

Team Defense

Videos by Ricky Fried

Why Play Team Defense?

3 Important things to Remember when discussing Team Defense:

1. 8 people are responsible for a goal being scored. The blame can never be placed on one individual.

2. Everyone must be on same page— know where the ball is, where the help is coming from, where we should be forcing an offender, COMMUNICATION.

3. Take Pride in defensive unit, not just individual play. The overall team defensive scheme is more important than the individual player.

Defensive Philosophy

There are two important decisions to be made when coming up with your defensive philosophy and those are where to FORCE your opponent and where to PICK UP your opponent. You can either force your opponent away from the line of center (figure 1), or you could force your opponent towards help (usually towards the middle). You can also either pick up your opponent anywhere, at a 12-15 meter shell, or an 8 meter shell. There are positives and negatives to each philosophy. Decisions on where to pick up and where to force should be based on the athleticism of the team, skill level, and your opponent.

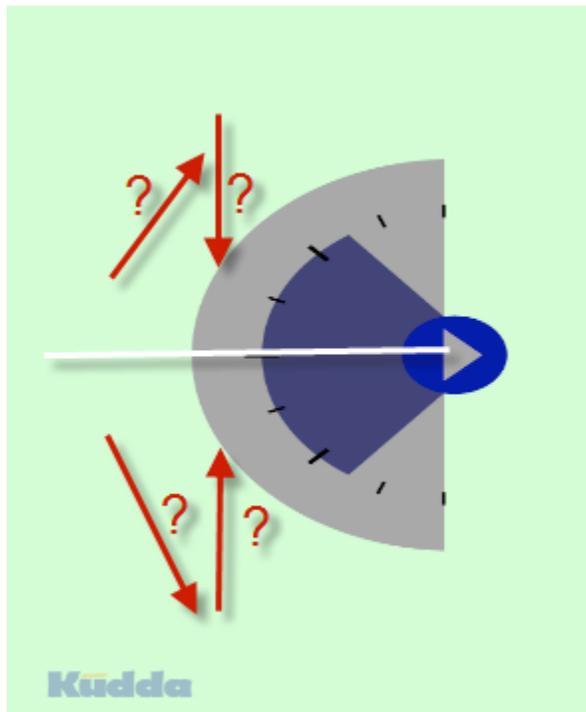


Figure 1

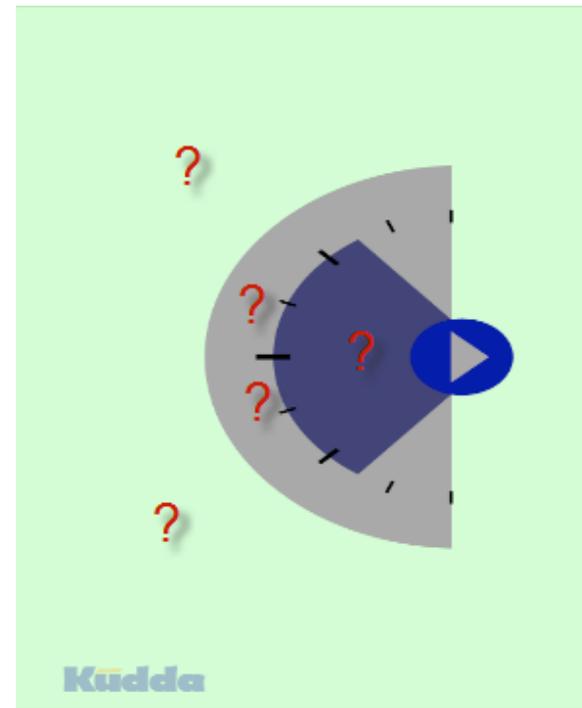


Figure 2

Sliding Packages

This drill builds off of the 1V1 concept but also incorporates the other defenders and their sliding responsibilities. Again, the defender is trying to force **A1** towards the middle where she will receive sliding help from the defender guarding **A2**. The defense rotates as demonstrated in the diagram in order to maximize the available help on the ball.

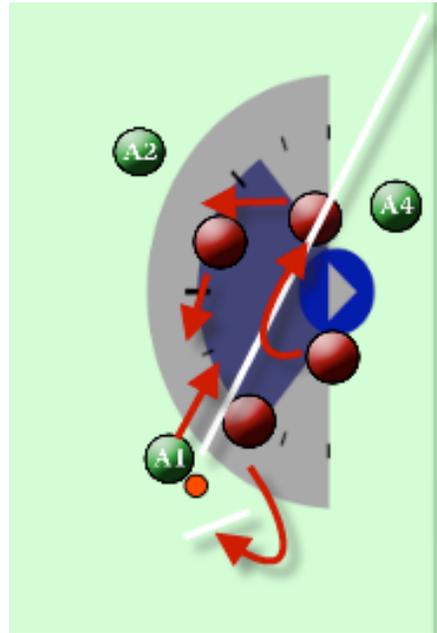


Figure 4

Defense Slides

If the ball is with A3 then the defender who is the closest adjacent, in this case the defender guarding A1, jumps to the ball to form the flat triangle. This move shortens the slide for the defender and makes it easier to help in the event of a dodge. The rest of the defense is packed around the 8 meter box with their heads on a swivel looking both to help the ball while also watching for cutters.

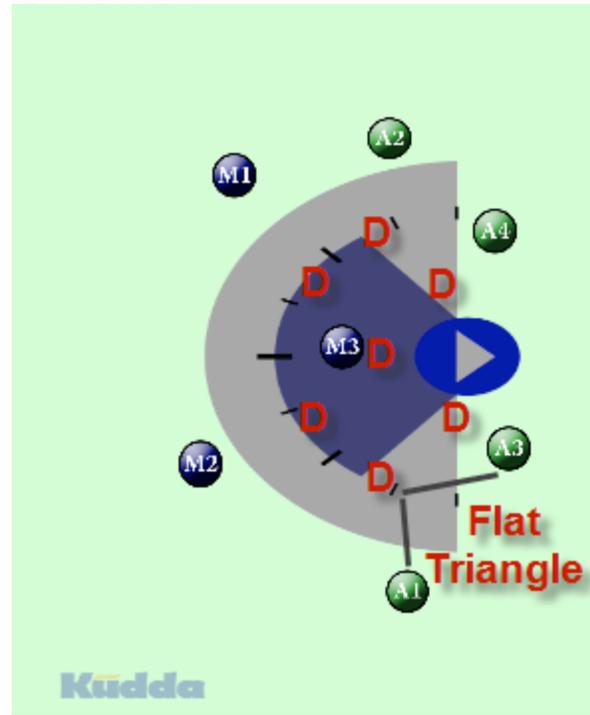


Figure 5