

## Lacrosse Defense – Defending the GLE

<https://www.youtube.com/watch?v=NiinNJg-uyg>

Defending GLE is one of the most important parts of a defenseman's job. Joe Cinosky does an excellent job, discussing strategies to prevent your opponent from getting a high percentage shot.

Lacrosse is a game of angles, by using the crease a defenseman can get inside leverage and force the attackman to the outside. As Joe mentions, you want to get your stick under your opponents stick. From this position we can lift and take away his ability to shoot the ball quickly. Next you want to use your opponents forward momentum against himself, and drive him toward the sideline. It is important that you follow through with this and using your feet and arm push him far out at a low angle with every step try to push your opponent out and under. This prevents the attackman from doing a question mark dodge.

When you have done a great job with your footwork, and have maintained topside. I like the way Joe talks about footwork. By sealing yourself into the crease, you create a barrier. I prefer to teach my defenseman to keep their sticks up and with one fist on the hip and one fist in the topside armpit, drive my opponent out. This allows you to keep your stick vertical, in the event the player goes one handed or gets off your v-hold lift check, you can still check down on this stick.

Get a buddy and practice in the yard, or coaches work on these techniques in practice scenarios. Find the method that works for you and become the best lacrosse player you can be!