

## Pressure Defence

### Why Pressure Defence?

- Speeds up pace of offence and disrupts timing.
- Ball carrier has less time to make decisions with regards to finding cutters or picking a target on net when shooting.
- Creates turnovers leading to transition opportunities.
- Keeps shots to outside.
- Physically wears teams down by playing at high tempo.
- Useful when you need the ball back quickly ie.trailing late in game.

### Technical Tips for good Pressure on ball

- Pressure under control don't lunge at ball carrier. When initially when jumping out at ball position body in shooting lane. Containment crosschecking and moving feet as opposed to trying flatten opposition.
- Spacing must be close to eliminate time for ball carrier to shoot. Also less space will help prevent getting beat one on one by offensive players footwork.
- Harrassing Ball Carriers gloves/hands to make it difficult to pass or shoot. Tapping, poking or lifting up bottom hand with stick are very effective methods.
- Force ball carrier to outside or where help is.

### Technical Tips for Off-ball

- Positioning is probably the key element.
- Getting in passing lanes ie. set up between ball carrier and off ball cutter with stick in air.
- Stay tight to offer help if needed, don't get sucked out to boards.
- *Head on swivel* always know where ball and man are located. Helps to start transition too.
- Look for double team opportunity...when ball carrier turns back or when picks are set.
- Push players out of prime scoring area (front of net or middle of floor)

