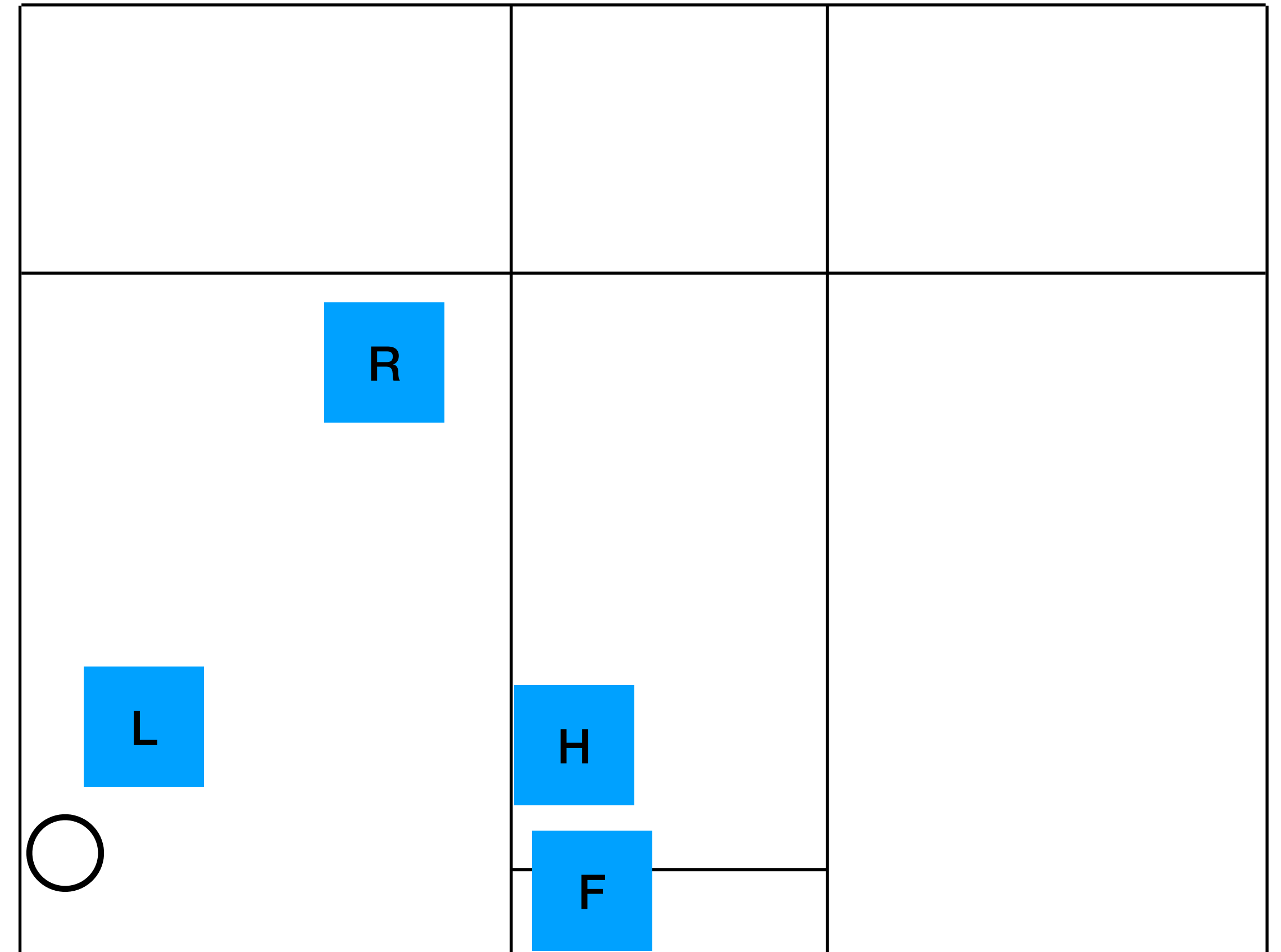


Advanced Triangle Defense

For coaches and players

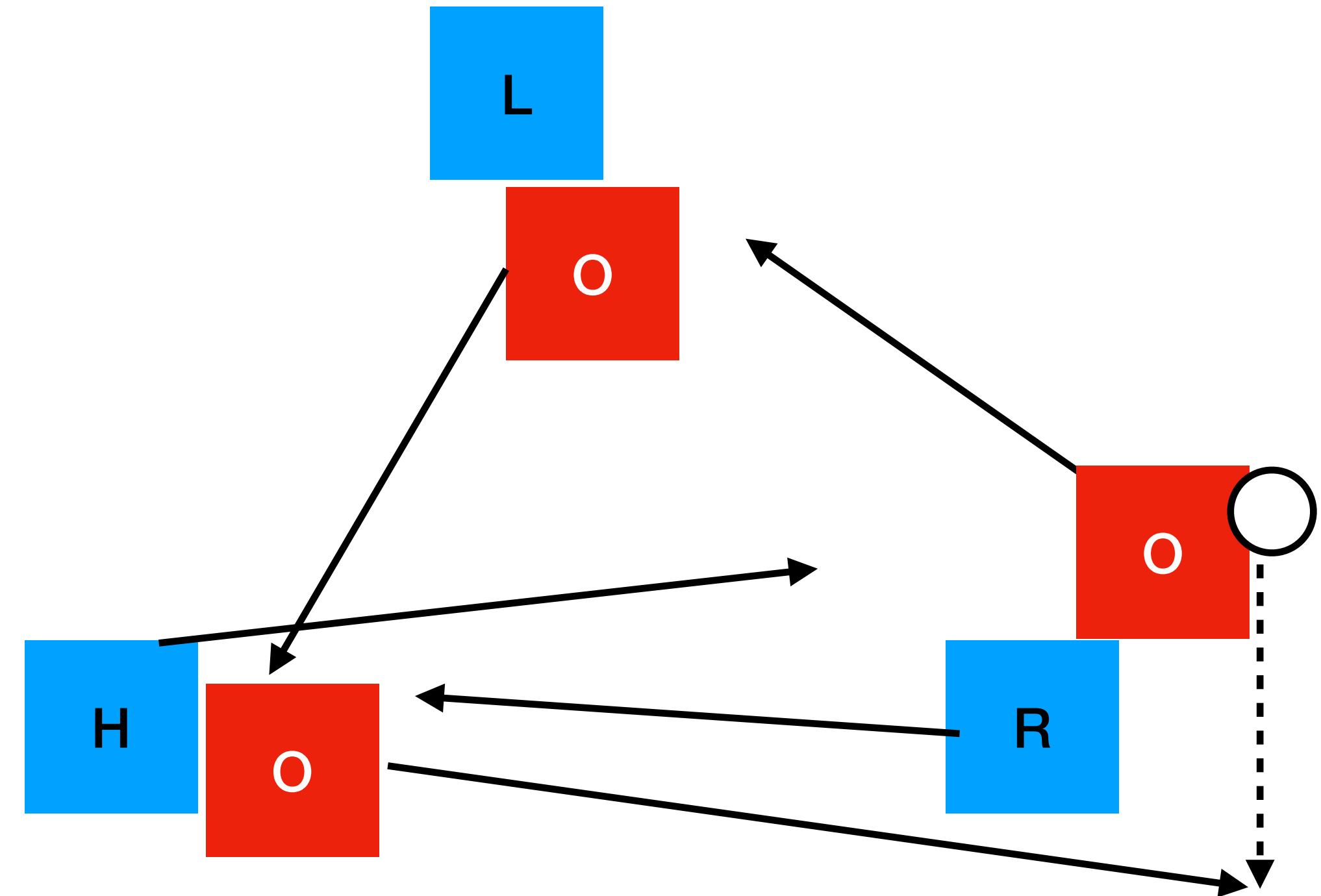
Triangle Defense Refresher

- The fullback defends at the goal
 - They come in and out of the crease to avoid a 5 second violation
 - With a view of the whole field, they communicate with teammates
 - Blocks shots
- The halfback defends in front of the goal
 - Wants to push away any player who could screen or harass the fullback
 - Takes away passes to the middle
 - Blocks shots
- The weak-side forward defends farthest away from the goal
 - Defends the ball if it goes into the neutral zone
 - Blocks passes to the middle and neutral zone
 - Makes surprise plays on the ball
 - Gets open for the counterattack
- The strong-side forward attacks the ball
 - Wants to push the ball into the corner of the field
 - Wants to steal the ball



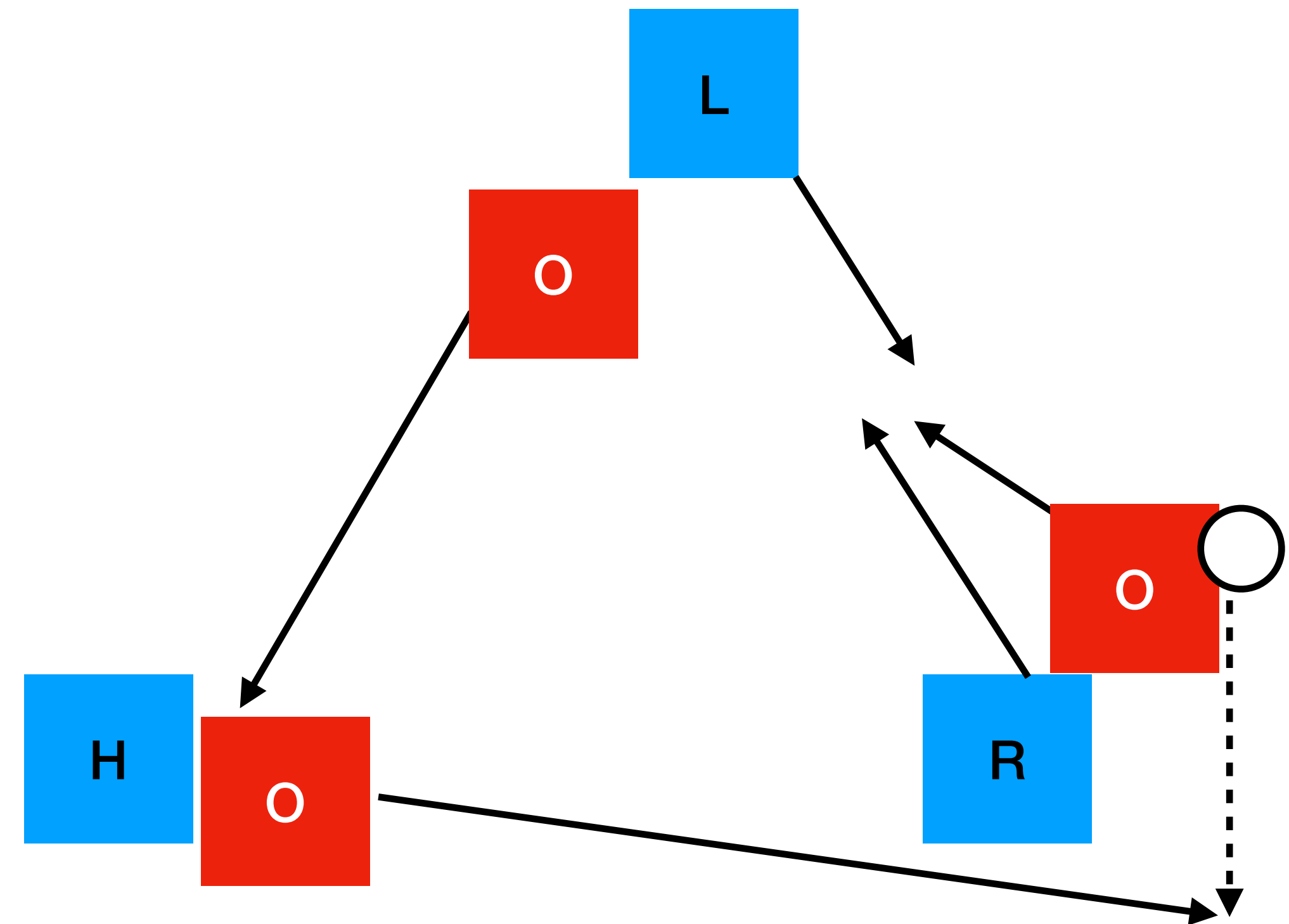
Defending the Cycle with Switching

- Instead of chasing a cycle man to man, having the midfielders switch positions can save energy and get to position faster
- Halfback follows their mark out to the corner
- Strong side forward drops back to center of the field to defend the goal



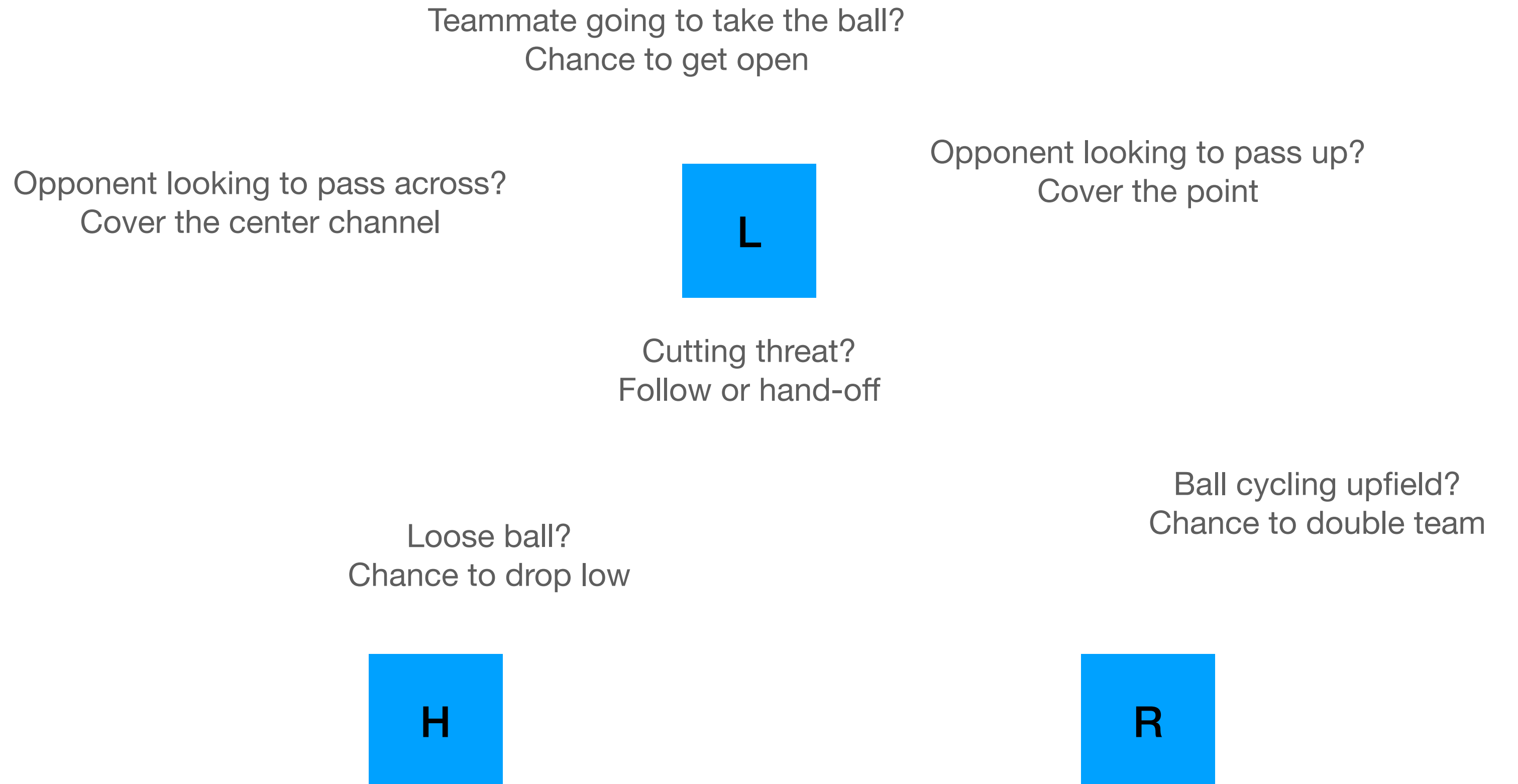
Defending the Cycle with Dropping Forward

- When the cycle comes upfield, the weak side forward can drop down to create a double team
- Can create a decisive play with the 2v1, particularly with a physical forward pair



Weak-Side Reads

- Just because the weak-side forward is less involved in defense, doesn't mean they are not an important defender
- Good timing on drops is vital- can't rush too early or too late, or prime shooting space is left open
- Lateral spacing is important- need to know which passes to take away
- With good view of the field, communicating with teammates is



Crease Clearing Positioning

- If in doubt, push to weak side
- Must communicate with fullback to make sure that they have a clear line of sight to the ball
- Don't over-fixate on one player- need to watch for passes and shots too

Opponent too big and strong to move?
Front

Incoming shot? Open shooting lane by pushing to weak side



Bigger and stronger than opponent?
Push out, away from the goal

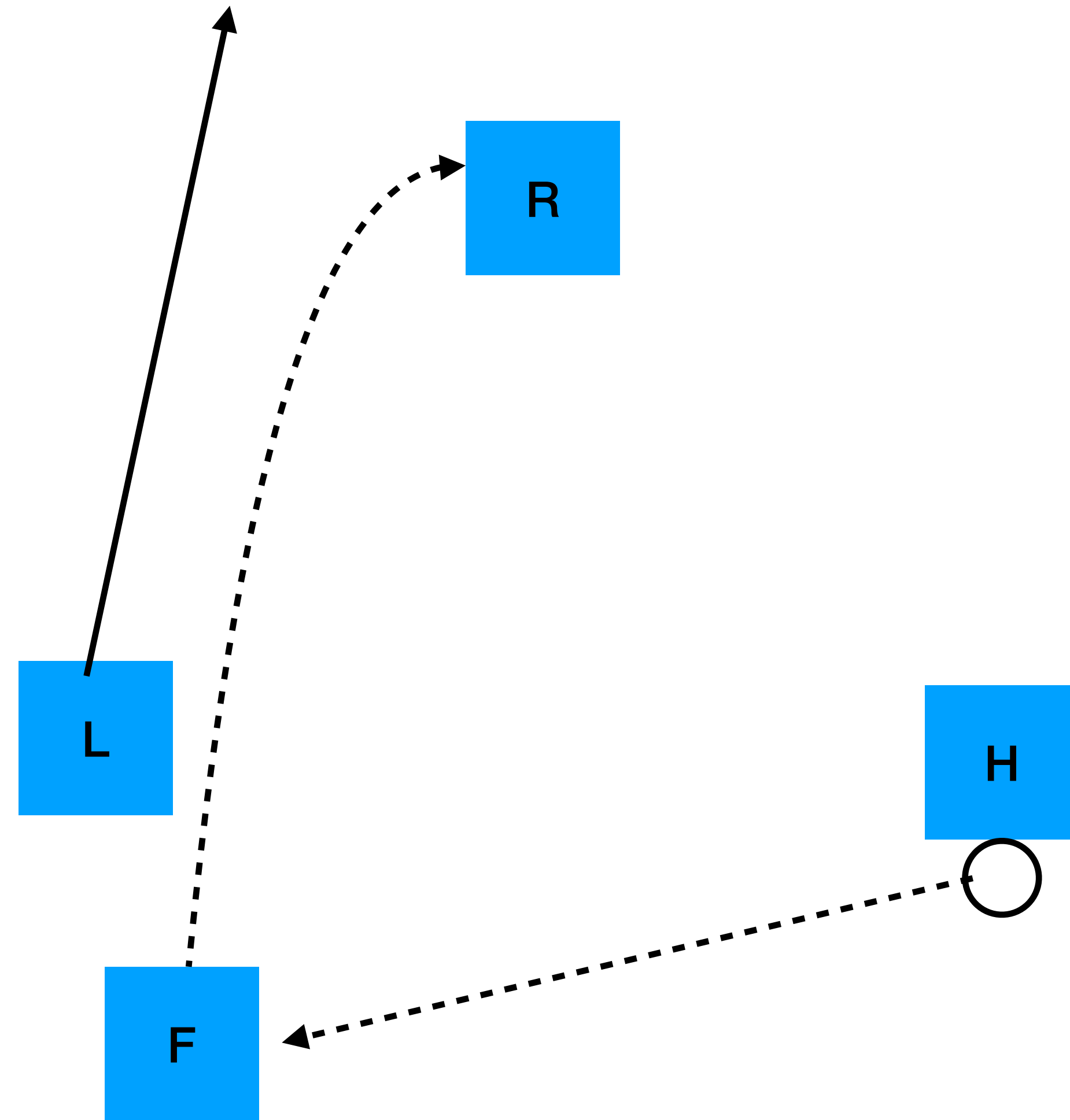


Quick Breakouts

- Every team should have a designed two or three-pass sequence that they can use for a “quick” breakout- after they have recovered the ball on defense
- Quick breakouts should flow naturally into a team’s regular breakout concept

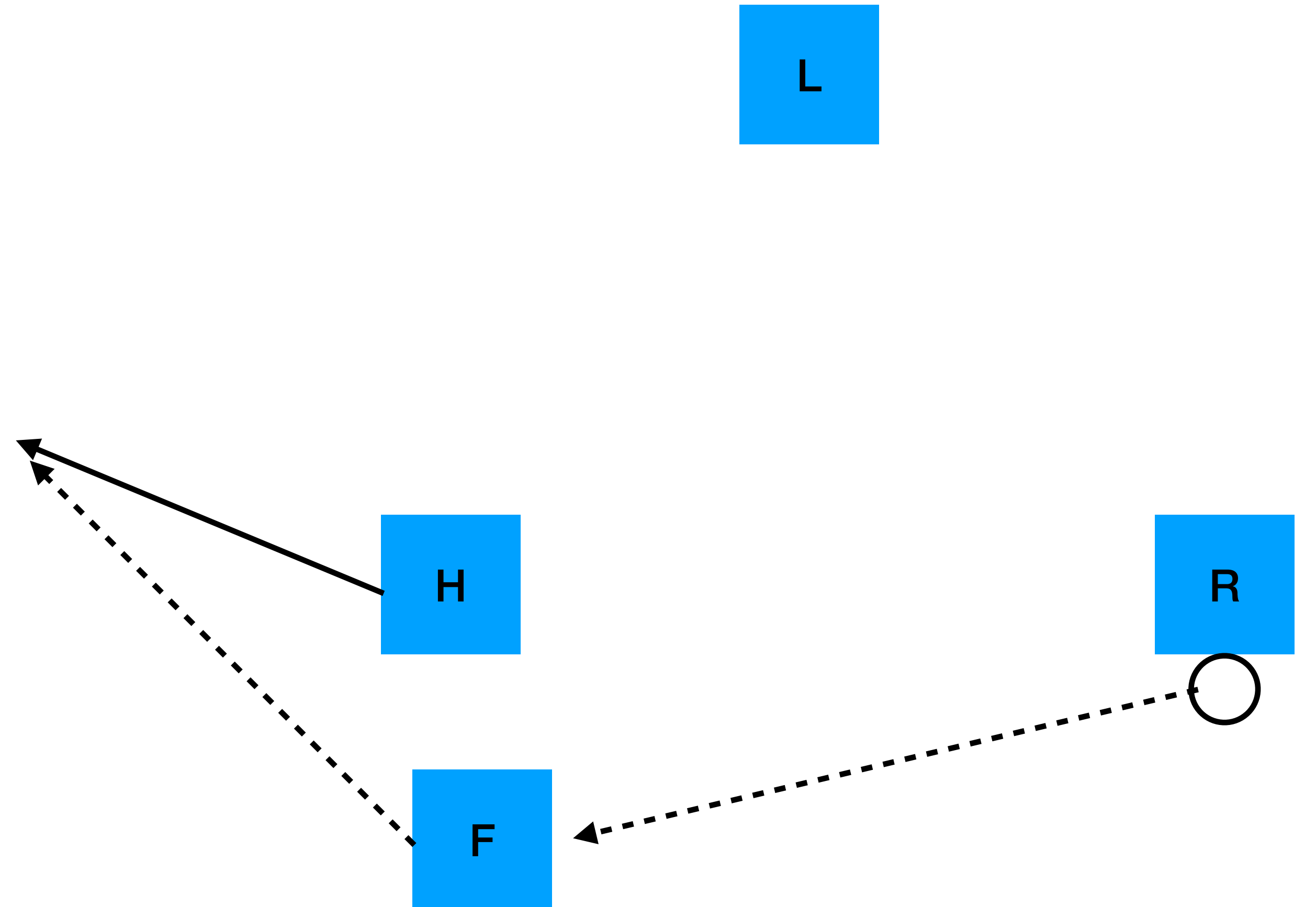
Quick Breakout: Boot

- Ball goes to fullback
- Fullback kicks the ball upfield to the center
- If center forward has an opening, they go for offense
- If center forward does not have an opening, they hold up the ball and pass to other forward



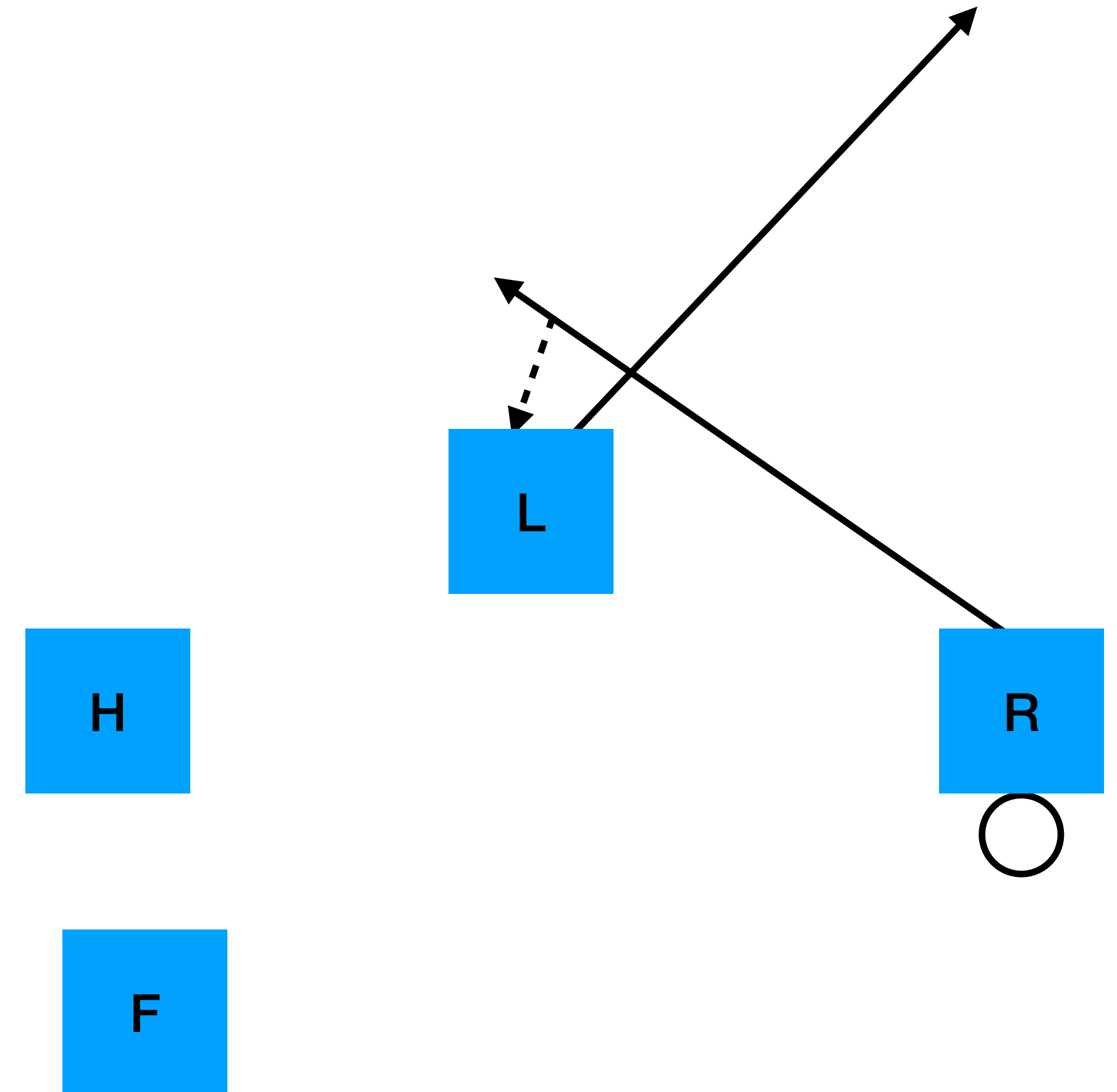
Quick Breakout: Reverse

- Ball goes to fullback
- Fullback sends the ball to the opposite side of the field to the halfback



Quick Breakout: Drop Pass

- Ball winner takes off running
- Leave the ball for weak-side forward running in different direction

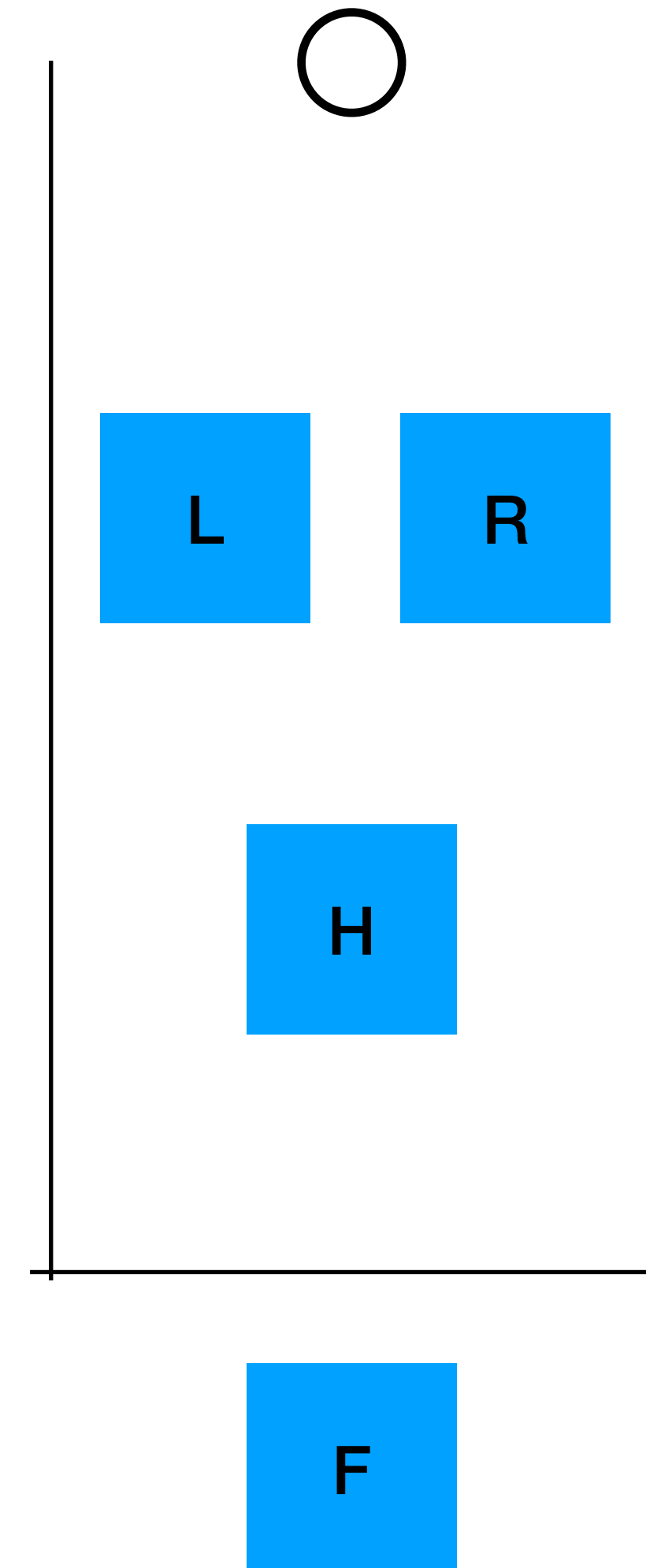


Defending the Center

- If the ball reaches the center, the entire field opens up for passing opportunities
- The same team may use different center defenses coming out of the triangle
- Team needs to read and communicate which center defense they intend to use each play

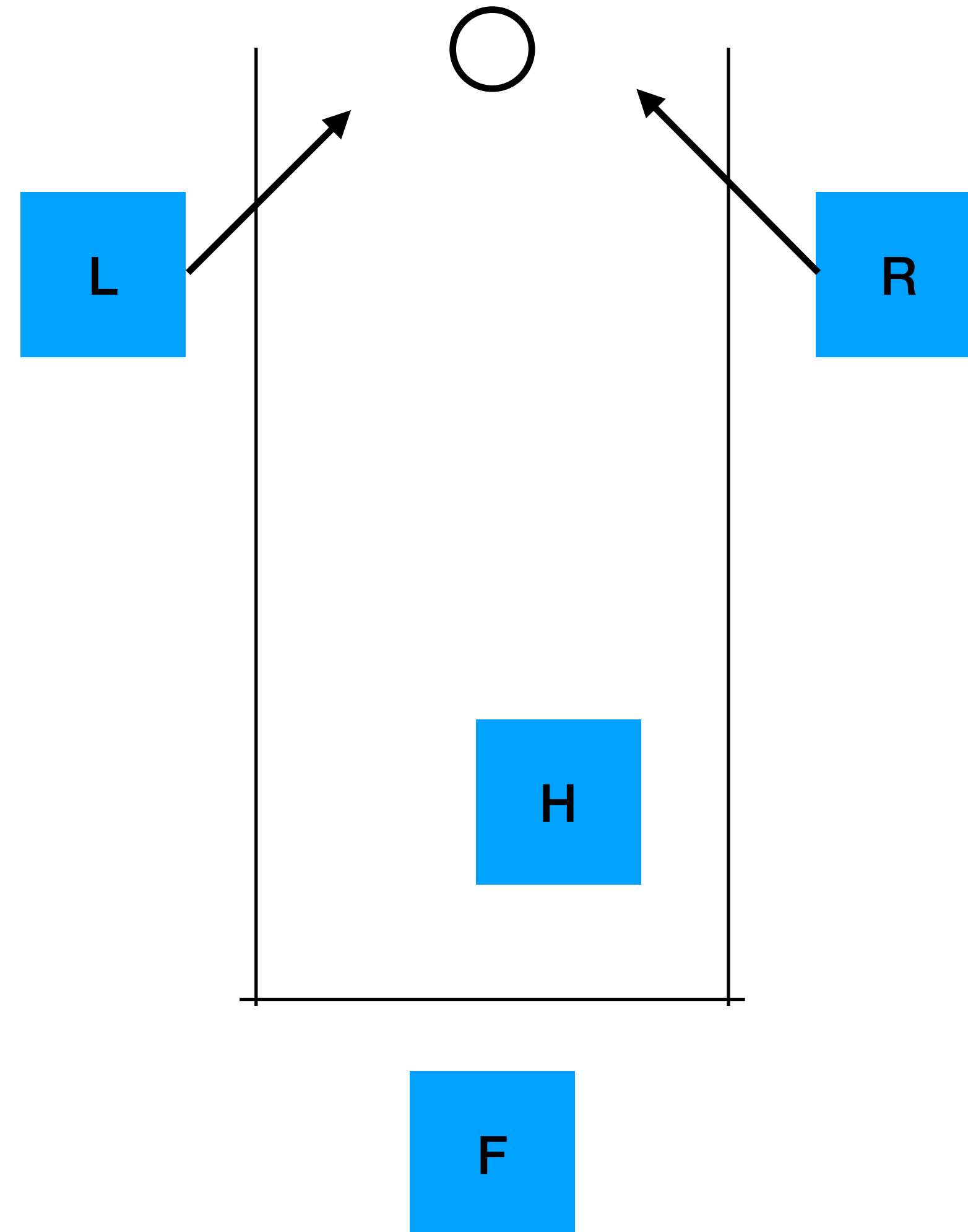
Umbrella

- Forwards block the shooting lanes
- Ready to defend no matter which way the ball goes, defends against a long shot



Pincer

- Forwards split wide and close in on the ball together
- Attempts to funnel the ball into the middle where the defense can triple-team it

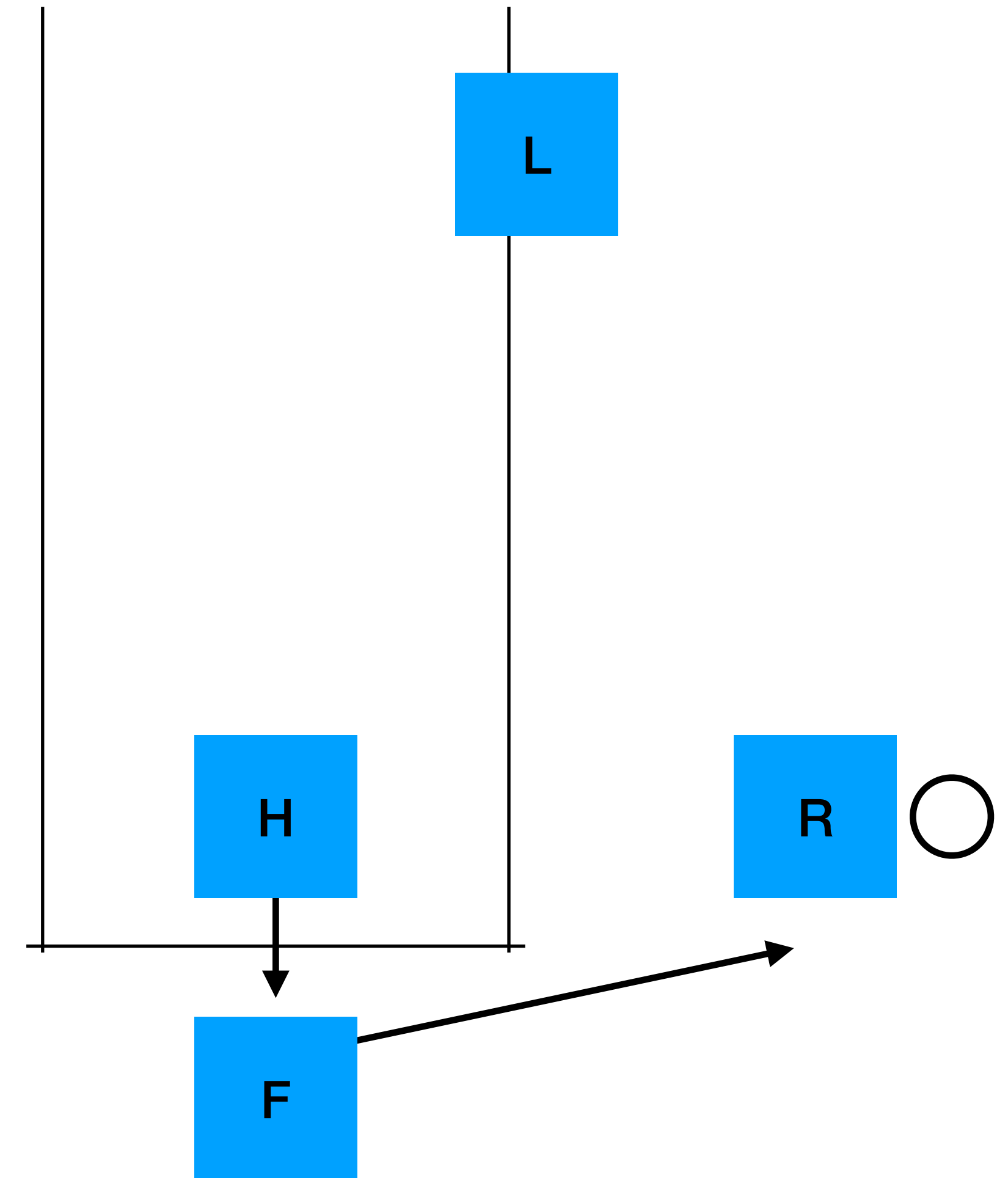


Defensive Plays

- Having variations in defenses which are used from a base triangle setup can disrupt the offense
- Any one play may be easily exploitable, but ideally it is not used frequently enough for the offense to expect it

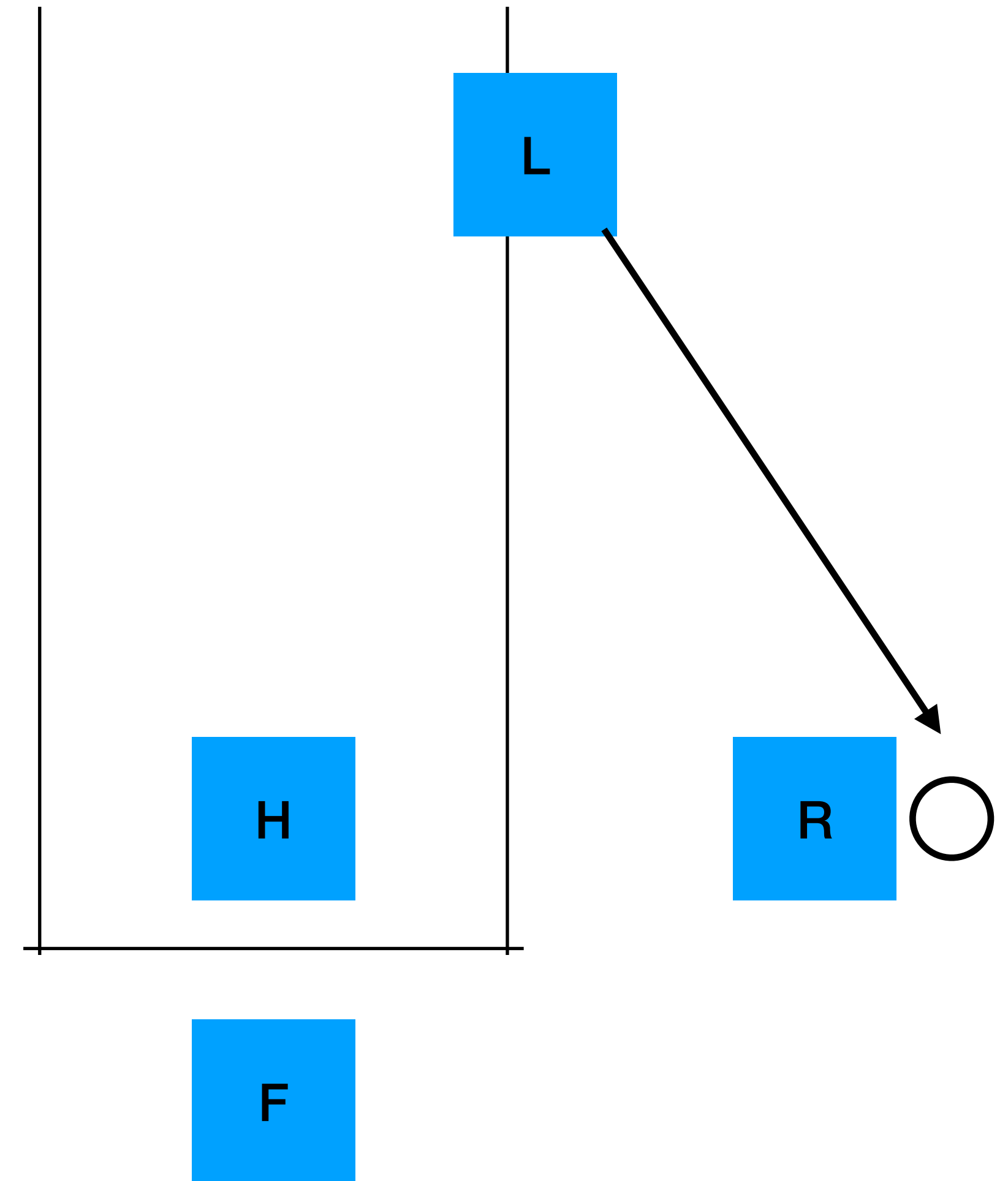
Fullback Out

- Fullback charges out of the goal to double team the ball
- Halfback fills in the fullback position
- Can be a good way to close down shots or force quick turnovers
- Requires fullback to make smart reads and communicate with teammates



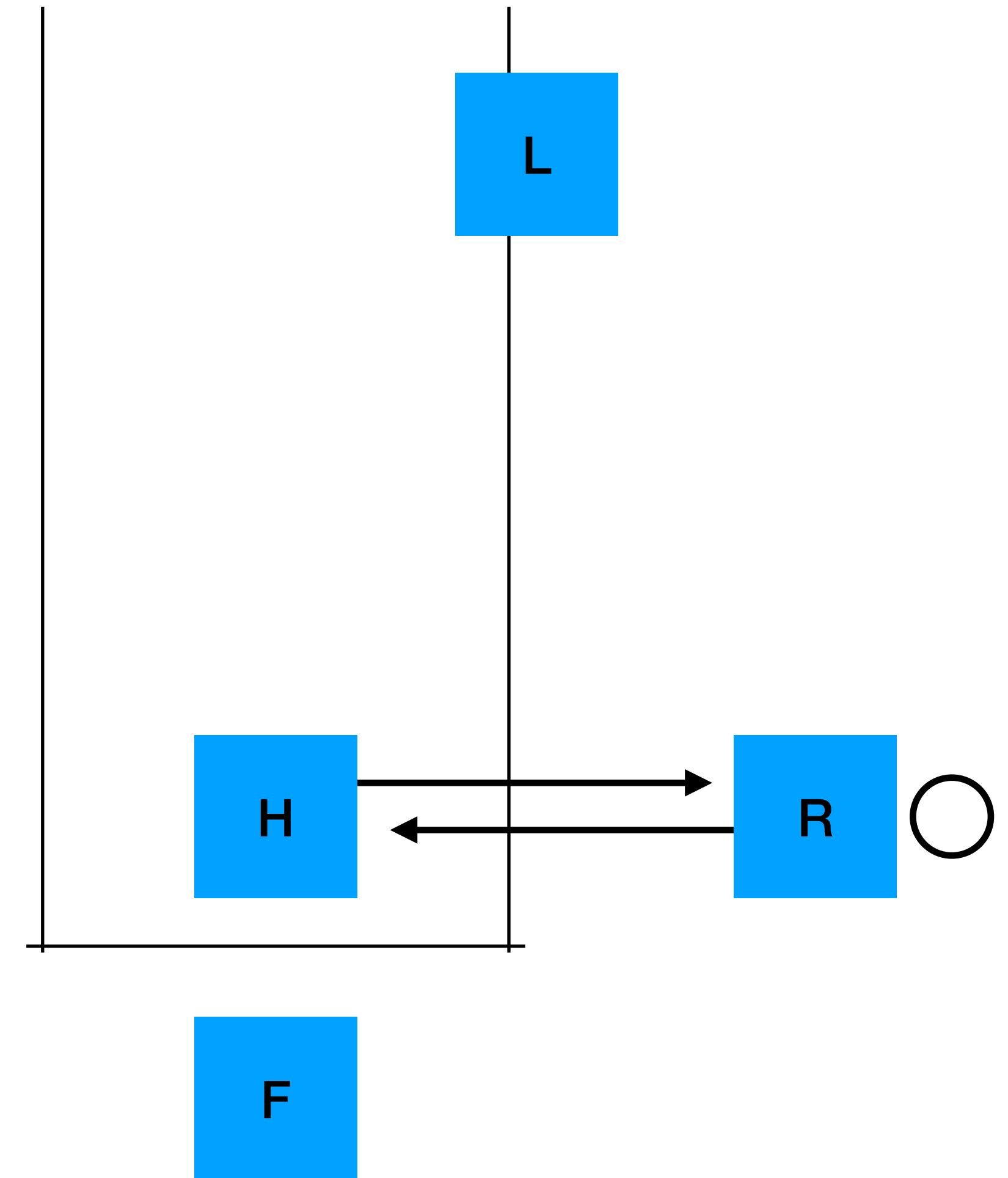
Weakside Drop

- Weak side forward leaves their position to apply ball pressure
- Requires good read from the high forward and good teammate communication



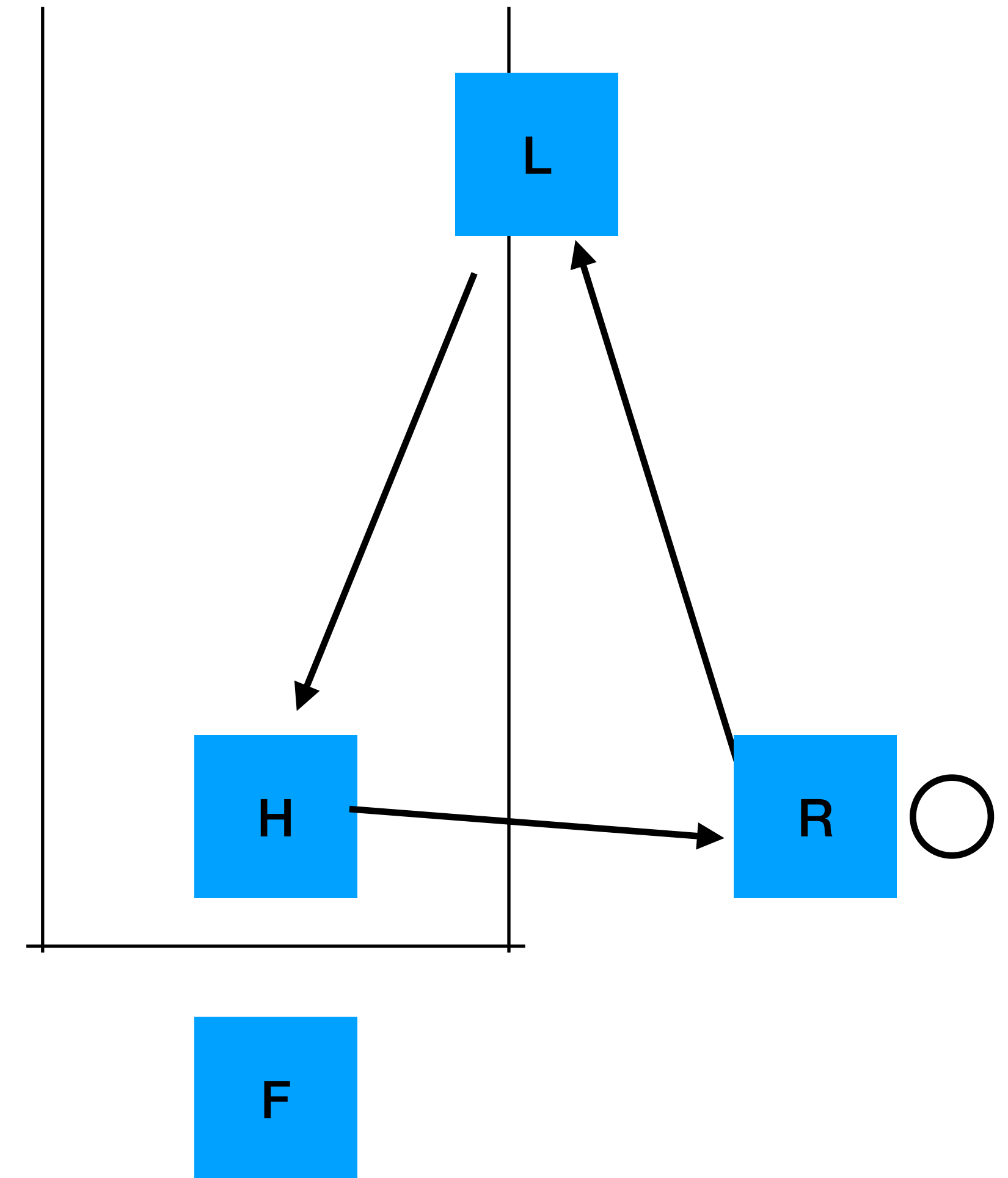
Halfback Switch

- Strong-side forward switches with halfback
- Can help conserve energy
- Can fix a coverage mismatch
- Can occasionally trick offense into making a mistake



Halfback Cycle

- Strong side forward drops off to point
- Weakside rover covers crease
- Halfback charges out to play the ball
- Good way to bring physicality to the ball



High Cycle

- Strong side forward drops off
- Halfback covers point
- Weak-side forward drops down to play the ball, but without leaving the point open
- Can be used to counter high-to-low offenses

