



Basic Offense and Defense

Basic Defense: There are many different types of defenses. Again, Keep it simple. The two primary defenses are a Press and a Zone. A Press Defense is basically man to man where everyone is guarding one player. A Zone Defense is when players help the center position or when players are guarding two players. There are two basic Zones: a crash or a drop. Crashing is “baiting” the pass into the center position and then swimming and trying to make the steal on the entry pass into center. A Drop is when a perimeter defender “denies” the ball into the center position and forces an outside shot. Below is a sample defense where it goes from press to zone all in the same possession.

- Press no foul early on CA (as long as no one is open ahead), Foul and Drop if needed on Defensive Counter Attack
- Press in passing Lanes and Front, swim with drives to goal (no holding)
- No foul outside of 5 meters, foul and drop inside of 5 meters (especially if the ball gets to the wing, it should not!!!)
- Lose the front, perimeter players look to help (crash or drop).
- Center Defense does NOT allow the center player to shoot (get kicked out if needed).
- Work Hard, Look, Talk, & PBACC (Player, Ball, Area, Center, Clock)
- It is the work you do BEFORE your man gets the ball which is important.
- Center Defense Positioning (front or not to front???): spin and swim!!!

Basic Offense: As with defense, there are many different types of offenses. The primary two offenses are a center dominated offense and movement offense (driving). Usually a team offense is dictated by personnel. Other times an offense is dictated by what the defense is doing against an offense. Again, keep it simple. Pick an offense and have a couple variations off that offense. Below is a sample offensive philosophy.

- Counter Attack to offense looking to score
- If no score, set up 6 on 6 as quickly as possible
- Make 1-2 passes on the perimeter and then a entry pass into center
- no pass to center-ball side drive to a post up (play center)
- player who was center moves to opposite side of goal (two options)
- Attack goal on whistles from perimeter (anticipate)
- Move, TALK, Release: work you do before you get the ball (keep defender busy)