

Defending Principals

The defenders first responsibility is to slow down the other teams attack. This gives teammates the time to get into position to stop the shot, and for other defenders to get back to help cover other open players.

Cover Quick: The defender must quickly get to and cover the player with the ball.

Be under Control: The defender closing down on the attacking player must not rush in so fast that they run by the player with the ball.

Approach at an angle: The defender should not run straight at the attacking player, but rather approach at an angle or a curved run, forcing the player with the ball away from the goal.

Proper Stance and Positioning: The defender should be in a “side-on stance” at a 45-degree angle between the ball and the goal. The defender should be in a slight crouch, with the knees bent and his/her weight on the balls of the feet. Never stand upright and flat footed on the ground. The distance between the defender and the ball shouldn’t be less than one arms length, but may be greater depending on the attacking players speed.

Keep Moving, but Be Patient: The defender must keep shuffling his/her feet and move with the attacking player. Do not “stab at” or reach for the ball. If you do, your movement stops and the player with the ball can easily get past you.

Tackle the ball when it is not on the attacking player’s foot: If the player with the ball allows too much distance between themselves and the ball, it is possible to take it from them. Otherwise the player can cut or push the ball past the defender and go to the goal.

Always keep moving to maintain “Goal Side” position: The defender should always be trying to keep their body between the ball and the goal. Make the attacking player work hard to get a good shot.

If you loose the ball, attempt to win it back immediately: The attacking player who looses the ball, becomes the first defender.