



US LACROSSE COACHING EDUCATION PROGRAM

Transition Defense in Boys Lacrosse

Defending when the Offense has numbers

- If the offensive team is on a fast break, a defender's objective is to stall for time (thereby slowing the break down) and try to cover one or multiple offensive players while his teammates recover to help him. The first rule is to get back in the hole (the area in front of the goal; similar to the basketball concept of getting back in the paint).
- The defender guarding the ball carrier maintains proper defensive position – standing with his back to the goal and with an “open” stance (one foot pointing to the player with the ball and the other foot pointing to the player without the ball). This creates a triangle with the defender/ball/other offensive player.
- Defenders require good, quick footwork so that they may force the offense to make several passes, allowing time for teammates to recover and help play defense.
- If necessary, defenders give up an outside shot or a shot from a poor angle, instead of a close, in-tight shot on goal.
- If attacking players achieve a numeric advantage close to the goal, the defense's primary task is to protect the goal by forming a tight triangle in front of the crease and forcing the offense to pass the ball or to take poor shots. After other defenders recover, the defense may assume the proper settled defensive positioning.
- Players trailing the fast break run back to the hole rather than directly to the ball carrier on the fast break. After they are in the hole, they pick up the open player who is most dangerous.

