



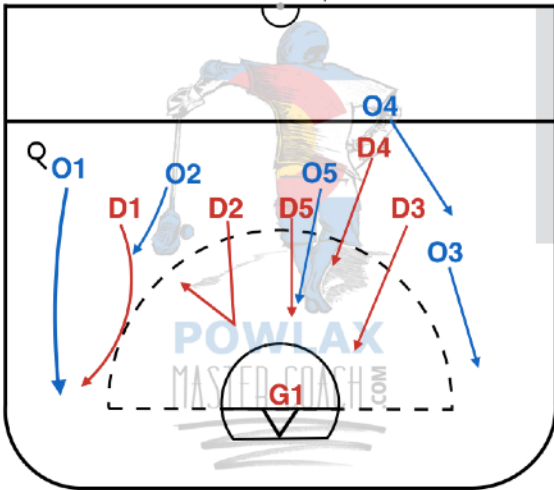
# Box Defensive Transition



## Box Defensive Transition

Defensive Transition for Box Lacrosse is extremely easy to understand. Just don't get beat getting back to the defensive side of the floor and slow play rather than sliding up field. Once players get in on defense, they need to communicate, match up, and play.

Slow Break  
Get In and Match Up Inside Out

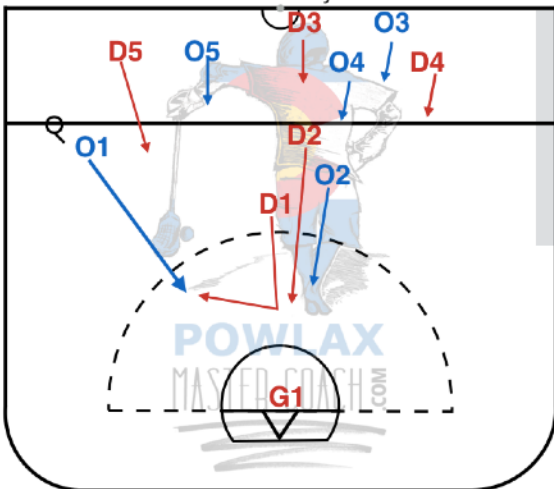


### Match Up Inside Out

Players must communicate who they are guarding by talking and pointing at the player who they are guarding. This helps to ensure that two players don't get caught defending the same player and leaving another open.

When players don't know who to guard, they need to hustle into the center of the defensive zone and look outward to match up.

Don't Slide Up Field  
Slow Play



### Don't Slide Up Field - Slow Play

Players should stay with the most dangerous player on the field.

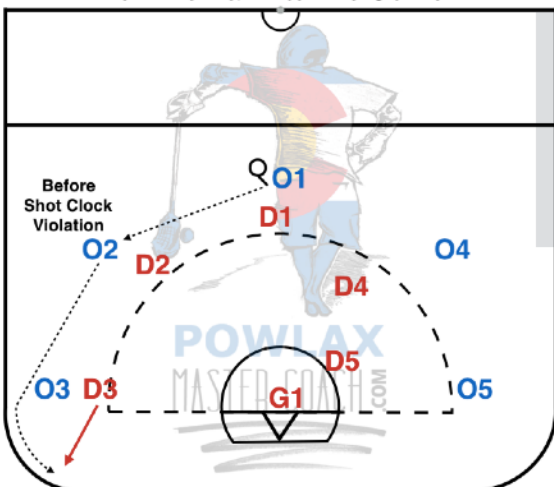
To start this play, **O1** is carrying into the defensive half uncovered and **O2** is in front of **D2** but covered by **D1**.

If **D1** runs out to play **O1** too early, he will leave **O2** open.

Instead, he should stay with **O2** until he absolutely has to slide to **O1**. This shortens the decision making time for **O1** and gives **D2** time to get inside and cover **O2**.

\*This situation happens most often in the middle of the floor. Players should stay with the deepest player, not the ball carrier.

Shot Clock Play  
Roll The Ball Into The Corner



### Shot Clock Play - Roll the Ball into the Corner

Sometimes, our defensive transition starts before the other team gets the ball. If we are the **Blue Team** on offense and the shot clock is about to expire, sometimes it is better to roll the ball into the corner rather than take a crappy shot. This forces the opposing team to take the time to go pick up the ball while we get back on the defense end.