follow the outside shoulder of the opponent

4. Position – “Stream with a large rock in the middle”
 - a. Triangle
 - i. Point
 - ii. Wings – left and right
 - b. Stay within your position – triangle
 - i. Do not over commit outside the triangle
 - c. Follow the ball, not your man
 - i. Most scoring opportunities happen when the defense does not stay in position, which opens avenues to the crease for the opponent
 - d. Keep the crease clear
 - i. DO NOT allow an opponent to sit in the crease
 - ii. Allow shots to happen from the corners, not from the front

5. Clear

- a. Goalie and defense long poles work together as a team
- b. Spread out and use the entire field
- c. 'L' clear – corners of the field and penalty box locations
- d. Goalie and defense corners walk up the field together in a straight line
 - i. Walk the ball up the field as far as needed
- e. RELAX, do not pass the ball until you are forced to...
 - i. Find the open man when the opponent comes after the goalie
- f. Defense takes the ball on the offensive after calling "Middie Back"