



Burning River Lacrosse

“Fundamental Individual Defensive Skills”

Basic Individual Defensive Skills

Footwork

A. Stance

- Head over and between feet. Toes pointed forward (always face opponent not ball)
- Knees bent
- Back straight
- See the ball

Right

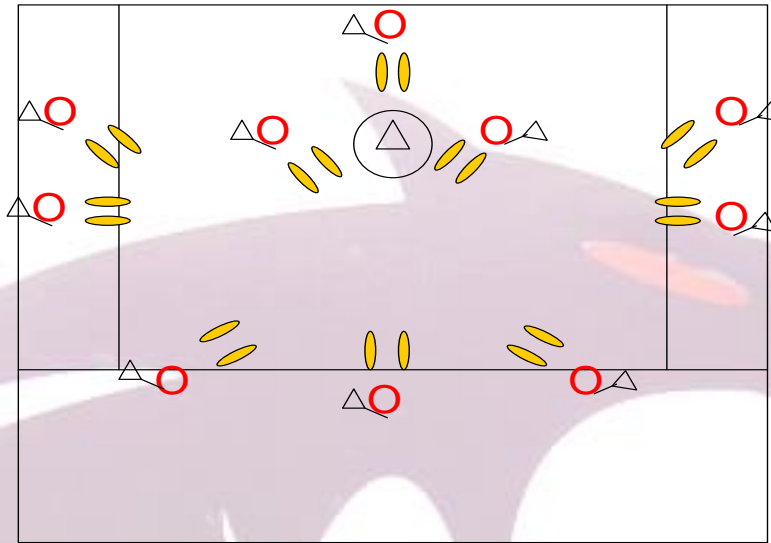


Wrong



B. Foot positioning

- a. Know how your feet should be positioned on different spots of the field. (X, GLE, Wings)



Foot Positioning

- C. Shuffle side ways, don't cross your feet
- D. If your opponent is moving too fast to shuffle turn and run hip to hip
 - a. Remember to stay open on top (chest to shoulder)
- E. Use a drop step if your opponent changes direction or is beating you to goal
 - a. Open your hips and stride to cut off angle
- F. Use back peddle to maintain cushion on North/South moves away from cage

Stick Skills

- A. Hold stick at end with hands 12-18" apart (use full length)
- B. Stick should be pointing toward opponent and upright. (Force them to go through)

Right



Wrong



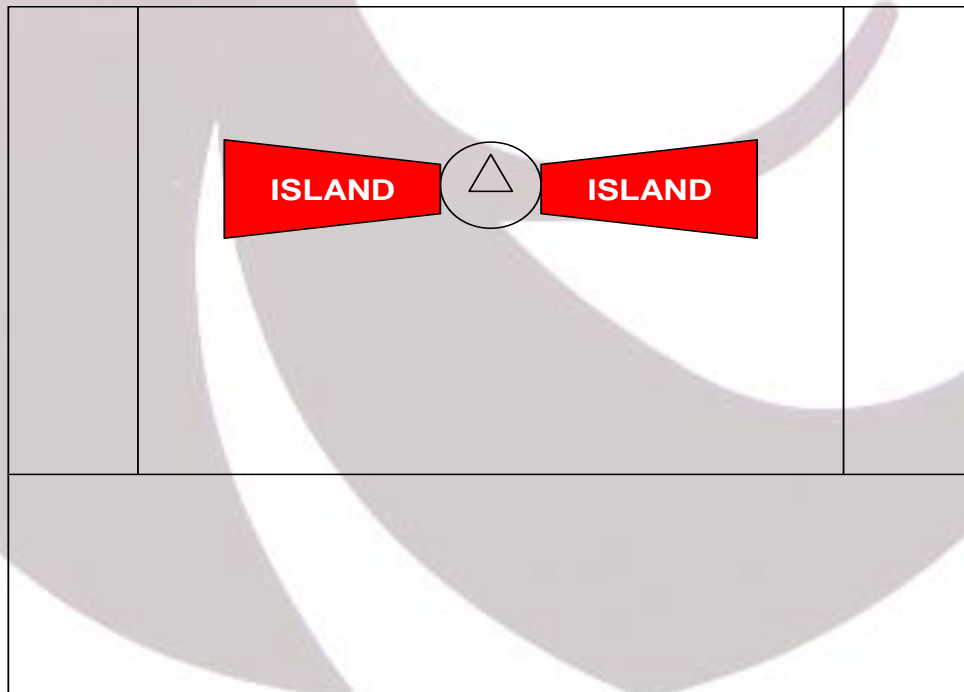
- C. Keep it in front of opponent and between their waist and neck
 - a. Gives you a cushion
 - b. If to high penalty, if to low no use
- D. Work on opponents inside shoulder
 - a. Get stick under lead elbow
 - b. Poke opponent in the gut
- E. Use quick, crisp, 8 to 12 inches pokes to harass
- F. Use lower hand like a pool cue for power
- G. Horizontal checks are more effective - vertical checks lead to penalties
- H. Keep stick to the inside whenever possible

Stick Checks - You stick check with your wrists

- A. During the check you must keep your feet moving and maintain stance
 - a. No lunging
- B. Use check that if beaten will force opponent to take longest route to goal
- C. Check through opponents stick or gloves
- D. Basic Stick Checks
 - a. **Poke** - Use with either cross hands or stick on stick
 - i. Aim for head of stick or glove
 - ii. Don't step in to attacker
 - iii. Like pool cue - bottom hand pushes
 - iv. Slide and twist stick to broaden area
 - b. **Slap** - Use on stick on stick or change of direction
 - i. Aim for head of stick or glove
 - ii. Don't step in to attacker
 - iii. Slap or snap stick head on gloves
 - iv. Can take hand off of stick to get more range
 - c. **Chop** - Use with either cross hands or stick on stick
 - i. Come straight down from on top to gloves
 - d. **Wrap**
 - i. Off Cross
 - 1. Move both hands to butt end
 - 2. Reach wrist in around opponent
 - 3. Snap or throw bottom hand off
 - ii. Stick on Stick
 - 1. Lower hands as in slap
 - 2. Release butt hand and throw stick around

On Man (Driver)

- A. Stay under control and maintain stance
- B. Drive opponents out, drop back and check
- C. Maintain equal pressure with your arms/forearms.
 - a. Forearm - top hand at 90 angle, get low and drive hips.
 - b. Butt hand – heel of hand on shoulder, drive then slap check.
 - c. Butt hand forearm – forearm on opponent, step in and drive
- D. If your opponent is up top.
 - a. Close the gap as your opponent drives. Funnel him down the side to slide and let goalie do his job.
 - b. If opponent tries to cross over/roll back punch/jam his shoulder
 - c. If beaten use drop step to reestablish your position
- E. If behind or on wing
 - a. Keep top foot up field and pointed toward sidelines.
 - b. As your man nears GLE overplay, lock on and force behind line or into crease
- F. Defending the ball at X
 - a. Apply stick pressure. Don't let them carry it with two hands.
 - b. **DO NOT THROW CHECKS ON THE ISLAND!!!**



- G. Defending at the ball at GLE
 - a. Always have stick in front of man – upfield – not on his back.

- b. Always play top side – if we get beat, must be on inside roll, should have plenty of help/
decreased shooting angle.

Right

Wrong



Right

Wrong



- c. Force your man behind the goal – Sit down and DRIVE.
d. Feet pointed towards the corners of the field.
e. **DO NOT THROW CHECKS ON THE ISLAND!!!**