

# Andy Hilgartner

## Defensive Drills

## Do's and Don'ts of Checking

Defensemen don't need to throw as many checks, wasting time, energy and getting beat. While guarding an attackmen, you can throw one lead poke to disrupt the attackmen but then "gather your feet" and stay balanced. Every now and then you can throw a slap check with two hands on the stick. This will disrupt passes and catches. We want to avoid "window washing" with stick high near helmet. Want to stay low and on is gloves with stick out in front.

## Defensive Positioning GLE

On ball play for defensemen when the attackman has ball at GLE Here are a few coaching points:

- Defensemen need to stay upfield, forcing your man underneath
- Stay on outside shoulder so you don't get beat upfield
- Want to limit the checks

As attackman moves upfield, defender:

- Stays low, moving feet
- Defender then can turn attackman back by bringing top foot up around attackman.

If player goes towards X, defender should trail as player goes underneath.

## Defensive Positioning on Middie Up Top

When the middie has the ball at the top, the defensemen needs to **split the field** preventing the middie from sweeping across. Defensemen need to move up and to the side of the offensive player forcing them to one direction.

## 1 v 1 Plus

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## 1 v 1 Plus Part 2

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## 1 v 1 Plus From X

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## 1 v 1 Plus Continuation

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