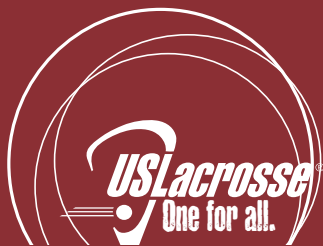


CEP Level 2 Online Courses
TACTICS SCHOOL: LESSON 5:



Defending EMOs



5.0 Introduction

There are numerous systems to run against extra man offenses. The easiest way for you as a coach to teach man down defense is to incorporate a man down defense that is similar to the all-even defense being used.

General principles for Man Down Defense

- Communication is important, especially for identifying the type of EMO being used
As mentioned before, communication is the cornerstone of any good defense. It is just as, if not more important when a defense is man down. It is very important that either your goalie or crease defenseman identify the offense's formation.

The quickest way to identify formations is to look at how many attackers are on the crease and how many are behind. If no one is on the crease your defense can quickly identify a "circle offense." Two men on the crease is a 1-4-1. One man on the crease is a 3-3 if no one is behind and a 1-3-2 if there is one man at X. Rotating defenses are most effective when there is one man on the crease and one man behind.

- Know your team

The amount your defense extends in a man down setting depends on the quality of your athletes. The better/ faster/quicker your players are the more you are going to be able to extend. The tighter your man down group stays as a unit the shorter your rotations are going to be if using a rotating man-down. Imagine a game of keep away where the team with the ball has six men and the whole restraining box to keep the ball away from the other team. Now cut the restraining box in half, it becomes much easier for the team to get the ball away in a smaller area. You should apply that same principal to your man down defense. Why try to cover the entire box or even fifteen yards above the goal when you don't have to? Focus on defending the 10 to 12 yards above the cage and the 5 yards behind it.

- Sticks should be up in the passing lane.

The defense's sticks have to be up! Remember somewhere on the field two guys are "open." If every defenseman keeps his stick up and pointed towards the middle of the field it will discourage the ball carrier to try to skip the ball through the defense.

Other principles:

- Players should sag into the middle of the defensive area to force the ball to the perimeter for an outside shot.
- Players should not chase the ball.
- Players should keep their position-stay in their area of the field if playing a zone.
- Players should be taught patience in order to use up as much clock as possible.

In this section we will present two variations of the Box and 1 Formation as man down defense options and also introduce the four and five man rotations.

Coaching Tip: When teaching man down defense, build on the prior knowledge your players have of all of the concepts that they will find in the man-down defense, such as:

Transition defense concepts (which is a numbers disadvantage for the defense)

Team defensive slides (number disadvantage since a man has been beaten and the settled defense must slide because of a numbers disadvantage)

5.1 Box and 1 Formation

This is a 5 man zone defense that is good for beginning players

The top two players are 12 yards from the goal, and the bottom defensemen are 3-4 yards from the goal. One player in the middle covers the offensive player on the crease and does not leave that man.

Coaches need to teach players to call cutters and “got ball.”

If ball goes behind the goal, generally players should not follow. Players should pick up the offensive player when he gets to goal line extended.

If the player behind is an excellent feeder, coaches may choose to pressure the ball behind to prevent a good feed

5.2 Box and 1 Formation with Crease Defender on a String

In this formation, the crease defender will occasionally leave the crease attacker. This is a better formation to use with more experienced players.

- When there are three ball handlers on top for the offensive team, the crease defender releases to pick up the offensive player in the middle if he has the ball.
- The lower two defenders pinch in.

One of the low defenders picks up the crease attacker and the other defender splits two.

Both defenders are within a stick length of the crease attacker.

If ball passed is passed to the side, the crease defender drops back to cover the crease attacker again.

5.3 5 man and 4 man rotations

Rotations are the most effective way to counter a 1-3-2 extra man offense. Coaches at the college and high school levels employ both of these schemes to defend EMO's. Each way has it pros and cons.

Fundamentals of a Rotating Defense

In rotating defenses, the defense always rotates opposite the ball. If the offense is moving the ball around the goal in a clockwise direction, the defense should be rotating counter-clockwise. The defense should always be moving as a group, as if they are all tied to each other. As one man moves left or right, the whole defense should be moving left or right. Finally, if a defender is splitting two he should be sloughed towards the middle of the field, so that the crease man is no more than a sticks length away.

If there is a cutter the defender must follow the cutter to the crease and yell “cutter” to alert the crease defender of another threat to the middle. If the cutter pops out adjacent after the cut, the defender goes with him. If he pops out more than two passes away then the defender becomes a splitter. If he stays on the crease your defense should identify a 1-4-1 and stop rotating. If the ball carrier carries the ball you should pass him to the adjacent defender.

4 Man Rotation

The 4 man rotation turns the field in to a 5 on 4 game by using a defender, to cover the man on the crease. (Most teams will choose their short stick.) Your man in the middle is an important voice in directing your defense.

Advantages to the 4 Man Rotation

The advantages of the 4 man rotation are that 1)you only have to teach four defenders to rotate and 2)the most dangerous attacker on the field is always covered. This defense should limit the attack to outside shoots.

Disadvantages to the 4 Man Rotation

One of the reasons that teams do not use a four man is that the slides are longer if four defenders are rotating as opposed to five.

5 Man Rotation

In the five man rotation all five members of the defense are a part of the rotation. The five man rotation's slides are shorter than the slides of a four man rotation. When running a five man rotation, it is important that your splitting defensemen slough all the way to the backside of the crease attacker, because no one defender is assigned to cover him. This defense should also limit the opposition to outside shots if run correctly. It is important to remind your players that all five defenders will, at some point, be responsible for covering the crease man.

The mandown team is going to start in a tight box around the crease man. The short stick D middle is going to be on the ball side of his man. The defender covering the man with ball (D1) will step out to the ball, but he should stay 10-12 yards from the goal. The defenders off the ball (D2, D3, D4) are tight to the crease with their sticks to the middle of the field. The defender furthest from the ball (D3) should be at least a stick's length from the crease.

Coaching Tip: An excellent intermediate man down defense when working in progression to a five man rotation is to use a four-man rotation with the one player covering the crease on the side the ball is on.

NO SKIPS

OBJECTIVE

To improve Man Down Defense positioning, communication, and orientation.

SPACE/EQUIPMENT

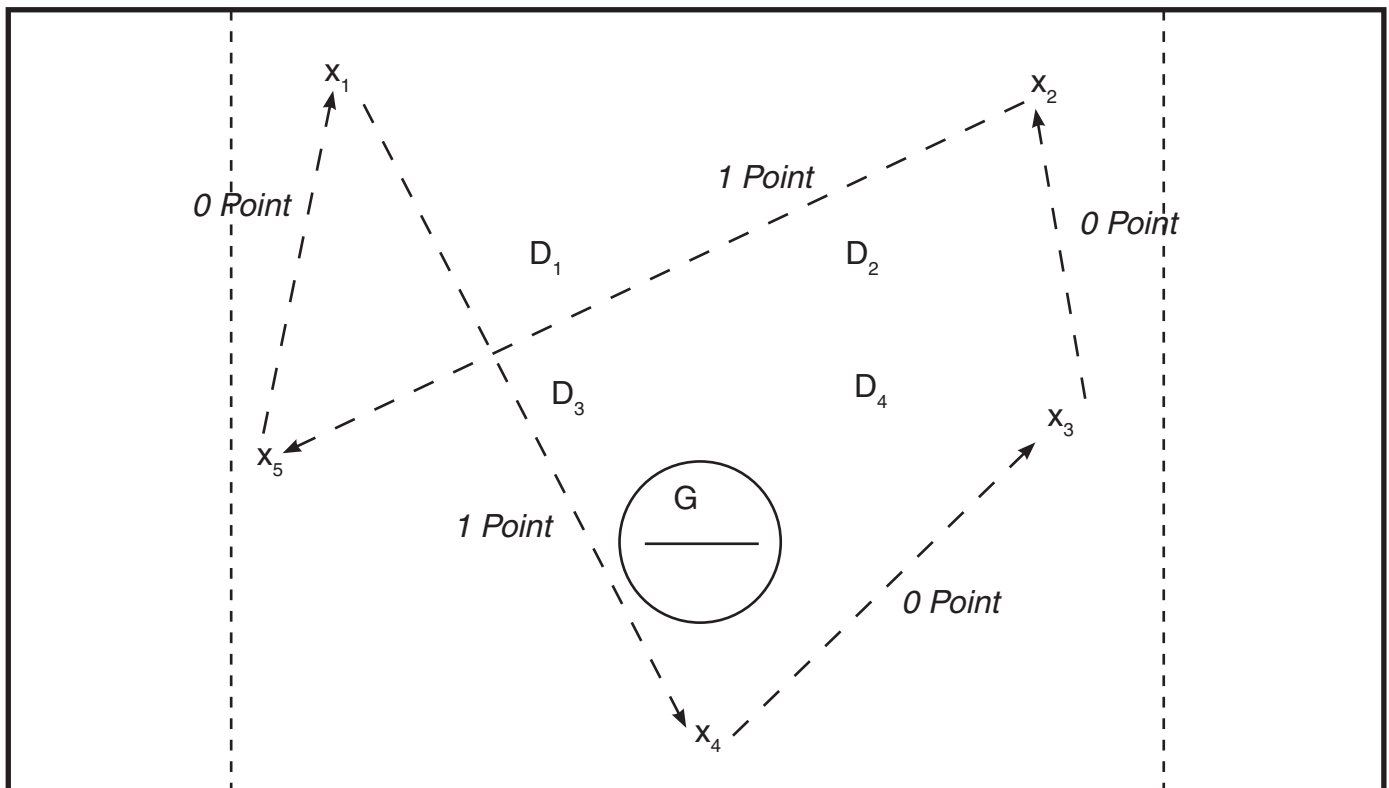
- Half-field
- Balls
- Goals

PLAYERS NEEDED

No more than 12-15 players can participate in this drill at one time.

Start five offensive players in the perimeter positions of a 1-3-2 offense (i.e., X, right wing, top-right, top-left, and left wing) and start four defenders with a goalie in a box shape inside of them. On a coach's whistle, the offensive players work the ball around the perimeter – they “score” a point each time they successfully make a skip pass (i.e., to a player not adjacent to the ballcarrier) and the defense scores each time they knock down or intercept one of these passes. See how many points teams can rack up in a 30-second or 1-minute penalty.

DRILL-EXECUTION



SKILLS PRACTICED

- Interior MDD positioning
- Blocking of passing lanes

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

To make it more difficult for the defense, challenge them to use short sticks. To make it more realistic, allow the offense to shoot on goal once they successfully complete a skip pass.

Full

RELATED DRILLS

Touch the Cone
Full-field 54s
Retirement Drill

TOUCH THE CONE

OBJECTIVE

To encourage defenders to stay tight when playing Man Down Defense.

SPACE/EQUIPMENT

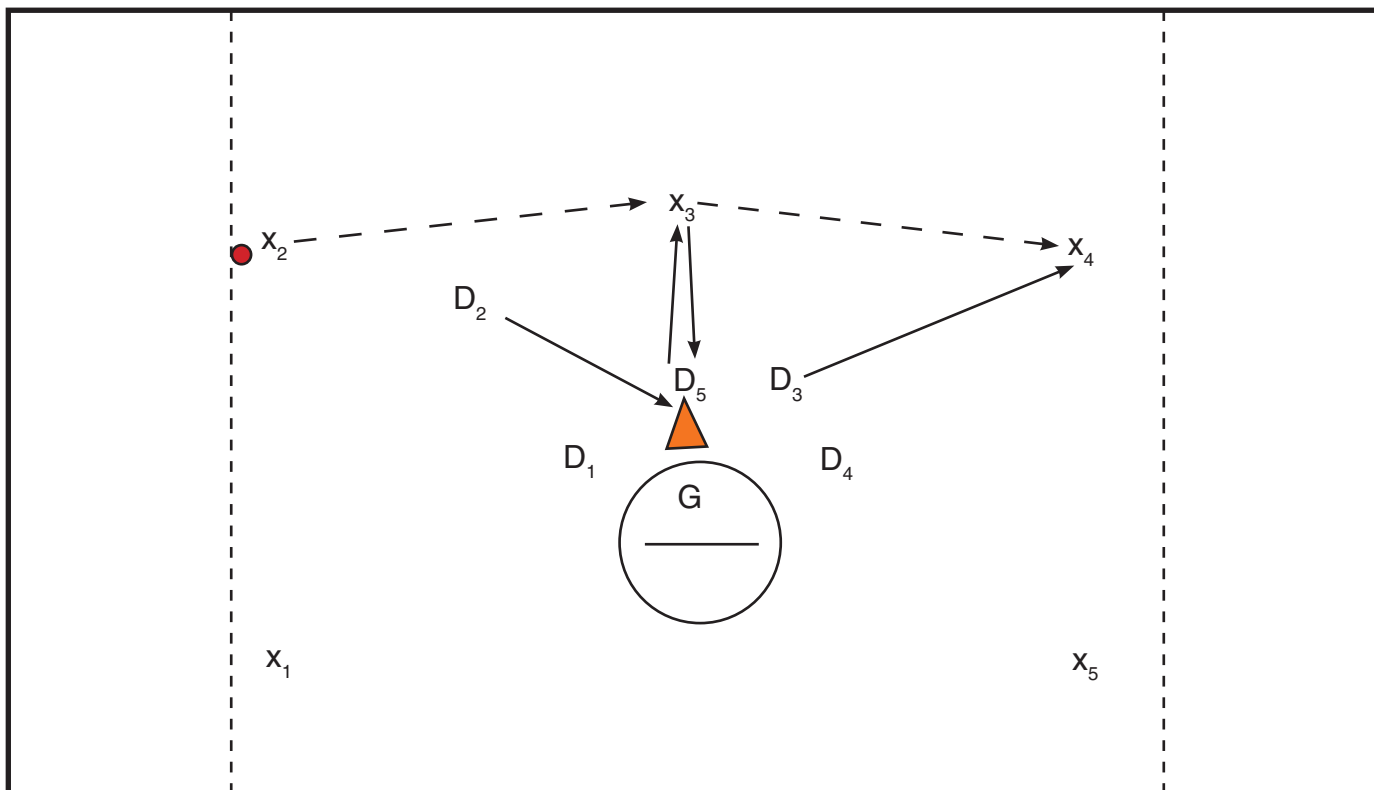
- Balls
- Half-field
- Cone

PLAYERS NEEDED

Approximately 12-15 players can participate in this drill at a time.

Start five offensive players in the perimeter positions of a 3-3 offense (i.e., right wing, top-right, top-center, top-left, and left wing) and start five defenders with a goalie inside of them. Start four of the defenders in a box shape and the fifth next to a cone which has been placed in the center of the goal about three yards above the crease. On a coach's whistle, the offensive players start to move the ball around the perimeter and the defensive players reset their positions accordingly. Each time, one person will be covering the ball, and the other four should sag into the middle of the field so that they can touch the cone with their sticks.

DRILL-EXECUTION



SKILLS PRACTICED

- MDD positioning and communication
 - Staying tight
-

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

To increase the game-likeness, challenge the offense to possess the ball for the entire 30-second or 1-minute penalty. To increase the difficulty, challenge the defense to all use short sticks.

Full

RELATED DRILLS

No Skips
Full-field 54s
Retirement Drill

FULL FIELD 54s

OBJECTIVE

To practice offensive and defensive spacing and positioning in a 5-on-4 situation.

SPACE/EQUIPMENT

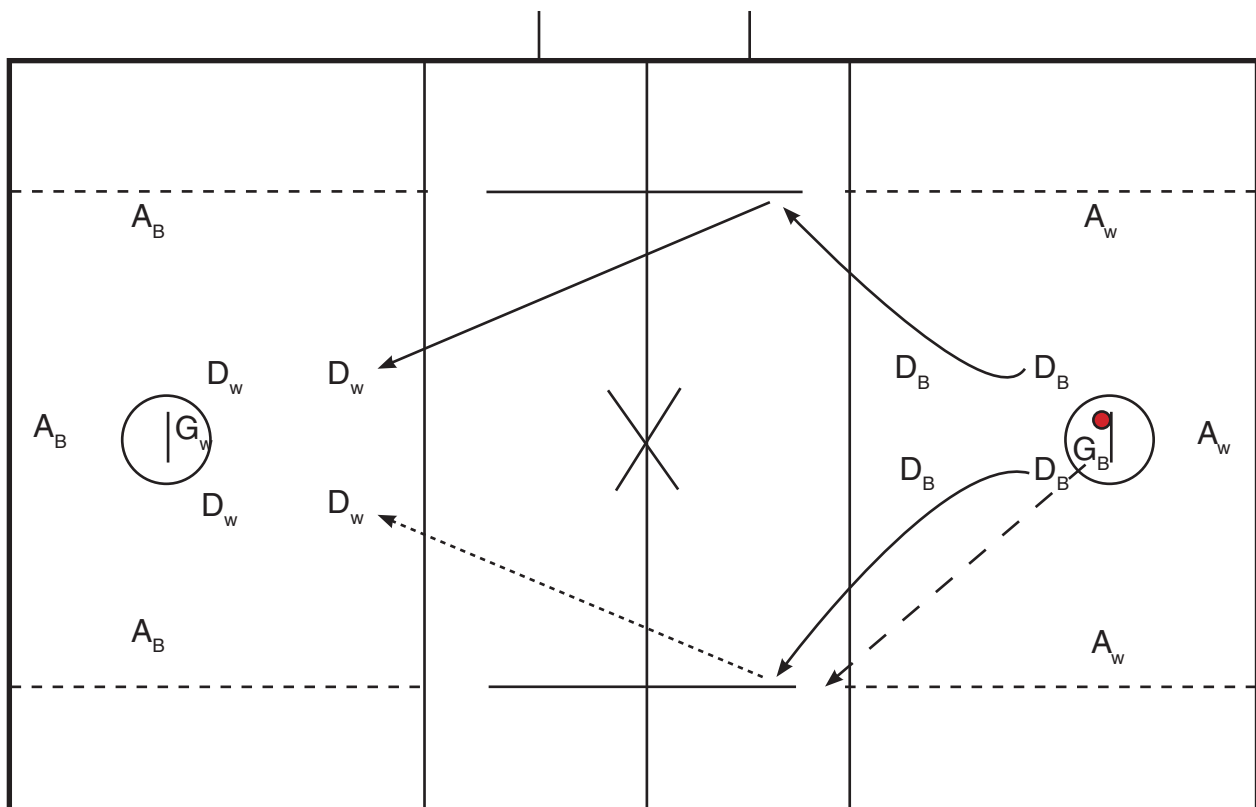
- Full-field
- Balls

PLAYERS NEEDED

An entire team of 25-30 players, including two goalies, can participate in this drill simultaneously.

At each end, start three attackmen (one on each wing and one at X), as well as four defenders (both midfielders and defensemen) in a box-shape, and one goalie in the cage. The drill starts with the top two defenders from one end breaking up and out towards the midfield line where one of them receives a pass from the goalie. They continue into their offensive end of the field and play out a 5-on-4 on the goal. When the ball is shot or turned over, the top two defenders break out, and the goalie outlets a new ball to one of them. They then play out a 5-on-4 on their offensive end of the field. Each time two defenders break up the field, two new ones replace them from the lines of extra players behind the goal.

DRILL-EXECUTION



SKILLS PRACTICED

- Defensive positioning, rotating (4-man), and communication in a 5-on-4
 - Offensive spacing, cutting, and passing in a 5-on-4
 - Conditioning
-

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

To make the drill more challenging for the offense, give them a time within which they must shoot the ball. To make it more competitive, keep score between the blue and white teams.

Full

RELATED DRILLS

No Skips
Touch the Cone
Retirement Drill

RETIREMENT DRILL

OBJECTIVE

To practice the spacing, timing, and communication in a 5-man defensive rotation.

SPACE/EQUIPMENT

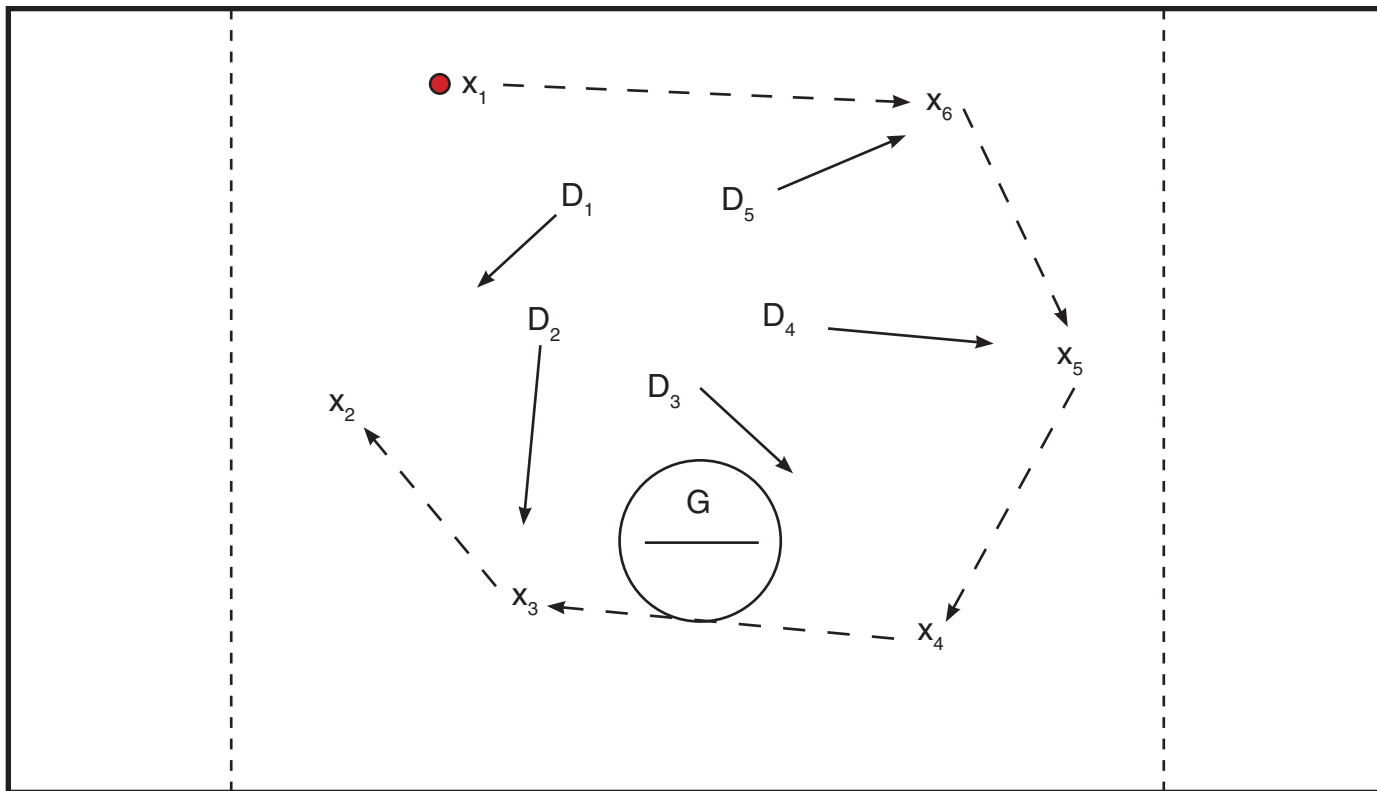
- Half-field
- Balls

PLAYERS NEEDED

No more than 16-18 players, plus a goalie, can participate in this drill at one time.

Start six offensive players around the perimeter in the shape of a Circle offense, and start five defenders inside of them in the shape of a pentagon (like a stop sign). On a coach's whistle, the offensive players begin to pass the ball around perimeter (passing in one direction and only to the adjacent player). As they move the ball, the defenders must communicate the ball movement and rotate their positions to defend it appropriately. Have the two groups play out the 6-on-5 situation for a prescribed amount of time (30 seconds, 60 seconds, etc.).

DRILL-EXECUTION



SKILLS PRACTICED

- Defensive communication
- 5-man defensive rotation

To increase the difficulty of the drill, increase the time that the offense must pass the ball. To make it more realistic, allow offensive players to change the direction of the ball's movement and to make "skip" passes (i.e., to players other than those adjacent to them). To make it more game-like, allow offensive players to shoot when they get open scoring opportunities. And, to make it more competitive, keep score – a goal is a point for the offense, and a turnover or non-shot is a point for the defense.

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

Full

RELATED DRILLS

No Skips
Touch the Cone
