

Youth Lacrosse Defense – Some Basics
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- “Get back!” When your offense loses the ball, your midfielders should turn and run to the defensive end – inside the restraining box. If your team fails to do that, your opponent will score easy transition goals.
- Make sure your defensemen know who they are guarding – have your middies point to who they are guarding. If you think they don't know, periodically ask “Who are you guarding?” from the sideline.
- Communicate! TALK! Goalie is key.
- Always stay between the goal and your man.
- The further your man is from the ball, the further you should be from your man.
- Play man-to-man defense
- Practice sliding to the dodger. Boys have to learn to leave their man in order to stop the dodger.
- Guard tightly on the crease. Can't allow passes into that area.
- Don't guard too far away from the goal! If he can't score from there, don't get too close to him. The closer a defender gets to an attacker, the more likely the attacker will get by him.
- An offensive player can't score when he is behind the goal. But he is close to the goal. So, if he has the ball, and he is behind the goal he must be guarded – more closely and intensely as he gets closer to the goal. If the ball is above the goal line extended (GLE), all defensive players must be above GLE. Need to be able to help on the dodger.
- See man, see ball. Rule of thumb – 2 looks at man, 1 look at ball.
- Slide from the crease, fill (simultaneously) from the back side. Imagine that they are “on a string” – as one moves, the other moves.
- Whoever is on the crease needs to identify himself as “hot” (slider). If several are on crease, 1 needs to identify self as “hot” “I'm Hot!”
- Always keep stick on upfield side when playing someone behind.
- Have middies “take away middle” of the field – force opponent down sides (alley) rather than into middle
- Don't “stick chase” or go “over the head” – work to stay in front of attacker.