

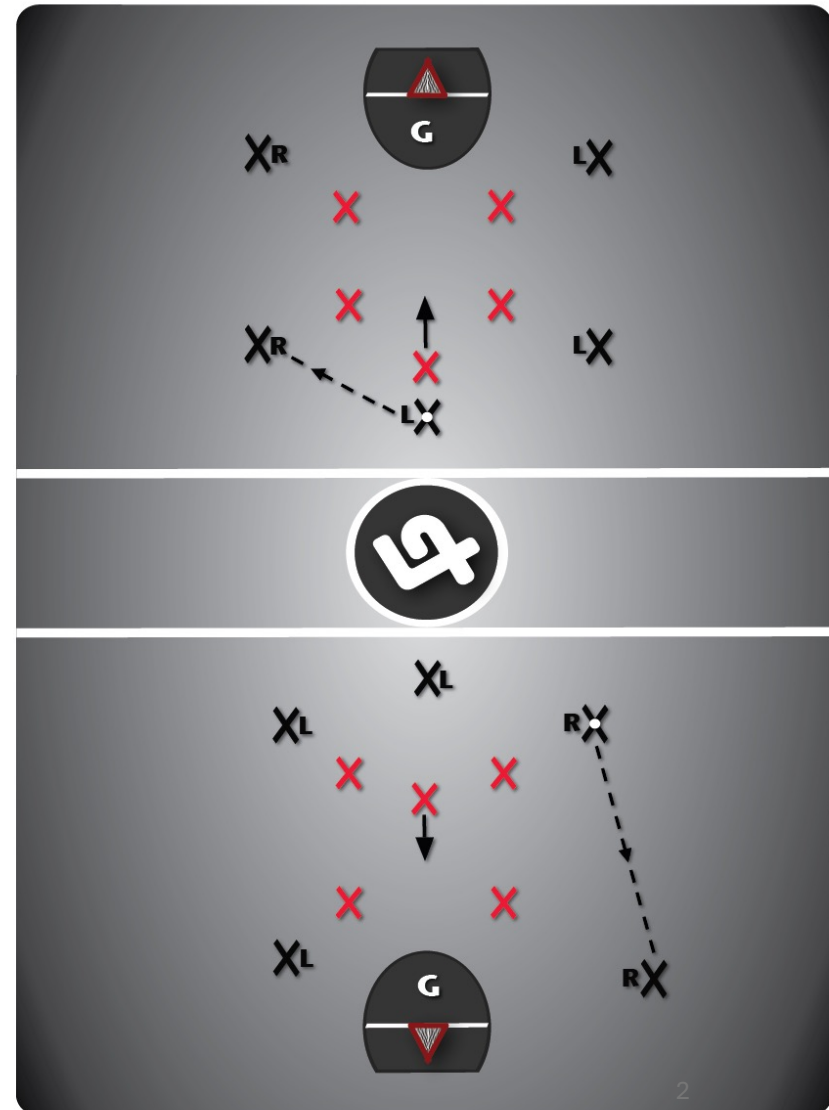


AZBOXLA
ARIZONA BOX LACROSSE

Box Lacrosse Basic Systems

House Zone Defense

- House Defense: A style of defense characterized by defensive players covering a certain area of the floor.
- A basic "house" zone defense is essentially the inverted coverage of the prime scoring area, in the shape of a stick-figure house (box + triangle).
- Two defenders cover the crease positions, two cover the shooter positions and one covers the point position.
- The defender covering the point must "play on a string," covering both the point player and the middle of the box when the point player doesn't have the ball. While in the middle, this player must be prepared to help any teammate that gets beat; adjacent defenders should also "show help" as best as possible, without over-committing.
- If at any time an opponent enters the area that a player is covering, they should be cross-checked, clamped, or perhaps slashed if they have the ball. Teammates also need to communicate and "pass off" when an opponent exits their zone.



Standard Breakout Positions

- A “breakout” is a structured approach to safely and efficiently transition the ball out of the defensive zone, as a team.
- Each player has set responsibilities as to exactly where to go and what to do if their goalie makes a save, or if there is any sort of turnover by the opposing team's offense. After a shot on net by the opponent, or the goalie/defender has corralled the rebound or loose ball, all other players should run (or backpedal) to the “standard breakout positions” (see diagram) based on their relative floor position (whoever is closest); keeping their eyes on the ball.
- The two players closest to the bench should “run hard to the bench” to try and help create a fast-break (bench assist), with the two players on the far-side (opposite the bench-side) being the most utilized outlets (Position B & C). Players should be aware not to leave the defensive zone too early, supporting the ball if one of their teammates needs an outlet to pass to.
- The key outlet is the player in the middle (Position D), in having to make a decision whether to run hard to the bench or do a button-hook as an “emergency outlet” if all other outlets are well covered. If this player is also covered, all other players should button hook back to the ball and whoever gets it should carry the ball to the middle of the floor in order to break the “Press.”

