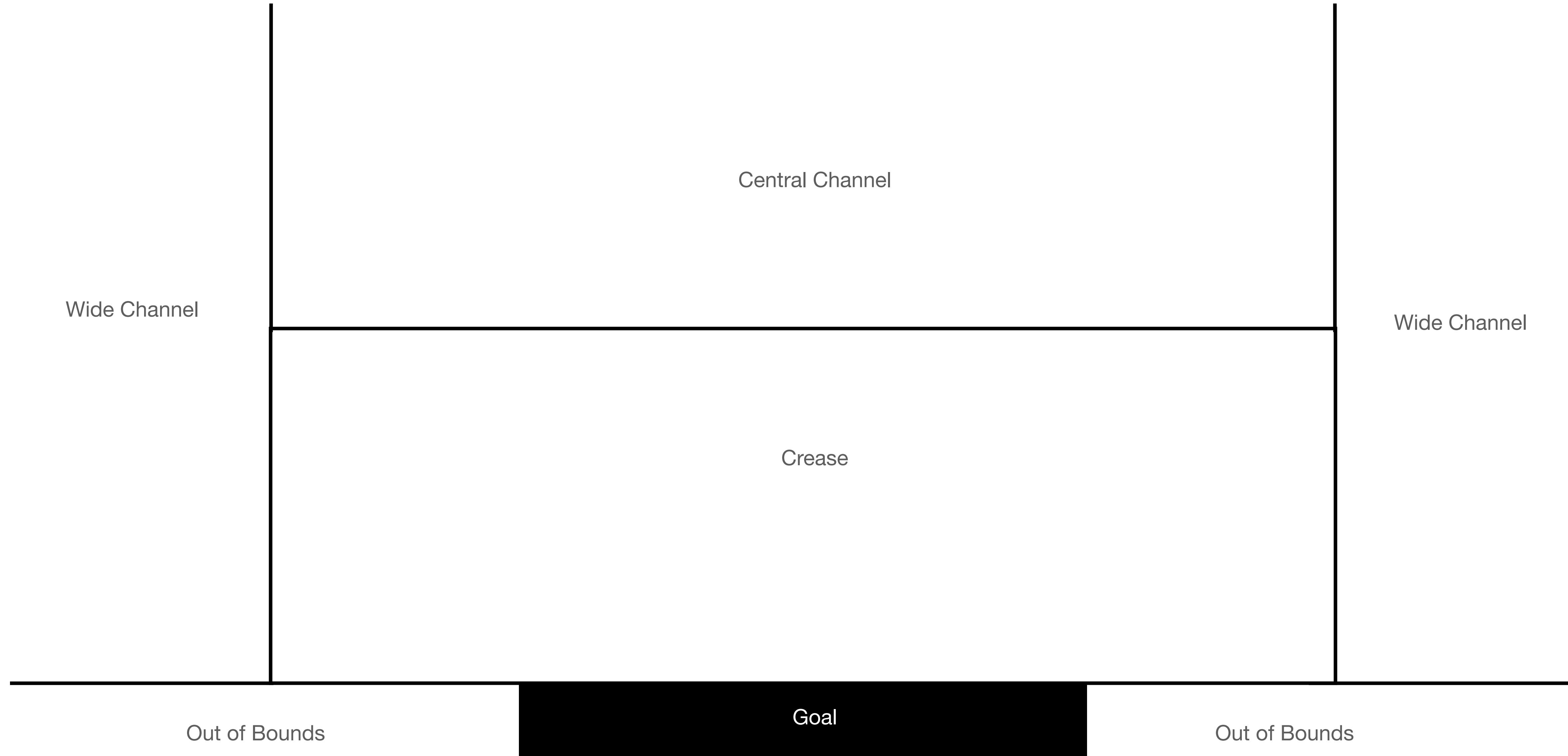


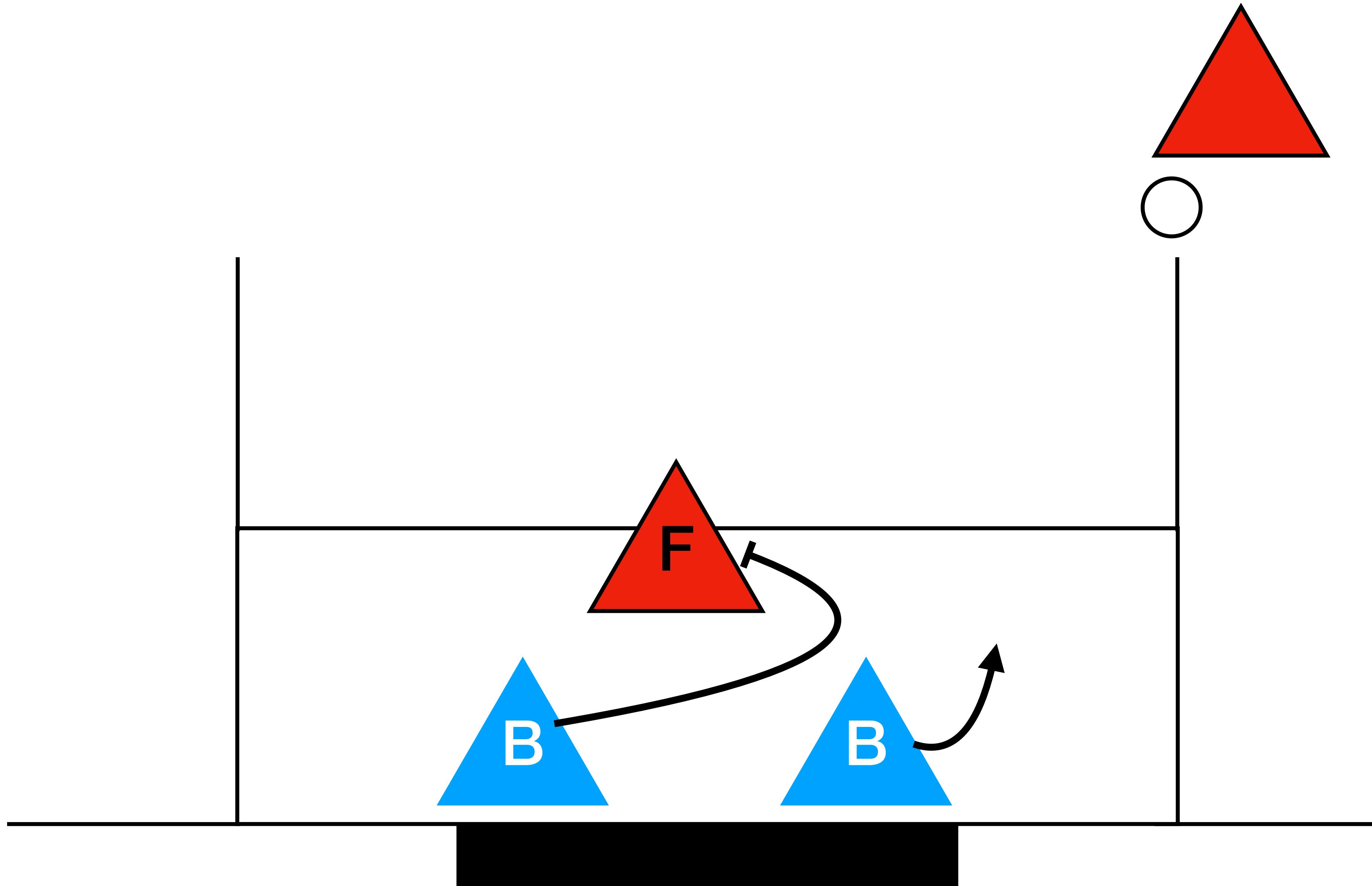
Zone Defense Fundamentals

Crease Coverage



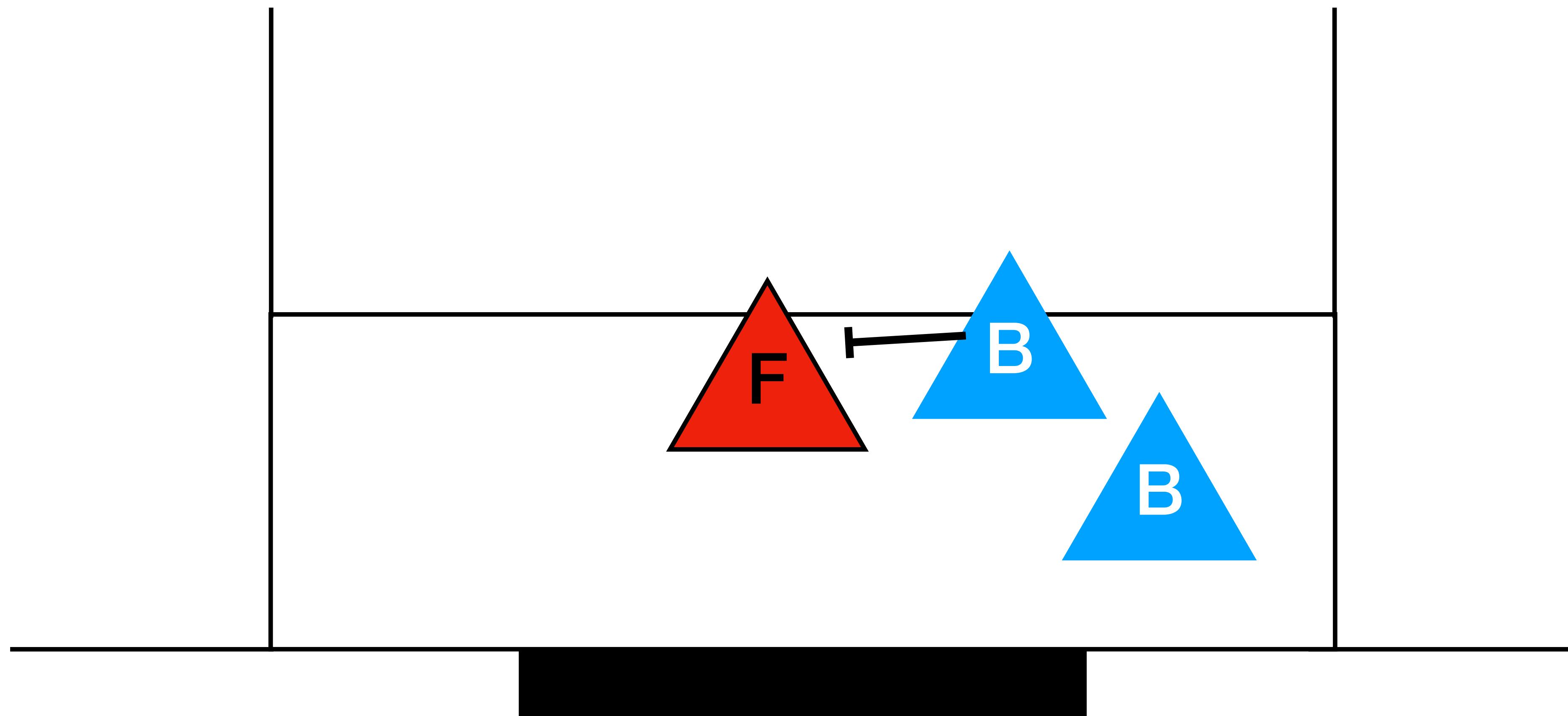
Man-Ball Coverage

Because the defense gets a 2v1 advantage, one back takes the opposing forward and the other defends the shooting lane



Seal Leverage

It's important that the back who is taking man gets "inside leverage" and pushes the opponent AWAY from their partner. The offense wants a pileup!

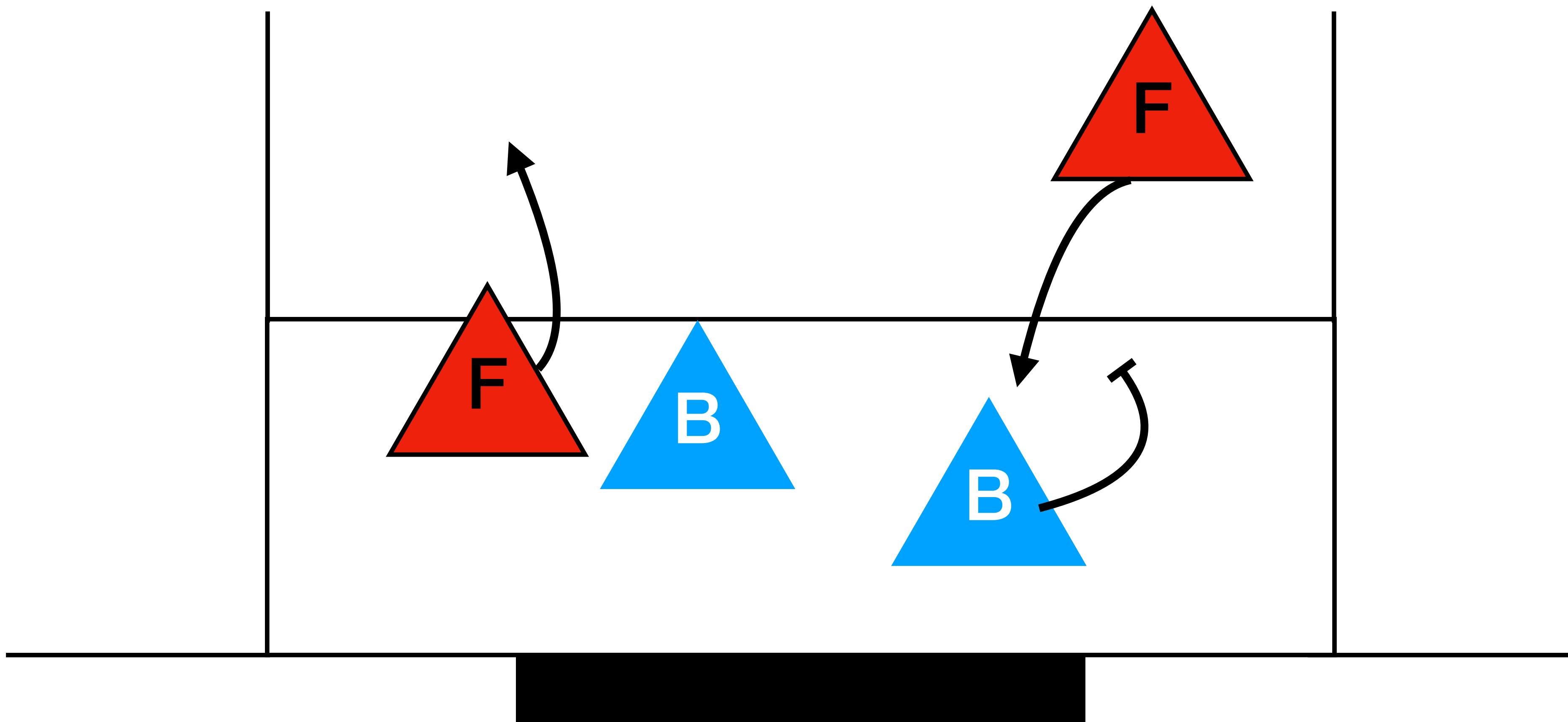


Switching

There may be times where because of a pass, an incoming shot, or the opposing forward(s) that the backs will need to switch jobs. In this case, tell your partner “Switch!”

If your partner tells you “Switch!” Acknowledge that you have heard them by saying “I’m Switching!”

Don’t switch unless both partners have agreed



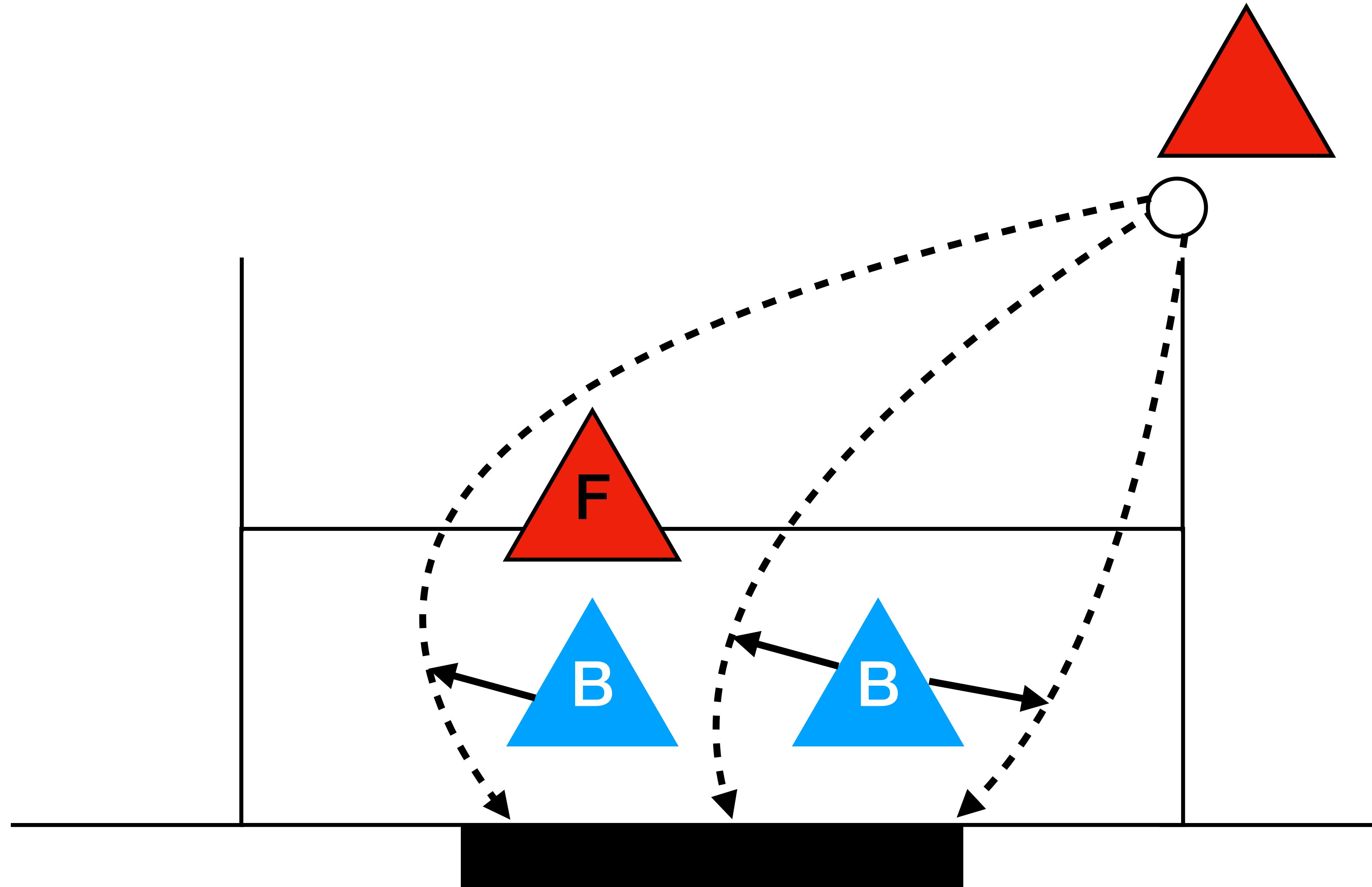
Claiming Shots

Unless you and your partner have communicated otherwise, there is a standard way to claim shots. The “Man” defender is responsible for shots to the far post. The “Ball” defender is responsible for shots to the near post or between the backs.

Game circumstances may make it better for the “Man” back to take shots to the middle or the “Ball” back to take a shot to the far post, so be sure to communicate.

When attempting a block, make sure to tell your partner “Mine!”

NEVER go for a ball that your partner has claimed. This is not just strategic: if two players are going for the same shot, a player can be injured with a stick, a cleat, or crashing their head into a teammate.



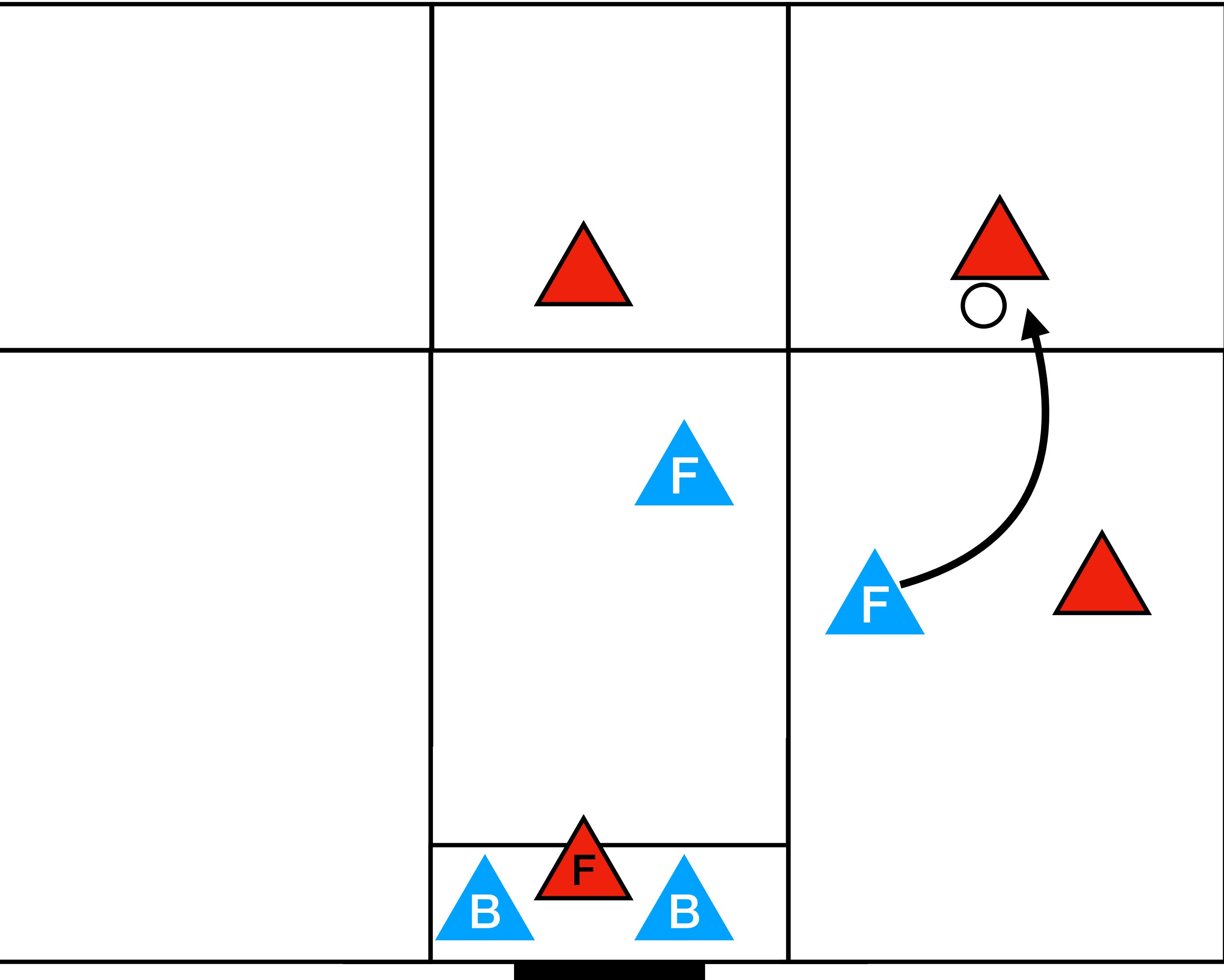
Loose Coverage



Angling

Because the forwards are almost always going to be outnumbered, they need to focus on trying to push the offense into a situation where the defense has an advantage and take away passes or shots you don't want them to have.

To do this, you must take an angled route to encourage your opponent towards a certain position, whether that is towards the sideline, their off-side, farther away from the goal, or into your forward partner.

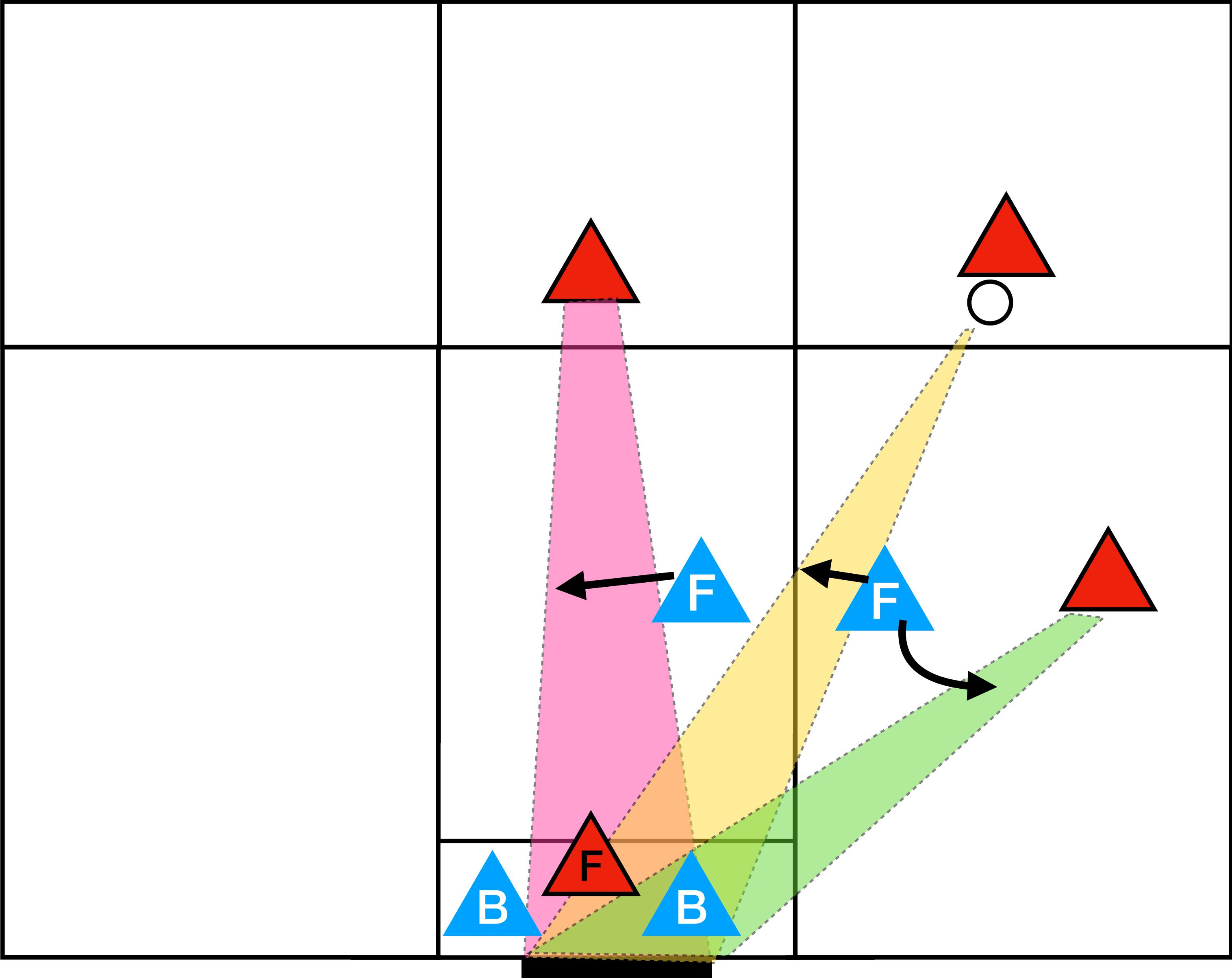


Shooting Lanes

It's going to be impossible to cover every player as tightly as you would like, but you can be in position to take away their shots.

The shooting lane is an imaginary path from an opponent to the goal. If you can cover an entire shooting lane from your position, you are covering that player, even if you are not close to them.

Being comfortable diving to block shots, being able to defend with one hand on the stick, and having good mobility can all extend how far you can cover a shooting lane



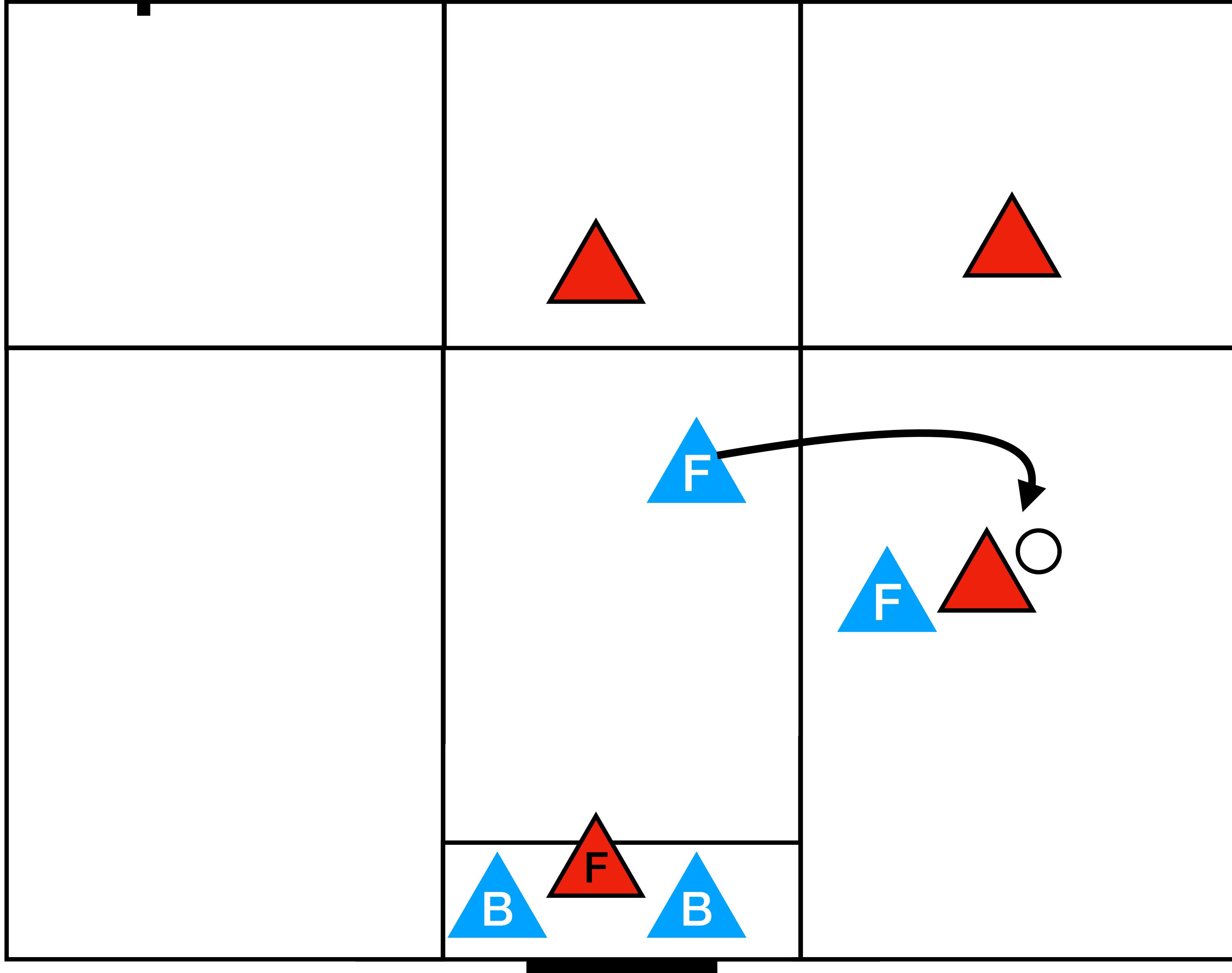
Defending a Post-Up

A post-up is a situation where the ball carrier initiates contact with a defender with their back to the goal. This can be extremely dangerous because it allows them to push their way towards the goal and because it creates a 2v1 against the other forward, which is easier to read for the offense.

Typically, the best way to defend a post-up is with a double team. The ball carrier will not be able to keep possession against such intense pressure. The double team can come from the loose forward or from the “ball” back.

If you are defending the post and want a double team, tell your teammates “Double!” If you think you can hold the opponent away from the goal alone or that the post-up is a fake, tell your teammates “Stay!”

If you are the high forward or you want the high forward to double, tell your teammates “Forward!” If you are the loose back or you want the back to double, tell your teammates “Back!”



Switching Coverages

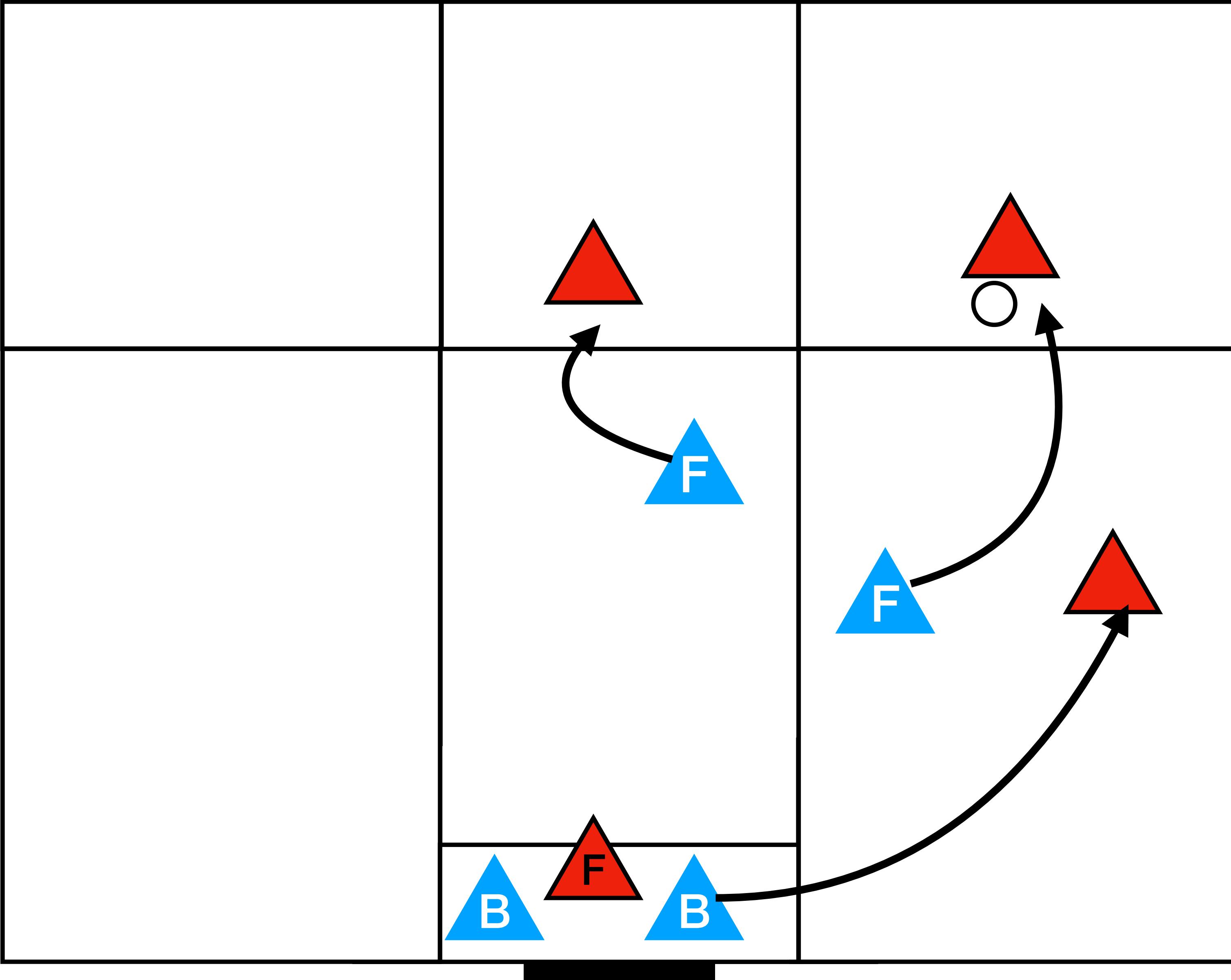
- If the other team is being passive with the ball, it can be good to switch into a man coverage
- If the other team is overwhelming your goal area, it can be good to switch into a collapsed zone coverage

Switching to Man Coverage

To switch to a man coverage, the forwards close down and the “ball” back rushes out to cover an opposing player.

If you want to switch into a man coverage, tell your teammates “Man up!”

To switch back to a zone, tell your teammates, “Zone up!”



Switching to Collapsed Coverage

To switch to a collapsed coverage, one of the forwards drops into the goal crease. That forward must be prepared to puck up an opposing forward coming to harass the backfield

If you want to collapse defense, tell your teammates “Drop down!”

If you want to switch back to a standard zone, tell your teammates “Zone up!”

