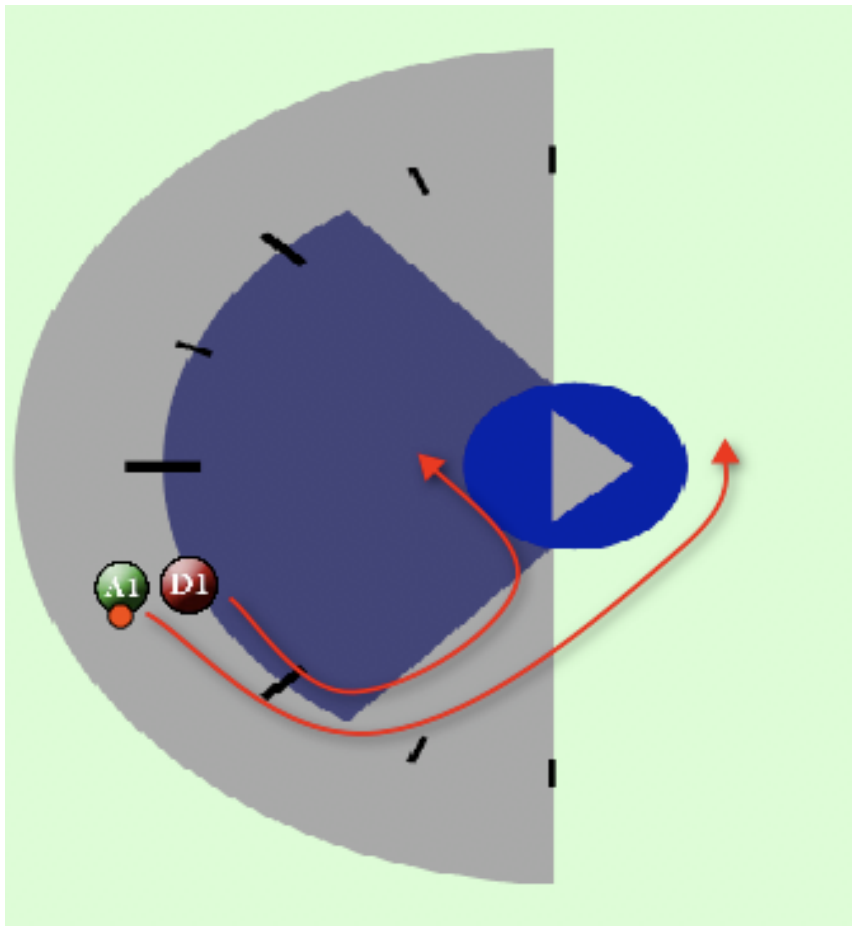


Crease Defense Videos by Jo Mooney

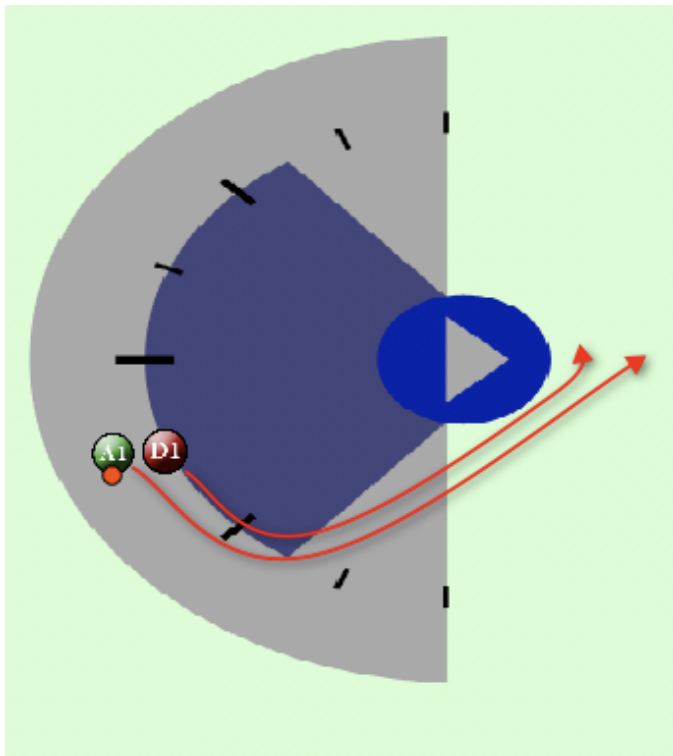
1 on 1 On Ball No Pressure

As the attack moves down past GLE, the defender will stop and play a mirror type defense. Need to make sure that the defender can get to GLE before the attacker.



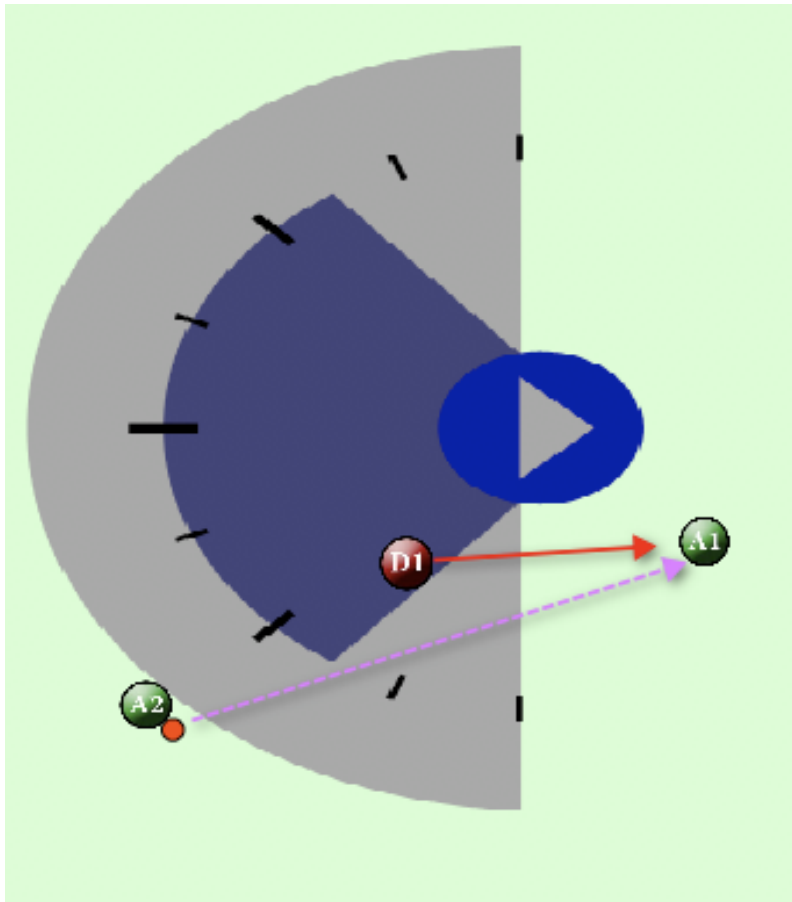
1 on 1 On Ball with Pressure

As the attacker moves down to GLE, the defender will stay on the attacker and puts pressure on the ball. The defender needs to make sure that her back is to the crease, forcing her attacker out and away from the crease so she doesn't get picked off by the crease. Unlike the boy's game, defenders are not allowed in the crease if the goalie is there.



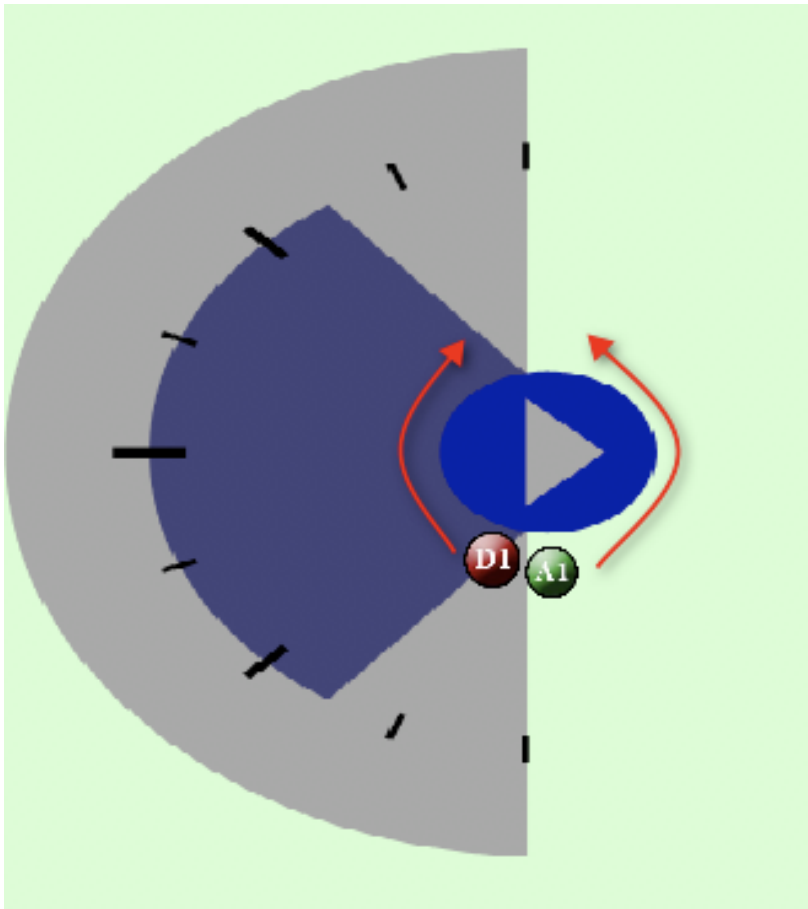
1v1 Pressure the Pass

When the ball is passed to **A1**, the **D1** leaves immediately to get on **A1**. **D1** needs to make sure that she is in a good defensive position when **A1** receives the pass.



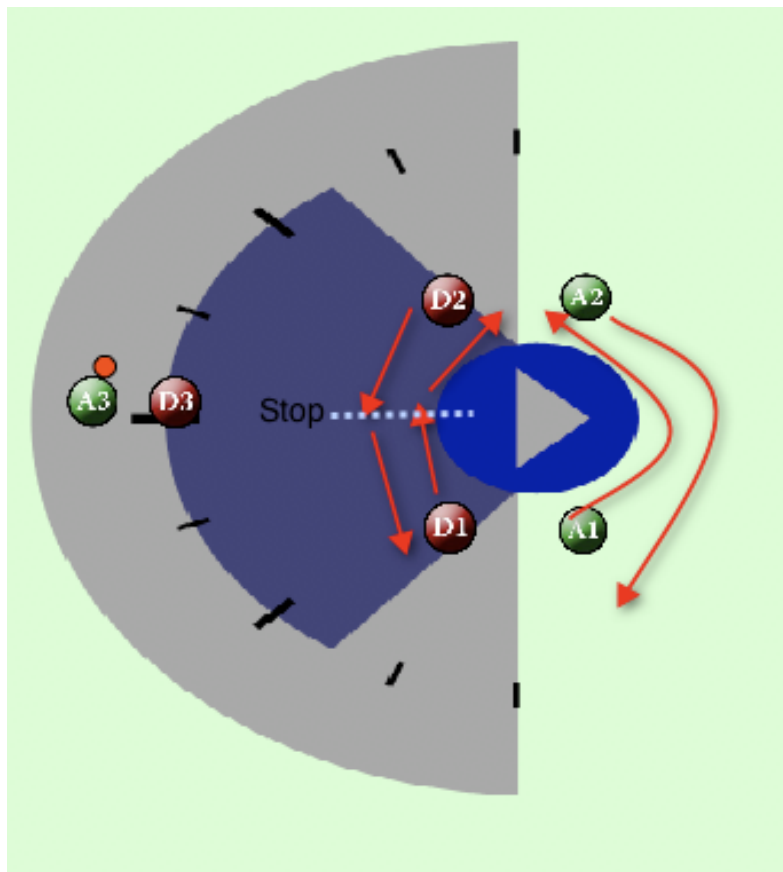
1 on 1 Off Ball

The defender needs to **Mirror** the attacker's movement behind the crease. The defender must not let the attacker get the advantage in getting to GLE first.



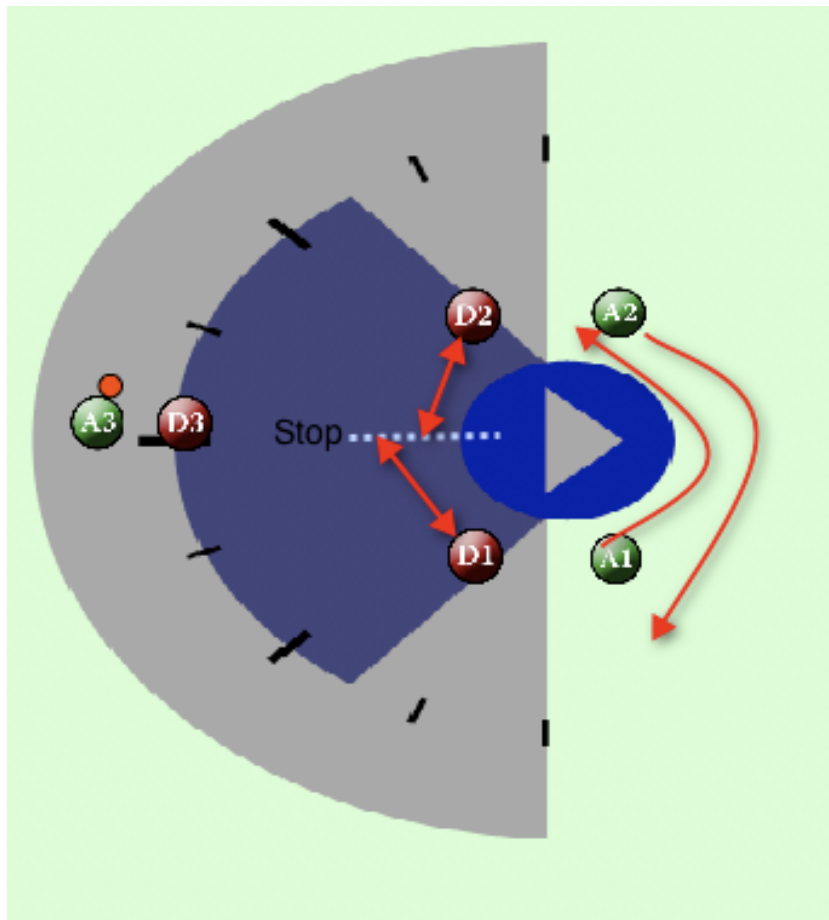
2v2 Off Ball Part 1

It's important to teach your defenders to cover spaces, not players. Communication is a must for your crease defenders. Option 1 is you have defenders stay with their girls but make sure they get to GLE before the attacker.



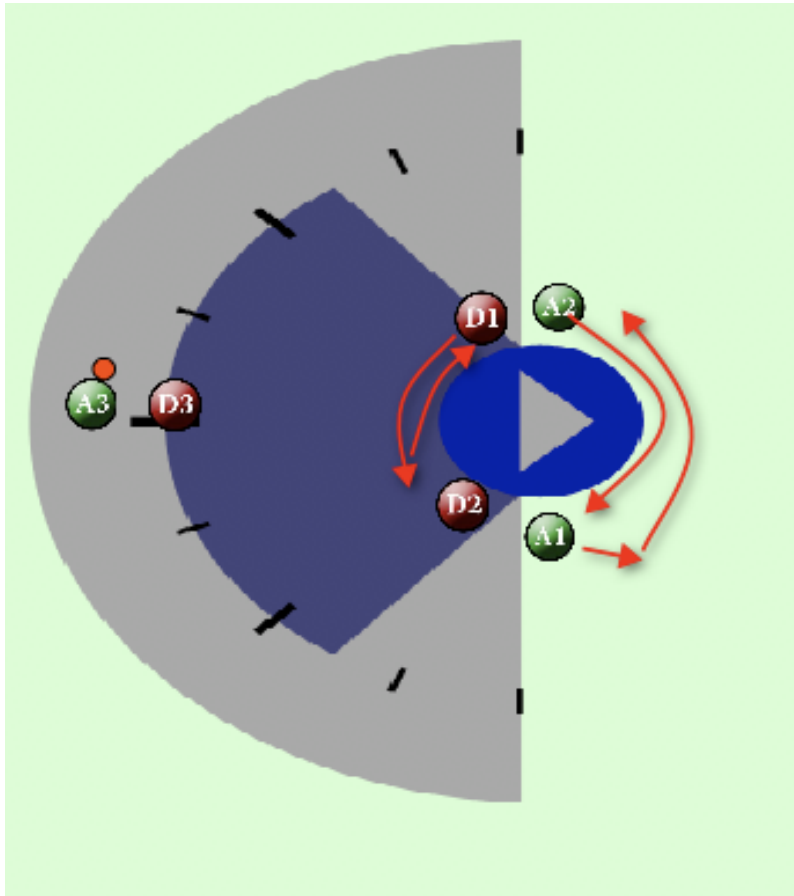
2v2 Off Ball Part 2

Option 2 is when the offense is switching behind the goal. Simply have the defense switch on the picks and cover their space, not the girl.



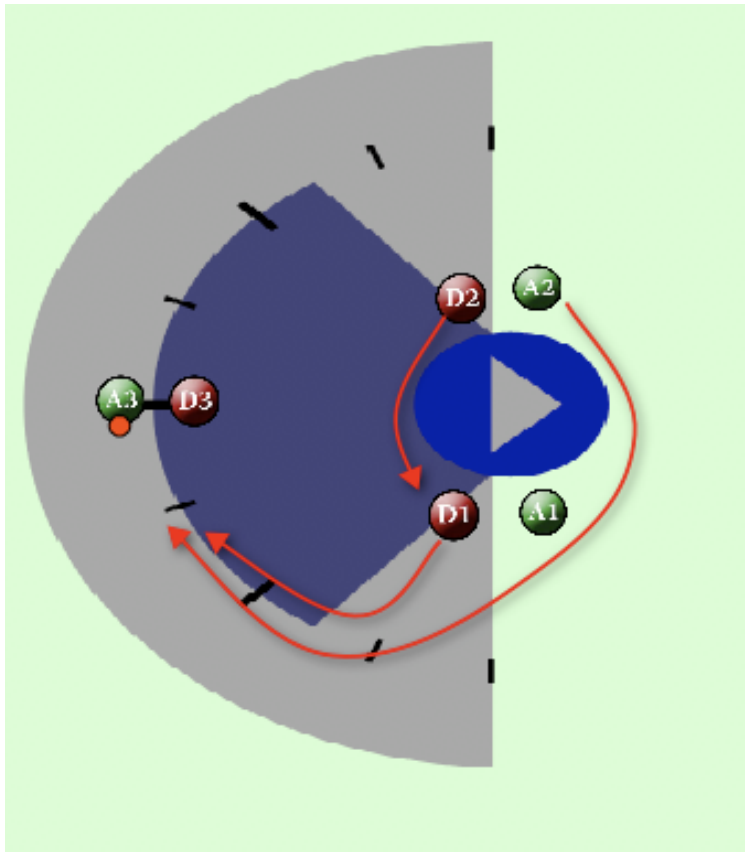
2v2 Off Ball Part 3

If the offense attempts to overload one side, **A2** comes over and then **A1** cuts back. Once again, it's important that **D1** cover the space and get back to her original position before **A1** can get to GLE.



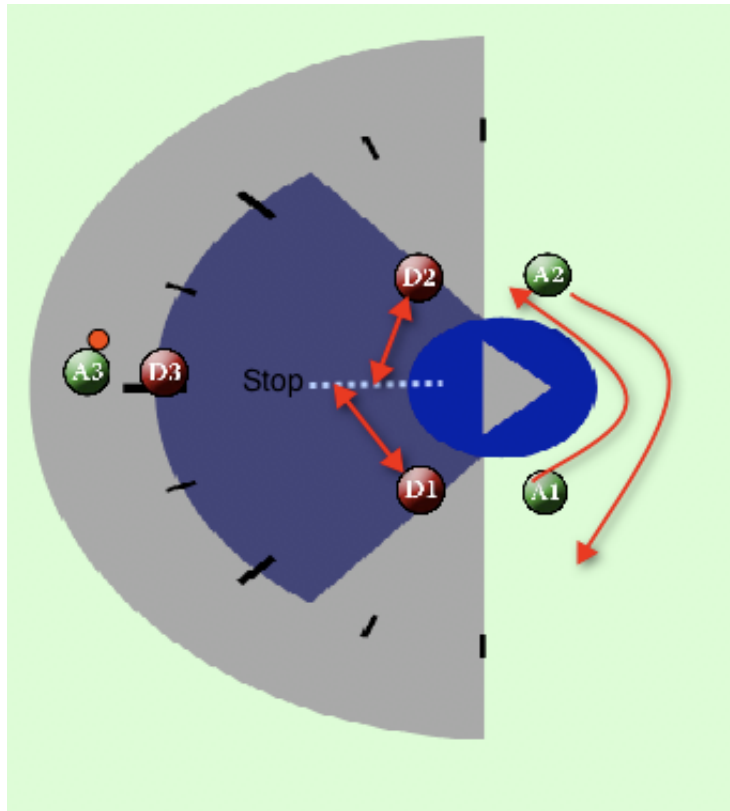
2v2 Off Ball_2

In this example, we want the defenders to guard spaces, not girls. As **A2** goes around and uses **A1** as a pick, **D1** will switch and cover **A2** as **A2** goes high. **D1** goes as she has most outside defender. **D2** now covers **A1**.



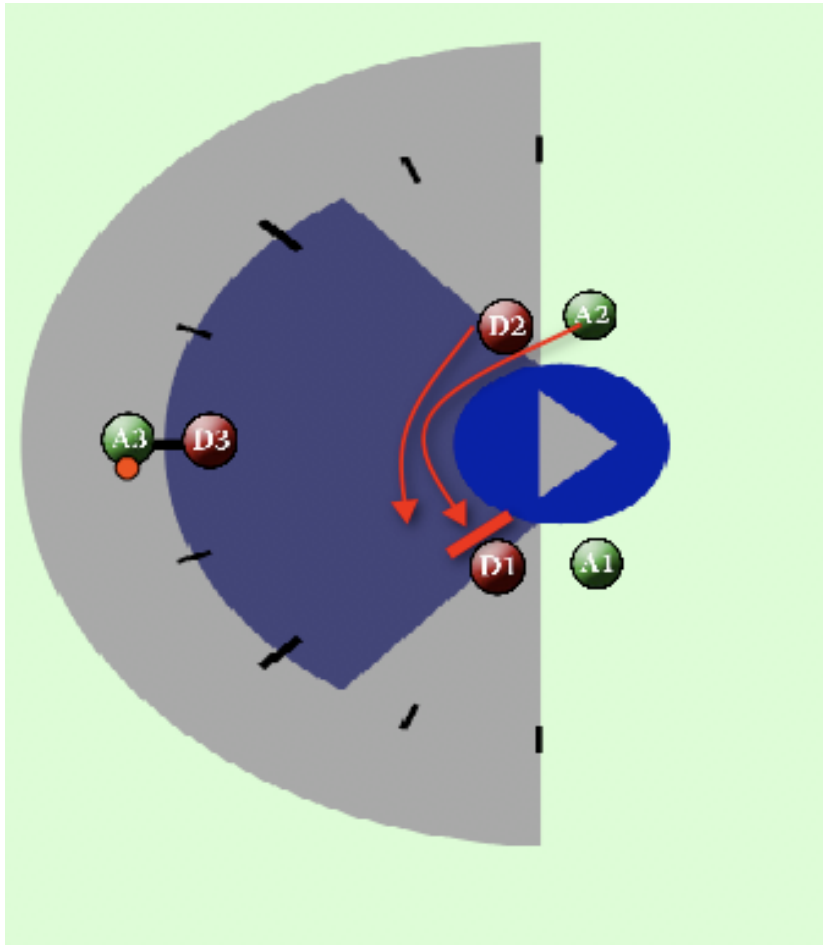
2v2 Off Ball Switch

The defenders must think about covering space rather than a girl when they are around the crease. As the attackers cut behind the goal, it is very easy for the defenders to get “stuck” or “picked” as their attacker beats them to GLE. Therefore, it is better to have the defenders switch and cover their space/side.



2v2 Picks_1

If **A2** comes over and sets a pick on **D1**, the defenders still need to think about covering space rather than a girl.



2v2 Picks_2

After **A2** sets the pick on **D1**, **A1** goes behind trying to create a jam on the crease and possibly get to GLE before the defense can adjust. **D2** switches off to cover **A1** while **D1** moves into position to guard **A2** on the crease.

