

# LANE DEFENDING

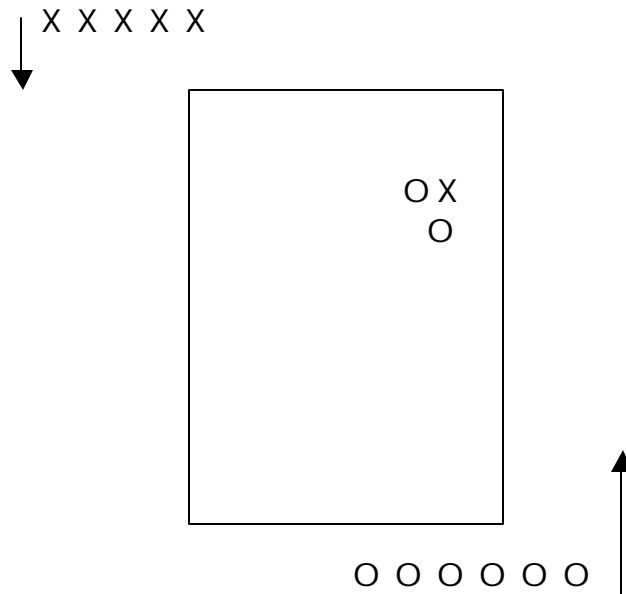
**Organization:** Divide the players into two teams, defending team with the balls.

**Structure:** 15X30 yard lane with a team on each end.

**Procedures:** First defender plays a long pass to first attacker who tries to dribble past the defender and across the far end line. Start with 1v1 then 1v2, 2v2, and 2v3.

**Coaching Points:** The first defender's job is to delay the ball and make the opponent predictable. After playing the ball get a fast start and arrive at the ball handler slowly. Your sideways stance and weight on the front foot enables you to move forward or back with quickness. Your approach needs to be arced to encourage the opponent to go in that direction, making them predictable. Be patient. Don't poke or tackle for the ball. If the attacker tries to cut back into you then you will have the ball. If you slow them down and push them to one side then you are successful.

The second defender's job is to cover the first defender and not allow penetration. Once the first defender cuts off one side of the field then the second defender comes over and takes a position two arm lengths behind and slightly inside the first defender. The second defender must not allow the attacker to split the two defenders or blow by both defenders with one move.



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