

## Lacrosse Defense – Basic Checking

<https://www.youtube.com/watch?v=c1KQ2LHFmuc>

Brett Hughes Former UVA All-American lacrosse player talks about checking and teaching checking to young defenseman. As Brett mentions, checks are secondary to both, proper footwork and body position. Once you have established body position you will have a higher chance for success. By maintaining proper footwork, you will continue to frustrate your opponent which may lead to a turnover.

Many young players make the mistake of reaching and lunging with their stick, which leads to poor footwork and body position. The key to excellent defense in lacrosse starts with the feet.