



Rosemount Irish Lax

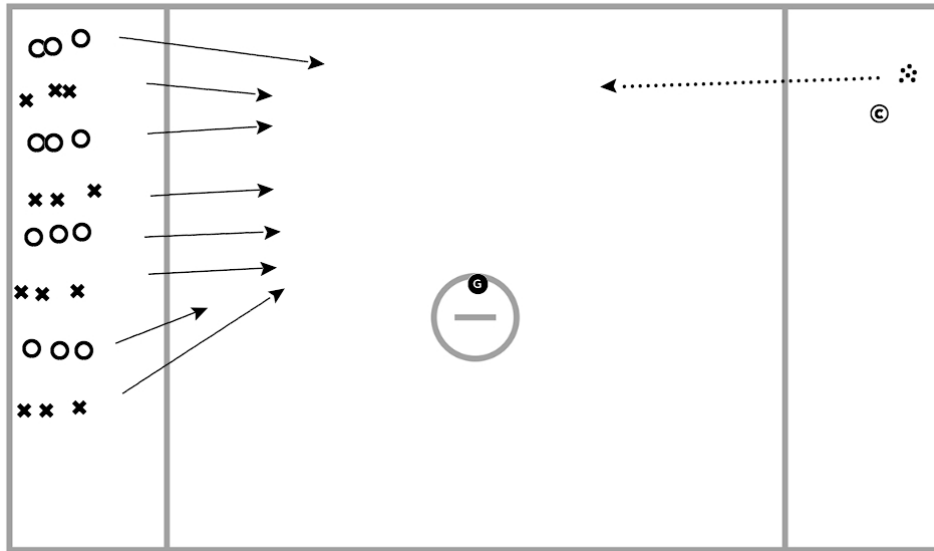
Name: Defense Drills

Practice No:

Duration: 130 min

Army Ground Ball

10 mins



Description:

Have 8 lines, alternating colors (dark/light).

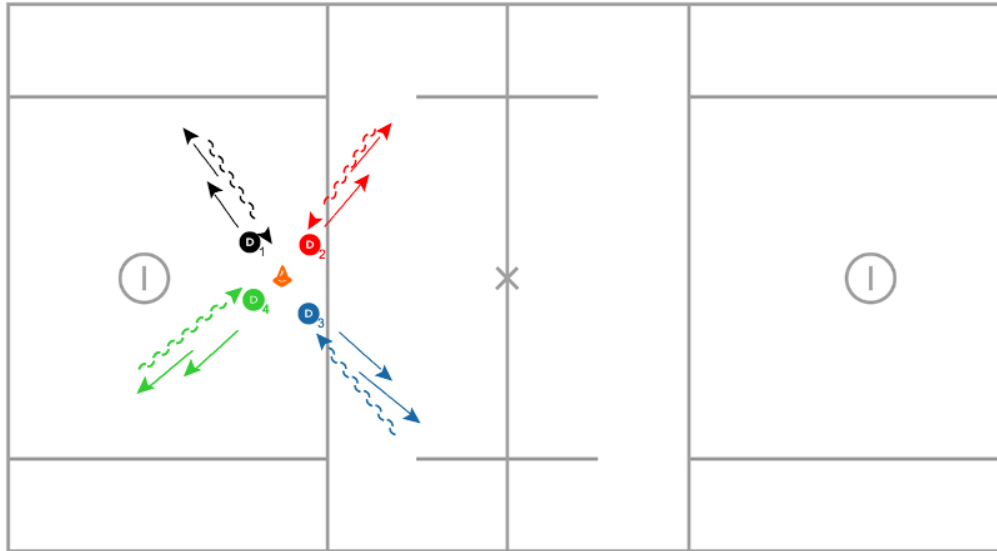
Coach is on other side of the field, Rolls ball out

As soon as ball hits the ground, the game is on

First team to get to ball is offense, other team is defense.

Play drill out until:

- 1) Shot- goal or out of bounds
- 2) Turn over and a clear by defense. Play out until the Defensive team moves ball to mid field

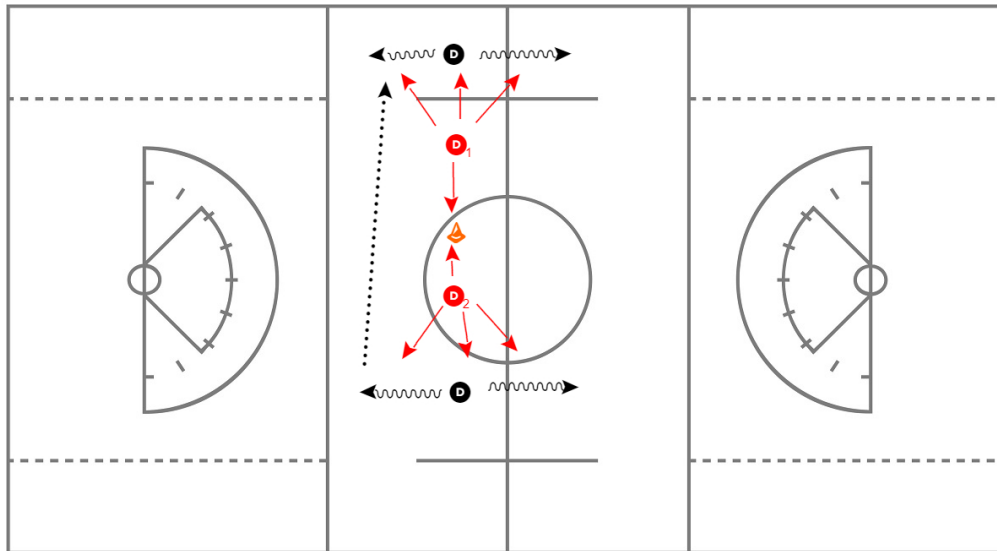
**Description:**

4 Defenseman start by cone, facing out, in defensive position.

On whistle they "creep" in a good defensive position outwards.

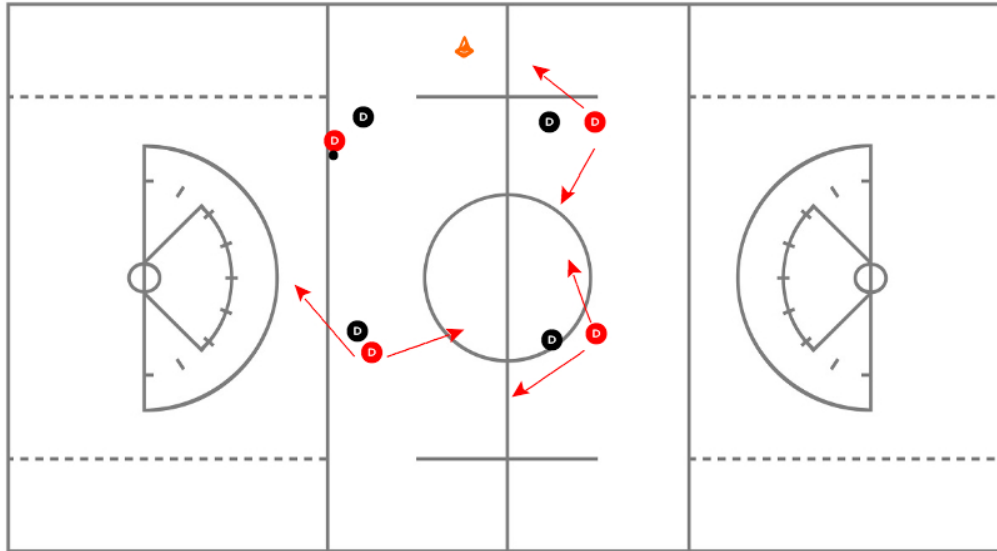
On second whistle they sprint another 5 yards in good defensive position.

On third whistle they go backwards towards cone and their starting position.

**Description:**

Black team has the ball. They are only allowed to move left and right. Must get open to make pass to other Black team member

Red team plays defense. When the red player is on the ball, they are using poke / stick checks to disrupt the pass attempt. When red player is not on the ball they move back to the cone, focusing on taking up a passing lane, and constantly checking Man, Ball, Man.

**Description:**

This drill focuses on Defensive positioning.

Always even strength, so if you only have 6 D-poles, go 3 v 3

No goal is needed.

Red team has the ball, these D-poles are to constantly move around and pass to each other.

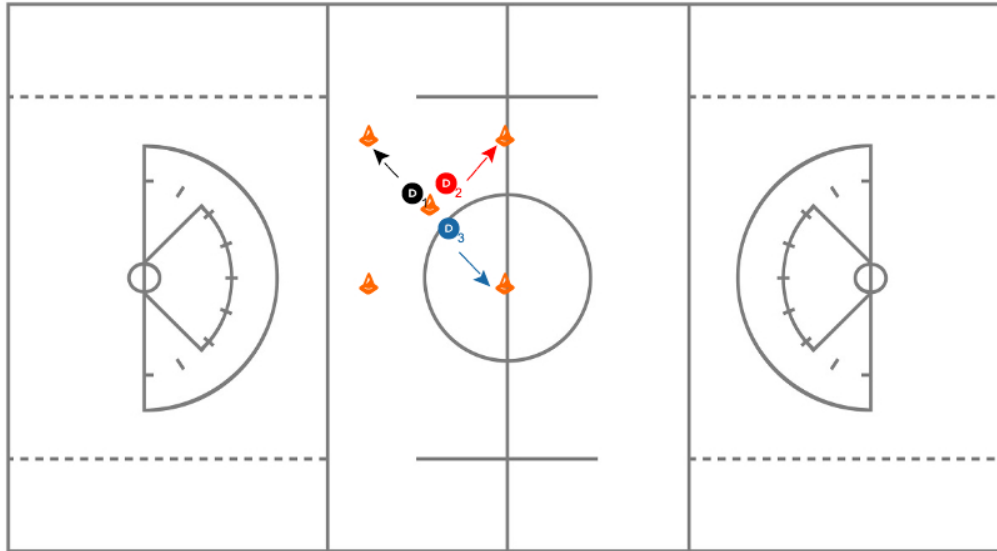
Black team focuses on Defense, concentrate on positioning (Cone is the goal).

Key Points:

Defensive positioning- Constantly looking for your man (Man, Ball, Man)

Good positioning for off ball defenders

On ball defender between man and goal.

**Description:**

The 3 D-poles will meet at center cone, all facing each other

First whistle, all D-poles turn and get into a ready position.

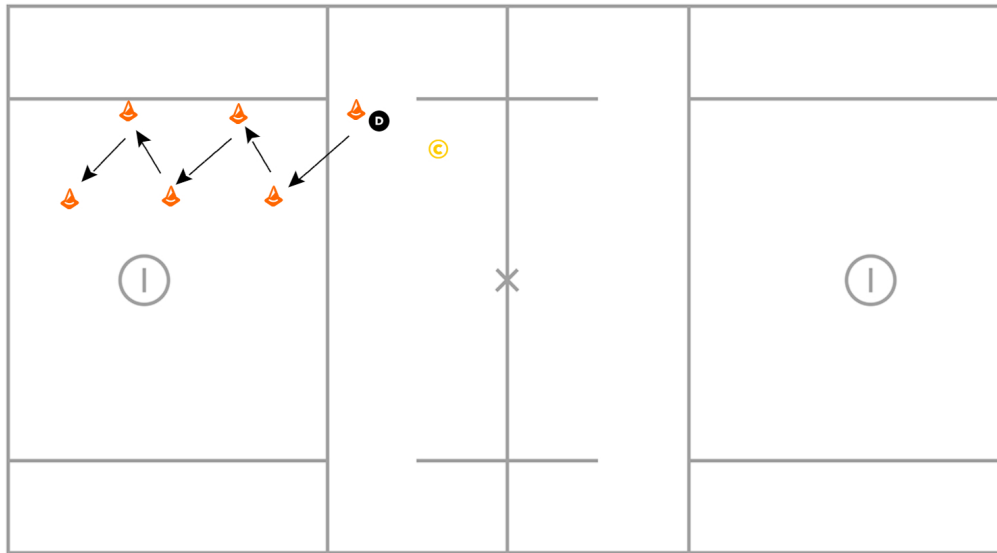
Second whistle, all D-poles sprint to a cone and get into a ready positions

Key Points:

D-poles must communicate, must have 1 d-pole at each cone.

Progression

- 1) Focus on positioning. Longer time between whistles
- 2) Shorten whistles, focus on quickly getting into ready positions
- 3) Have D-poles circle around center cone, only 1 whistle, go directly to outside cones, Forces D-poles to communicate so nobody doubles up on a cone.

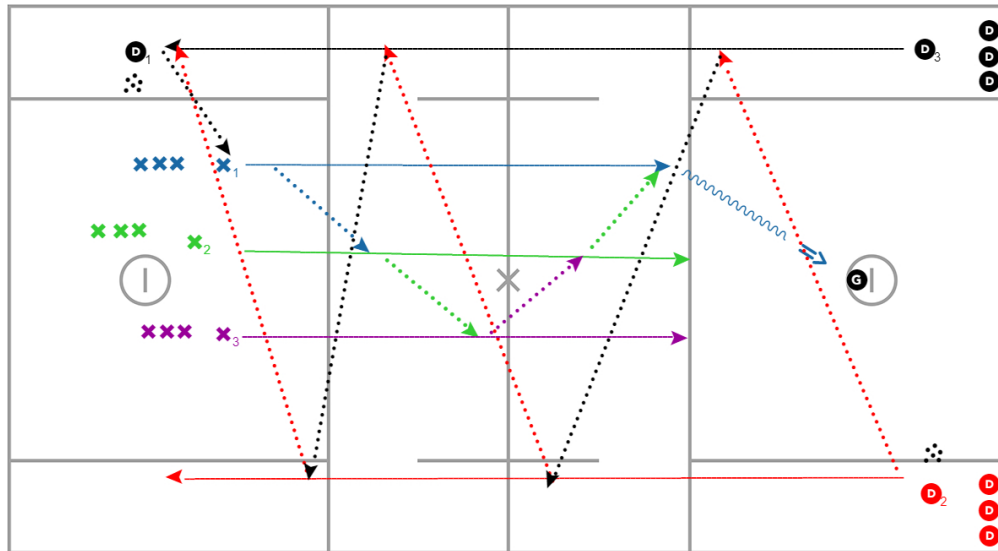


Description:

Defensive player zig zags between cones, always in a defensive position, always looking towards coach (ball carrier)

Key Points:

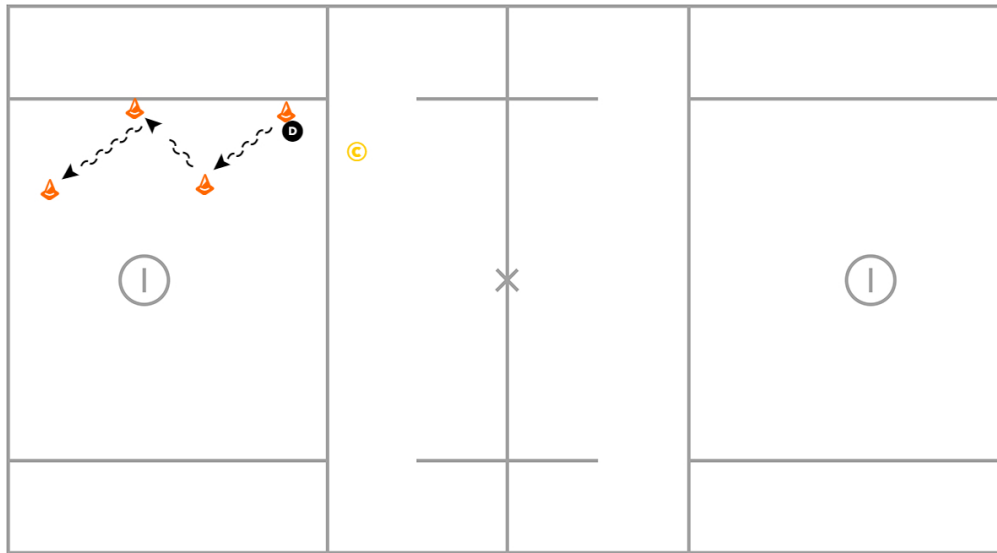
- Keep stick up
- Good defensive position.

**Description:**

D1 passes to X1. X1, X2, X3 run down the middle passing the whole time. End up taking shot.

D2 and D3 pass over the field making long defensive passes. When D3 gets to the end of the drill, they pass the ball back into the X1 line.

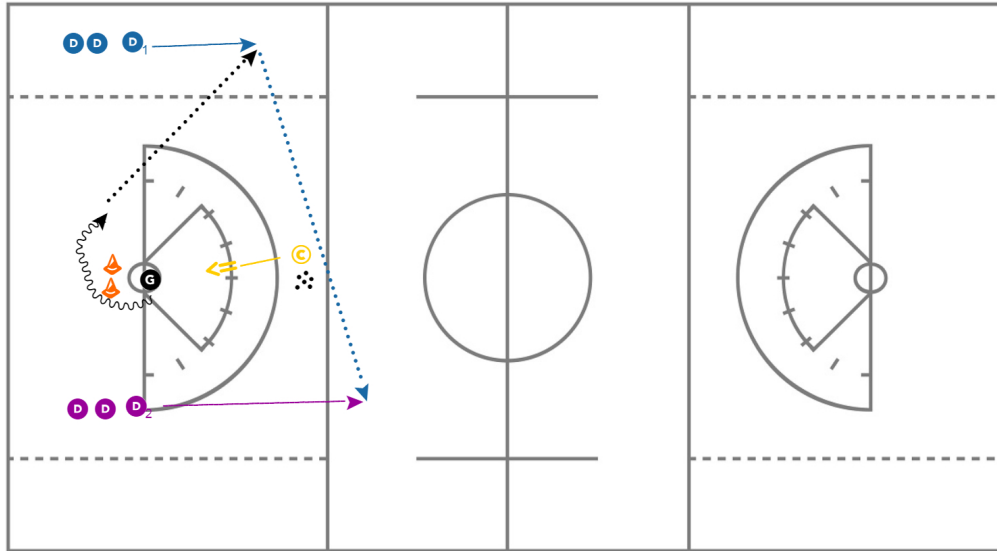
Make sure all players returning to lines, run outside the field

**Description:**

Keep eye on ball carrier (Coach). Good defensive positioning, Move backwards, focusing on keeping the eye on the ball carrier. Shuffle feet

Key Points:

Focus on good footwork, keeping stick up, good defensive positioning

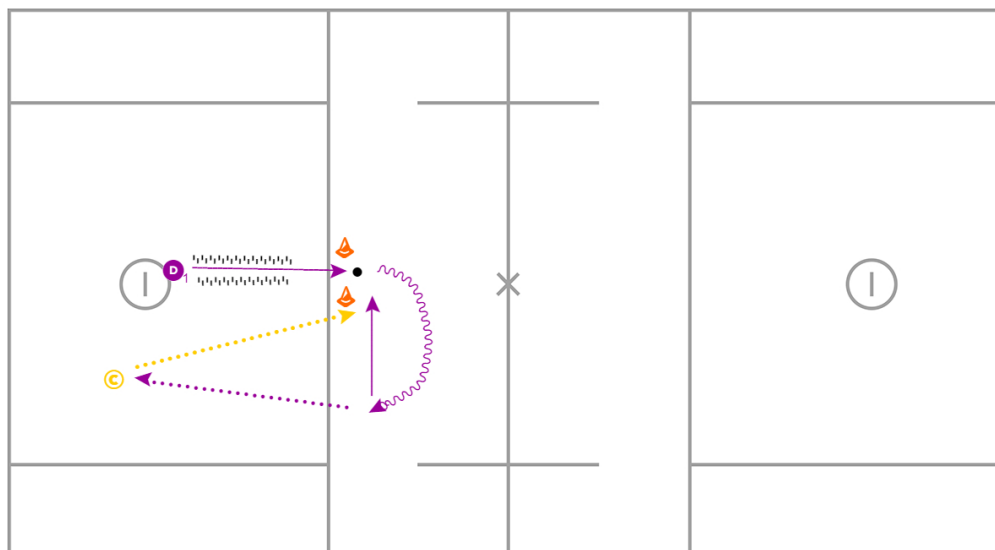
**Description:**

Coach takes shot on Goalie.

Goalie makes save, then rolls around net.

Goalie makes pass to D1.

D2 takes off, and receives long cross field pass from D1

**Description:**

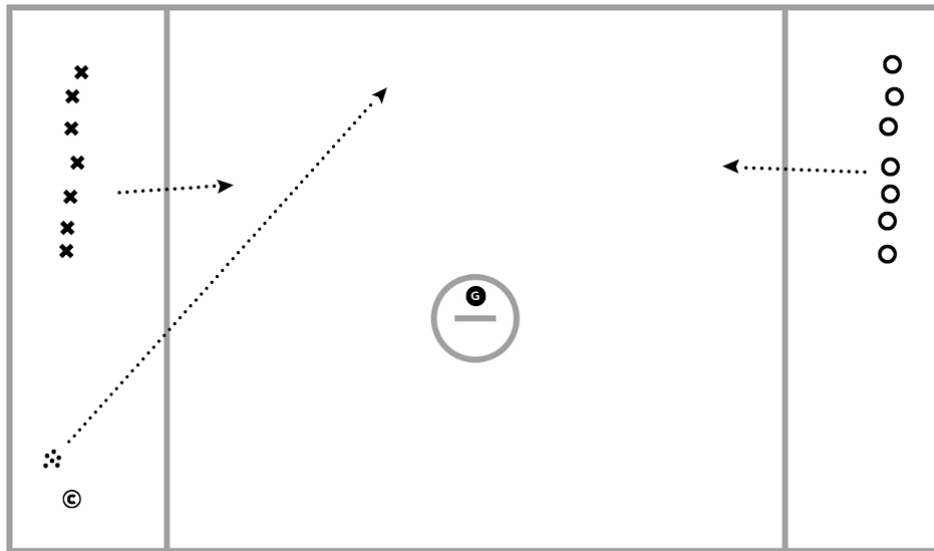
Need a speed ladder for this drill.

Defender goes thru speed ladder (mix up the footwork each time)

Scoops ball, rolls (either side) and passes to coach.

Defense returns to cones, gets pass back from coach, sets ball for next player.

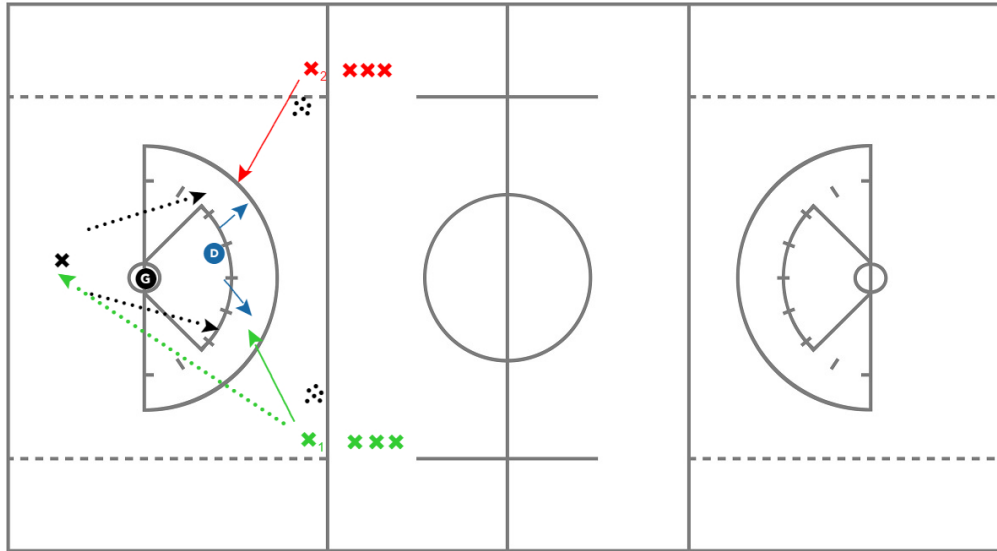
Can do with Attacks and Middies also

**Description:**

Team is split. 1 Side will always be a man down. for this drill, X will always be a man down.

Coach will yell out a pair of numbers. 5-4, 4-3, 3-2, 2-1. The first number will be the number of offense will send out. The second number will be the number of players the defense will send out.

Coach yells numbers, rolls ball out. As soon as ball hits ground, Game on. Drill is finished when shot is taken.

**Description:**

Rotate starting sides. X1 or X2 passes to X.

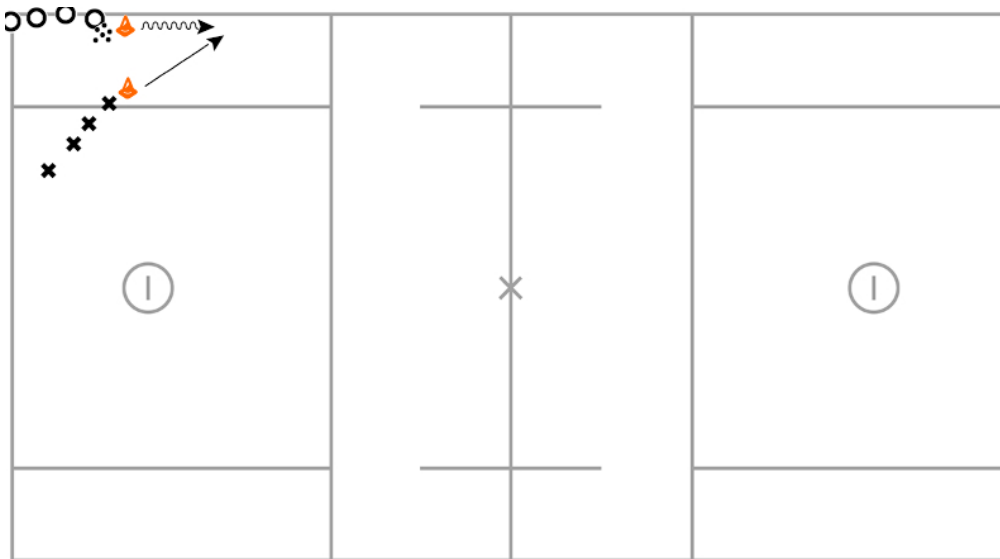
Both X1 and X2 cut towards net. Defense will have to pick up one of them.

X passes to the open player for a shot.

Key Points:

Good passes

React to the open man. Defensive player should take one of the cutting players, leaving 1 open. Player at X must react quickly to find the open man

**Description:**

O starts with ball, runs straight down sidelines

X takes angle and attempts to push O out of bounds

Progression

#1. O scoops ground ball

#2. O does not need a straight line, forces X to keep them going along sidelines.