

# Checking in the Game of Box Lacrosse

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# Explaining Contact

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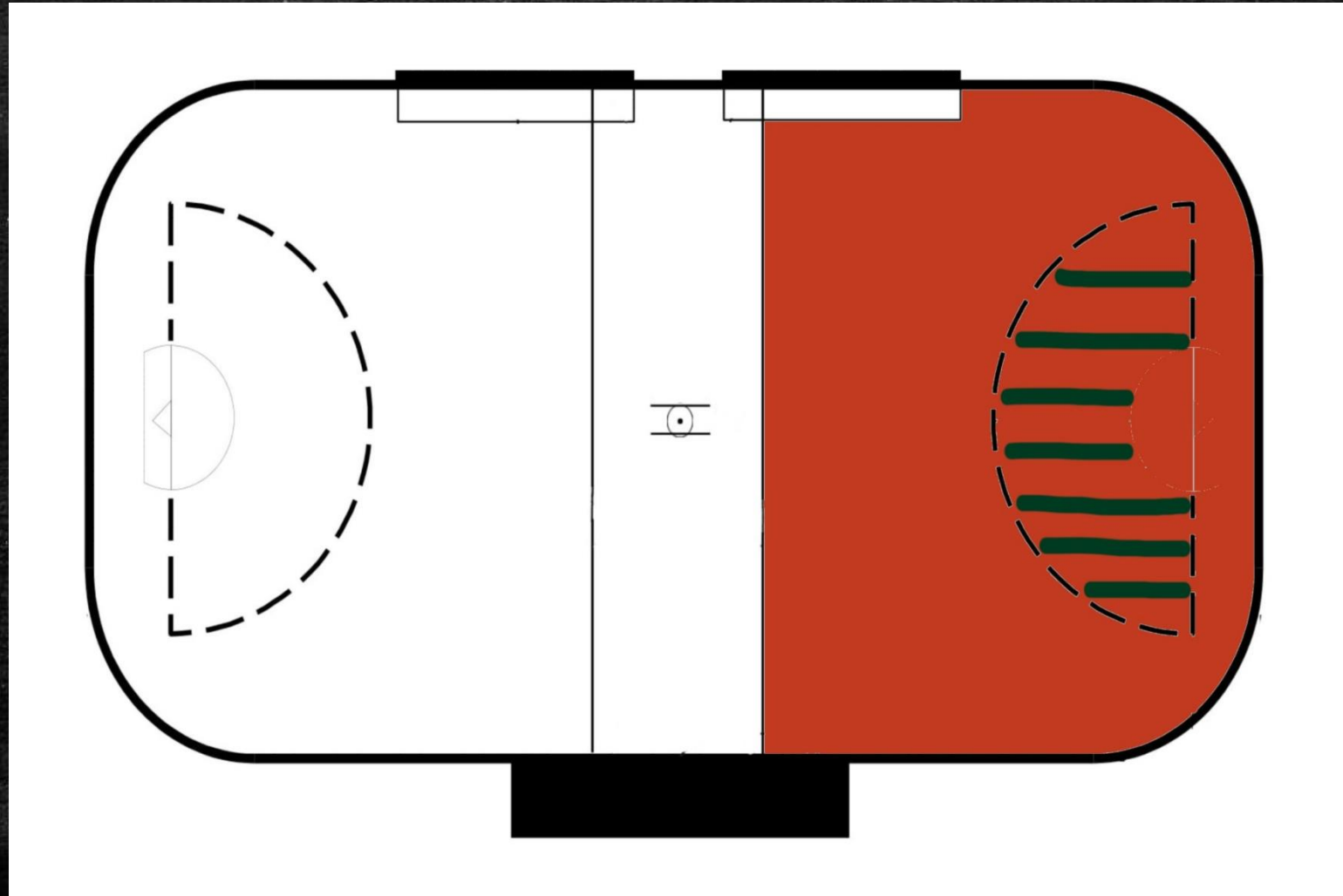
Lacrosse is a physical game with incidental and purposeful contact. Due to the nature of the game there are battles for loose balls, jostling for space and specific contact to keep players from getting into scoring position.

Players in the sport are allowed to have contact with opponents who have the ball as well as players who do not have the ball, but whose team has possession (off ball contact).

Non ball carrier can be crosschecked inside the dotted line (Pee Wee and lower) or defensive zone (Bantam and higher)

# Off Ball Contact Zones

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# Cross Checking - The Rule Book

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The cross check is the prime check used in the game of box lacrosse

A legal crosscheck shall be defined as a check applied with the portion of the stick held between the hands, on an opponent:

- from the front or side
- below the shoulders
- above the waist
- the extension of the arms while the check is being delivered is permissible

# Defense Before Contact – Educate Players

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Defense starts when a team loses possession of the ball

Identify checks

Communication is critical to overall success

Understanding ball side and off ball side – where is help coming from

Keep ball out of middle of the floor

Fist vs. open hand – team defense working as a unit

Shot clock is your friend

Basketball defense is a great example

# Crosschecking – A Defensive Skill

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Crosschecking is not defense, but a skill that is part of playing effective defense

Teaching effective technique and what is legal is a key component of coaching the skill.

Footwork and stance are critical elements of an effective cross check.

Poor delivery of a crosscheck will result in being off balance and will lead to a penalty.

**NEVER CROSSCHEK ON THE BACK!** Once a player sees the numbers on the back he/she is beat.

# Objective of On Ball Defense

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Pressuring the ball carrier to take away time and space.

Forcing the ball carrier to bad spots on the floor to reduce scoring/passing options.

Using stick on ball carrier's hands to cause pressure situation

Utilizing proper contact/cross checking technique when the ball carrier tries to penetrate the dangerous scoring area.

# Objective of Off Ball Defense

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Always be in position to help the ball carrier defender while in position on their check. "Ball – You- Man" position

Recognize double team pressure with the ball carrier defender

Bump any cutters that face cut making it difficult to catch a ball in the scoring area

To communicate picks/screens to team mates in order to avoid confusion

HELP – HELP – HELP

**ELIMINATE THE CLEAR THE HOUSE MENTALITY**



# Teaching Contact

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Teach defensive fundamentals first – stance, footwork, communication, vision, anticipation

Teach concepts – see the ball, on ball pressure, sag to help off ball, play as a unit of 5

Teach where and when on the floor players should use contact

Teach safe execution of the crosscheck – hand placement, stance, legal vs illegal,

Teach how to take a check and safe areas on the floor

**DRILL IT – DRILL IT – DRILL IT**