



POE: ILLEGAL DEFENSE POSITIONING IN THE CSA

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What is Illegal Defense Positioning?

- ❖ Defenders who put themselves in, or fail to remove themselves from, the shooting lane when the attack has the opportunity to shoot safely if the free space to goal were clear.
- ❖ Defenders who illegally occupy space within the 8m arc and violate the Three Seconds rule.

Key Concepts

- ❖ Free Space to Goal
- ❖ 3 Seconds
- ❖ Directly Behind
- ❖ Marking
- ❖ Opportunity
- ❖ Pathways – Attacking towards goal
 - ❖ Stick
 - ❖ Body – weight transfer
 - ❖ Feet – step
- ❖ Backer Defense
- ❖ Layers

Obstruction of Free Space to Goal

“Shooting Space” (Rule 10, Section 1j, page 51):

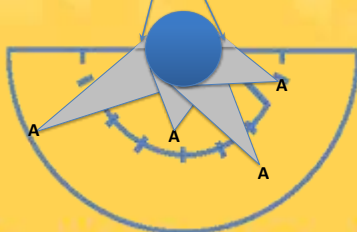
When the ball is within CSA above Goal Line Extended:

- ❖ Defense denies the attack the opportunity to shoot safely
- ❖ By placing her body position in FSG
- ❖ By her initiation
- ❖ And is not marking an opponent within a stick’s length

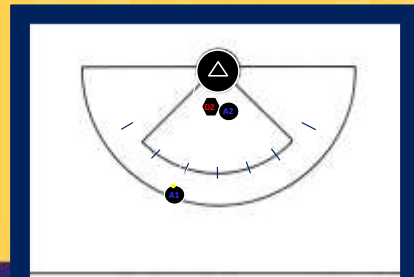
Note: Not NCAA

Free Space to Goal

No FSG below GLE

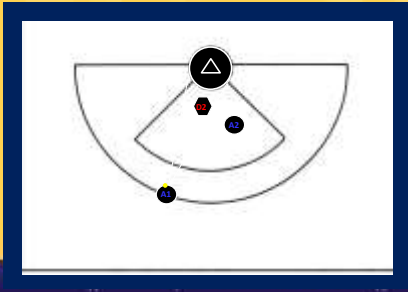


Legal – NO CALL





Illegal - CALL

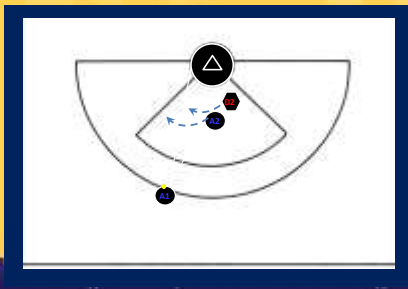


Defensive Considerations

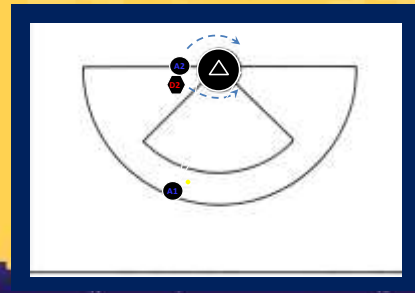
- ❖ Do **NOT** penalize a defender who is drawn **THROUGH** the FSG by cutting attack players
 - ❖ Either in front of goal or behind goal
 - ❖ Defender must **NOT** hesitate!



Legal - NO CALL



Legal - NO CALL

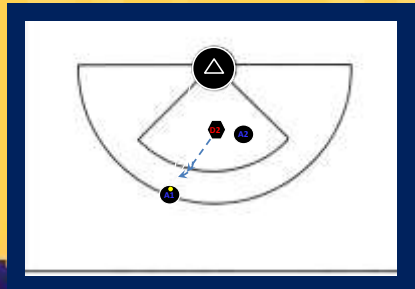


❖ Do **NOT** penalize a defender who is moving to play the ball carrier by:

- ❖ Keeping her body outside the FSG
- ❖ Leading with her stick inside the FSG



Legal - NO CALL

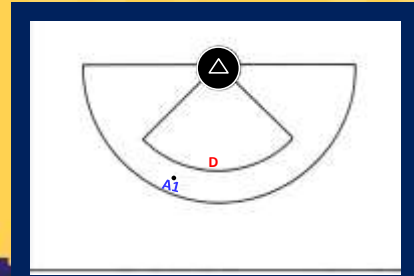


Three Seconds

Three Seconds (Rule 10, Section 1i, page 51):

- ❖ Defense may not remain in the 8m arc for more than 3 seconds unless marking within a stick's length.
- ❖ In effect once the ball crosses the restraining line

Three Seconds

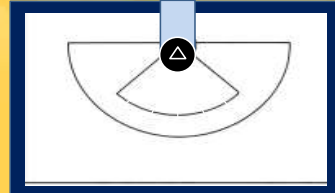


Three Seconds

Three Seconds (Rule 10, Section 1i, page 51):

- ❖ Defense is exempt when defending player directly behind goal
 - ❖ Provided there is no double team of the player directly behind goal
 - ❖ NOT exempt from Obstruction of Free Space to Goal

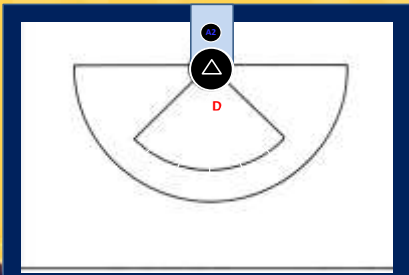
Directly Behind Goal



Area between two lines extending perpendicular and back from the goal lines extended, tangent to the goal circle

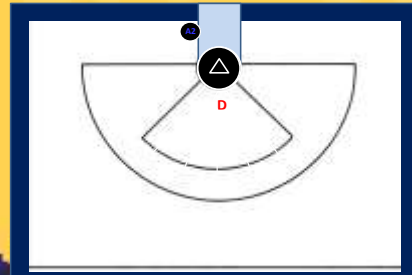
Three Seconds

Legal - NO CALL



Three Seconds

Illegal - CALL



WHY?

SAFETY FIRST!!

Allows defense to **SAFELY** defend the ball carrier and attacking players in the critical scoring area.

Allows attack the opportunity to shoot **SAFELY**

Why?

Keep game safe – Protect the players

- ❖ The Rules are our players' protection
- ❖ Eliminate dangerous play
- ❖ Eliminate “gamesmanship”
- ❖ We are in this together – Coaches, Umpires, Players

FSG And Three Seconds

Why are these fouls commonly taught together?

SAFETY!!!

- ❖ Major Fouls by the Defense
- ❖ 3 Seconds often leads to FSG

FSG And Three Seconds

“MARKING”

- is “key” to preventing both fouls!



Opportunity

What is “Opportunity”?

Offense Has:

- ❖ What: Open pathway to the goal to shoot safely
- ❖ When: Defenders play legal defense
- ❖ Where: Within Critical Scoring Area above GLE

When is "Opportunity" Created?

Offense Has:

- ❖ Created the opportunity when:
 - ❖ She establishes possible shooting mechanics towards goal:
 - ❖ Stick Pathway
 - ❖ Room to follow through safely
 - ❖ Body Pathway
 - ❖ Space to shift weight
 - ❖ Balanced/Controlled
 - ❖ Footwork Pathway
 - ❖ Ability to make an attacking move

When is "Opportunity" Denied?


Offense Has:

- ❖ Denied themselves the opportunity
 - ❖ Below GLE
 - ❖ Turned to pass away from goal
 - ❖ Teammate drawn defender through/into FSG

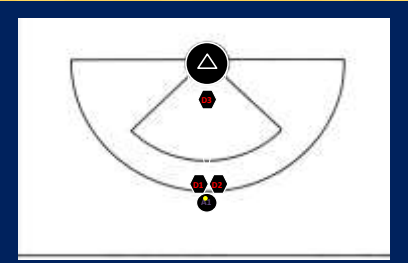
When is "Opportunity" Denied?

Defense Has:

- ❖ Legally Defended
 - ❖ Double/Triple team denies shooting mechanics
 - ❖ Marking another opponent in 8m (especially in FSG)
- ❖ Illegally Defended
 - ❖ Obstructed Free Space to Goal
 - ❖ Violated 3 Seconds



Ball carrier double/triple teamed
Does she have a safe and legal shot? **DEPENDS**



Coaching The Rule

Coaching The Rule Teach The Rules

Educate Players AND Parents

- ❖ What: illegal defensive position
- ❖ Why: to protect players
- ❖ Who: defenders in 3 seconds or obstructing free space
- ❖ Where: FSG -critical scoring area above goal line extended
3 seconds – 8m arc
- ❖ When: FSG - attack has the opportunity to score
3 seconds – ball crosses RL

Coaching The Rule Show It and Drill It

Mark FSG on the field with rope or cones

- ❖ Help players visualize what the FSG cone looks like from different angles

Demonstrate how to stay out of FSG

- ❖ When defending the ball carrier
- ❖ When marking player behind goal
- ❖ When sliding to help on ball carrier drive to goal

Coaching The Rule Show It and Drill It

Drill It: Practice, Practice, Practice!

- ❖ Use rope or cones to mark FSG
- ❖ Practice approaching ball carrier
 - ❖ lead with stick
 - ❖ close with body when within a stick length

Coaching The Rule

Defensive fundamentals remain the same!

- ❖ **COMMUNICATION**
- ❖ 1v1 positioning - force in a direction to take an option away
- ❖ Double team positioning
- ❖ STICKS UP!

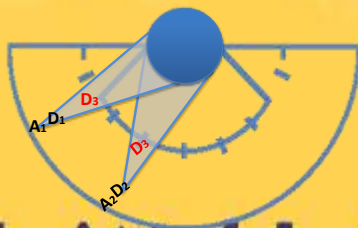
Coaching The Rule

How does this change defense?

- ❖ Extend out to the 12m on ball
- ❖ Backer defense
- ❖ High pressure defense
- ❖ Zones

Backer Defense

D marks the attacker near the 12m. The "Backer" (D3) moves along the 8m behind the mark.



Key Concepts Review

- ❖ Free Space to Goal
- ❖ 3 Seconds
- ❖ Directly Behind
- ❖ Marking - stick length
- ❖ Opportunity
- ❖ Pathways - Attacking towards goal
 - ❖ Stick
 - ❖ Body - weight transfer
 - ❖ Feet - step



Umpiring The Rule

Umpiring The Rule

"POSITIONING"

- is "key" to seeing both fouls!

Tangent

High and Low Tangent - Lead

Low Tangent

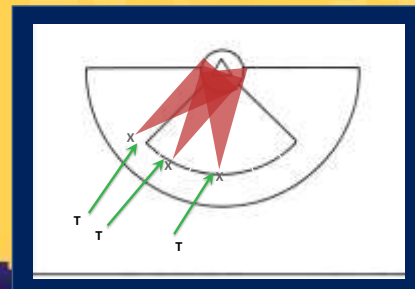


High Tangent

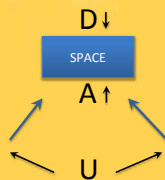


Offset

Trail - Can offset Left or Right



Offset Practice



Predict/Anticipate

Layers of Play within CSA

- ❖ Look beyond the ball carrier and immediate defenders
- ❖ What are you looking for and when/where?

Near

- ❖ Within stick's length

Far

- ❖ Low Circle Play

Mid

- ❖ No Man's Land

Layers

Mid
No Man's Land

Far
-Low Circle Play

Near
-Within stick's length

Watch That Defense

Anticipate/Predict

- ❖ See beyond the player with the ball

What is the Defense doing?

- ❖ Player to Player?
 - ❖ Marking – stick's length?
- ❖ Denying opportunity?
 - ❖ Legally
 - ❖ Illegally
 - ❖ Attack does not have to initiate move to goal to have call

Watch That Defense

What is the Defense doing?

- ❖ Zone?
 - ❖ Usually set up outside of 8m – within stick's length?
 - ❖ Watch for 3 seconds
- ❖ Potential for FSG
- ❖ In Arc? Just outside?
- ❖ Denying opportunity?
 - ❖ Legally
 - ❖ Illegally
 - ❖ Attack does not have to initiate move to goal to have call

Legal Zone – NO CALL

Illegal –CALL

Watch that Attack

Anticipate/Predict

- ❖ See beyond the player with the ball

Ball Movement

- ❖ Where is the next pass going?
- ❖ What is the offense trying to do?

Offense

- ❖ Ball in CSA above GLE?
- ❖ Have opportunity?
- ❖ Creating/relinquishing opportunity?
- ❖ Watch for "3 Pathways". Towards Goal?

Umpiring The Rule

"Radar"

When does the umpire need to consider each foul?

3 Seconds - Ball crosses RL

FSG - Ball enters CSA

Umpiring The Rule

"When to Call"

❖ **3 Seconds** - Depends.....

❖ Whistle

❖ Hold

❖ Flag

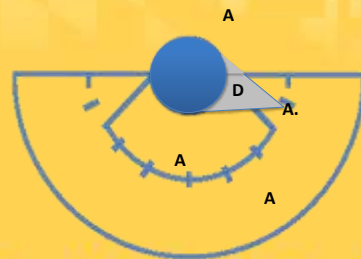
❖ **FSG** - IMMEDIATELY!

Anticipation.....

How Quickly Things Can Change

- ❖ What if:
 - ❖ Ball is below GLE and is passed to player in the "pie" who passes as there is a low defender in the FSG...

What to Do?



Anticipation.....

What to do? What questions to ask yourself?

- ❖ Does she have opportunity?
 - ❖ Did she have her shooting "Pathways"?
 - ❖ Did she give it away by passing?
- ❖ Did the defense legally take away the opportunity?
 - ❖ Double/Triple team?

Umpiring The Rule

"Where to Penalize"

❖ **3 Seconds- Depends....**

❖ Spot of **Ball**...or

❖ At the **Dot**...or

❖ Spot of **Ball** - clear lane...or

❖ Spot of **Ball**- clear arc and/or lane

Umpiring The Rule

"Where to Penalize"

❖ **FSG - Depends....**

- ❖ Spot of **Foul** - clear lane...or
- ❖ Spot of **Foul** - clear arc and/or lane

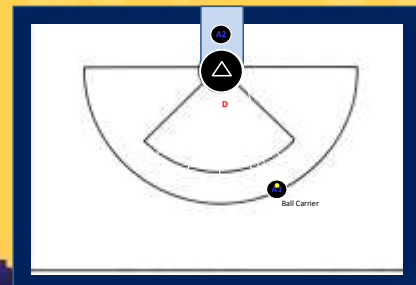


Myth Busters

Myth Buster

If I am marking the player directly behind, I can't be in Free Space to Goal.

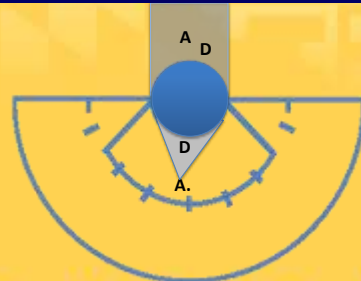
Illegal - Call



Myth Buster

If I am marking the player directly behind who is also being marked by my teammate, I can't be in Free Space to Goal and/or 3 Seconds.

Illegal - Call



Myth Buster

The FSG extends from the goal posts to the ball.



Absolutely Not!



Yes!



Myth Buster

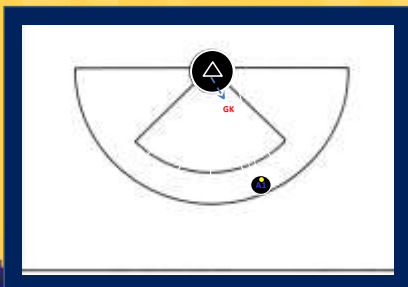
The GK can't be called for Obstruction of FSG.

❖ She **ABSOLUTELY** can!

Once the GK leaves the goal circle, she becomes a "field player" and is penalized accordingly



Illegal - CALL



Myth Buster

There cannot be FSG unless the ball is in the 8m arc

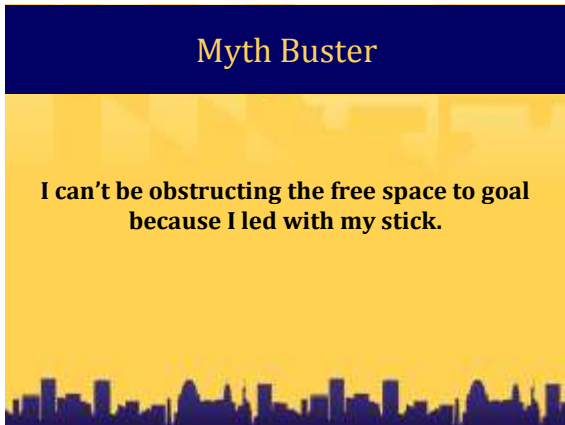




Illegal - CALL



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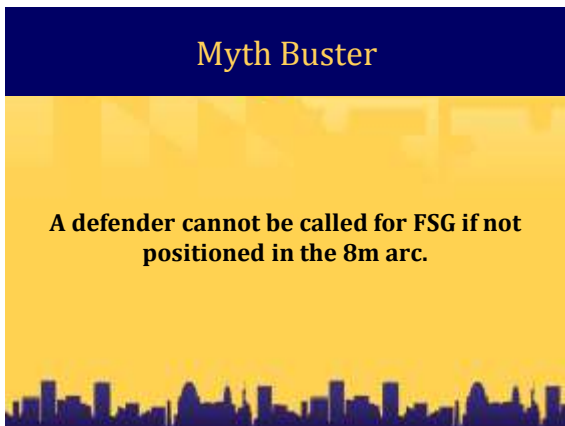


Myth Buster

I can't be obstructing the free space to goal because I led with my stick.



Illegal - Call



Myth Buster

A defender cannot be called for FSG if not positioned in the 8m arc.



Illegal - Call

Illegal - Call



Myth Buster

Only the Trail official can call FSG and/or 3 seconds.

-2 Person crew

-3 Person crew

Myth Buster

Umpire Responsibilities

2 Person

Lead calls on her half; Trail calls on her half

3 Person

Lead may call when the ball is low on her side

Deep Trail and "C" call when the ball is everywhere else

