

JANUARY 14-16, 2022



# Adjacent Defense

Andrew Fink  
University of Saint Joseph (CT)





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# About Andrew Fink

Head Coach at University of Saint Joseph (CT)



- West Hartford, CT
- Division III Lacrosse Program
- 2020 Inaugural Varsity Season
- Great North Atlantic Conference





# About Andrew Fink

Former Head Coach at Mount Ida College

- 2x Great North Atlantic Conference Champions
- 6x North Atlantic Conference Champions
- 4 NCAA Division III Tournament Appearances
- 2010 NCAA Statistical Champion: Man Down Defense - .907





# Why Adjacent Defense?





## WHY AJ?

- Up until 2008 we were a man-to-man and crease slide team
- Introduced a zone defense headed into playoffs in 2008
- Eye opening moment and an opportunity to modify the way we play man-to-man with our player personnel strengths





## WHY AJ?

- AJ defense is very similar to our zone defense
  - Eliminates a long crease first slide
  - Provides more defined support
  - Not a lot of teams run and AJ defense so it can be an effective way mix things up
  - Allows us to easily transition into a zone





# Player Personnel

- Find the right players for the job
  - Requires the right personnel and a commitment to work through the rough spots
- Attributes of a good AJ player
  - Intelligent/high lacrosse I.Q.
  - Aggressive yet not too aggressive
  - Experienced and quick thinker
  - **COMMUNICATION**







## AJ Keys

- Constant communication. Does not work without it
- Pressure out on ball and then get in to support when ball is passed
- Recovery after slide is important and players must be committed to playing this high energy style
- We pressure at "X" and if necessary will switch to keep pressure on ball





# Key Terms

- Topside & under support
- Left to right support
- Show no go
- Fill up lanes / non-verbal communication
- “Darkness” double call

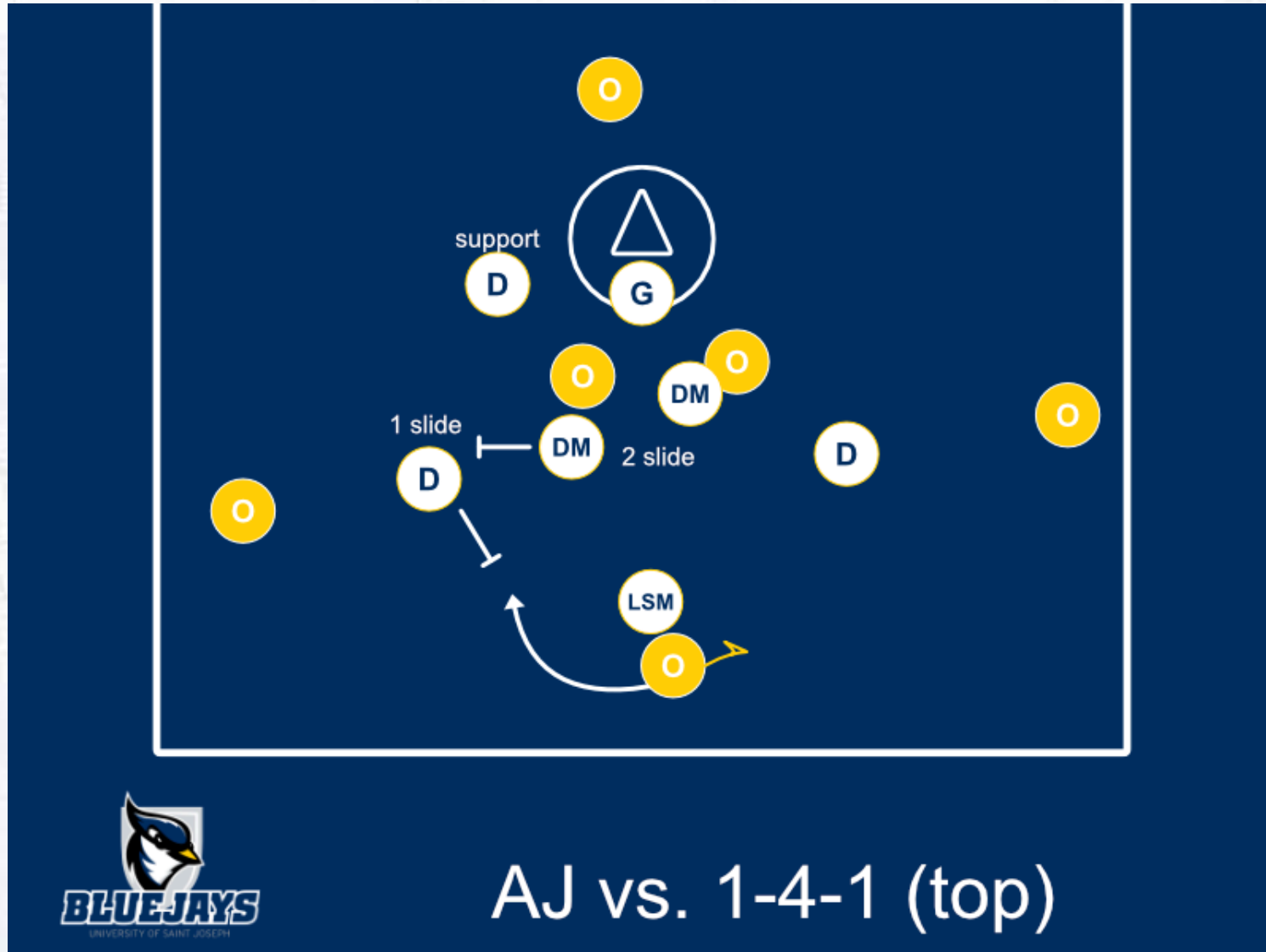




# Adjacent Defense

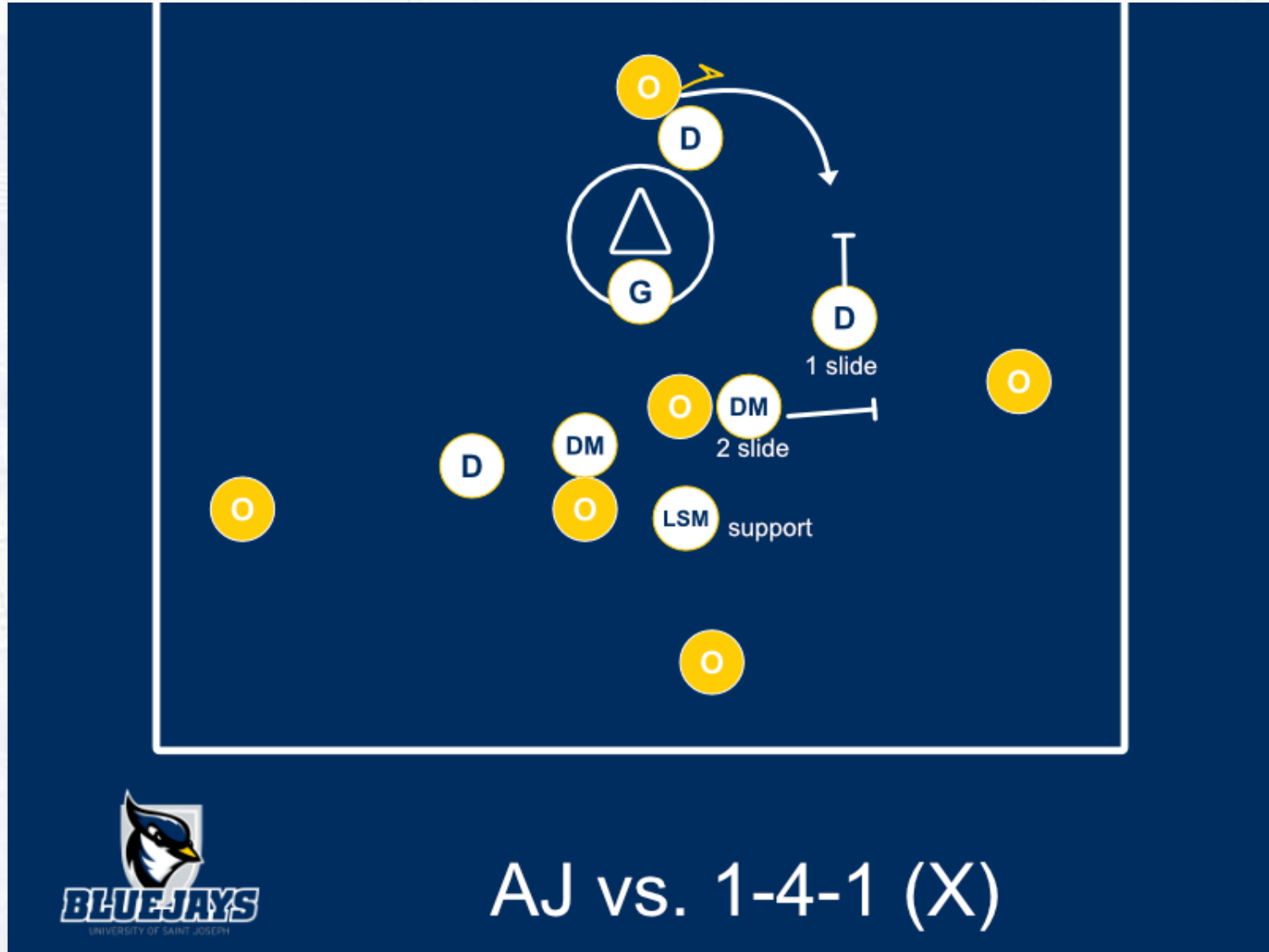
X's and O's





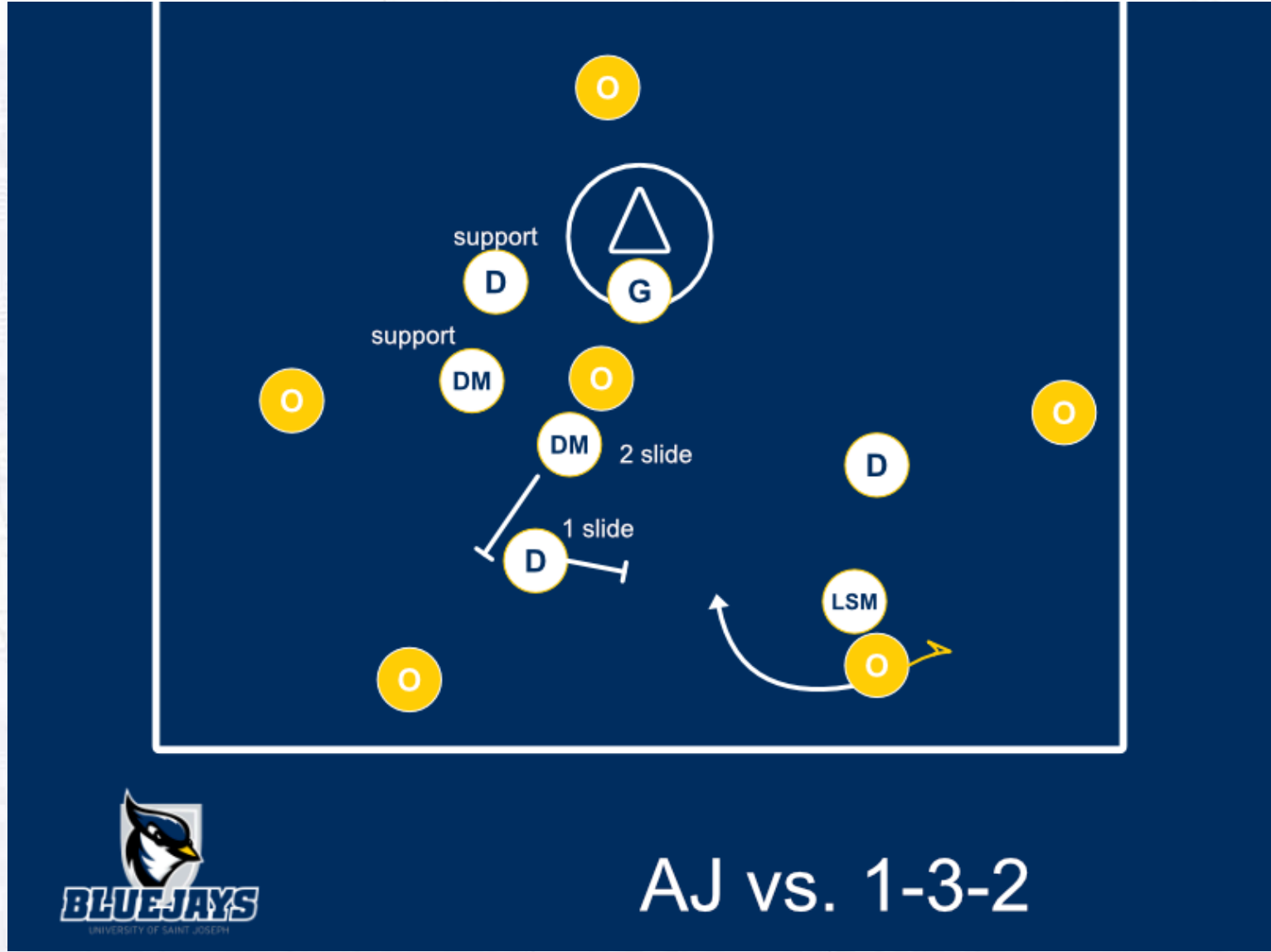
AJ vs. 1-4-1 (top)

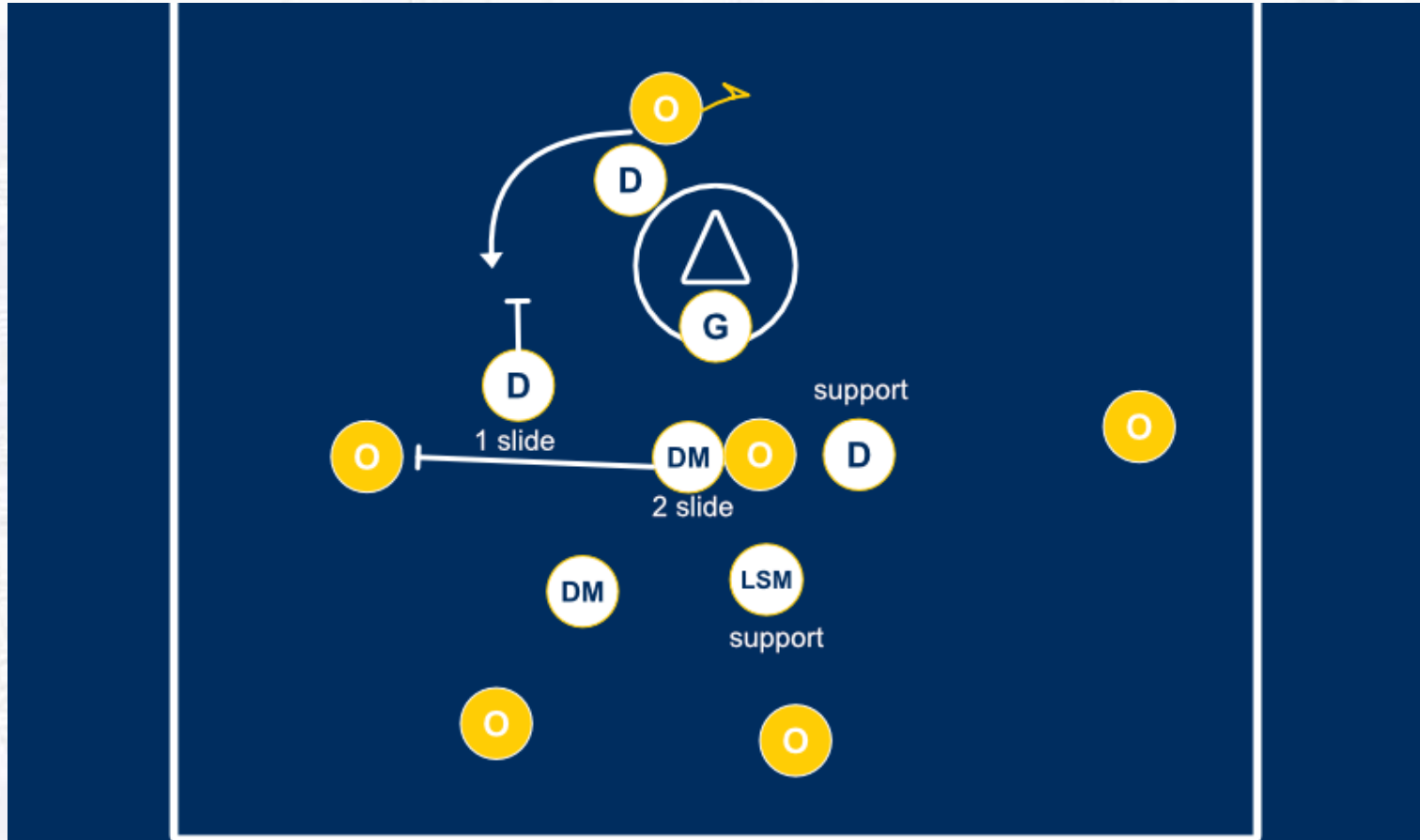




AJ vs. 1-4-1 (X)

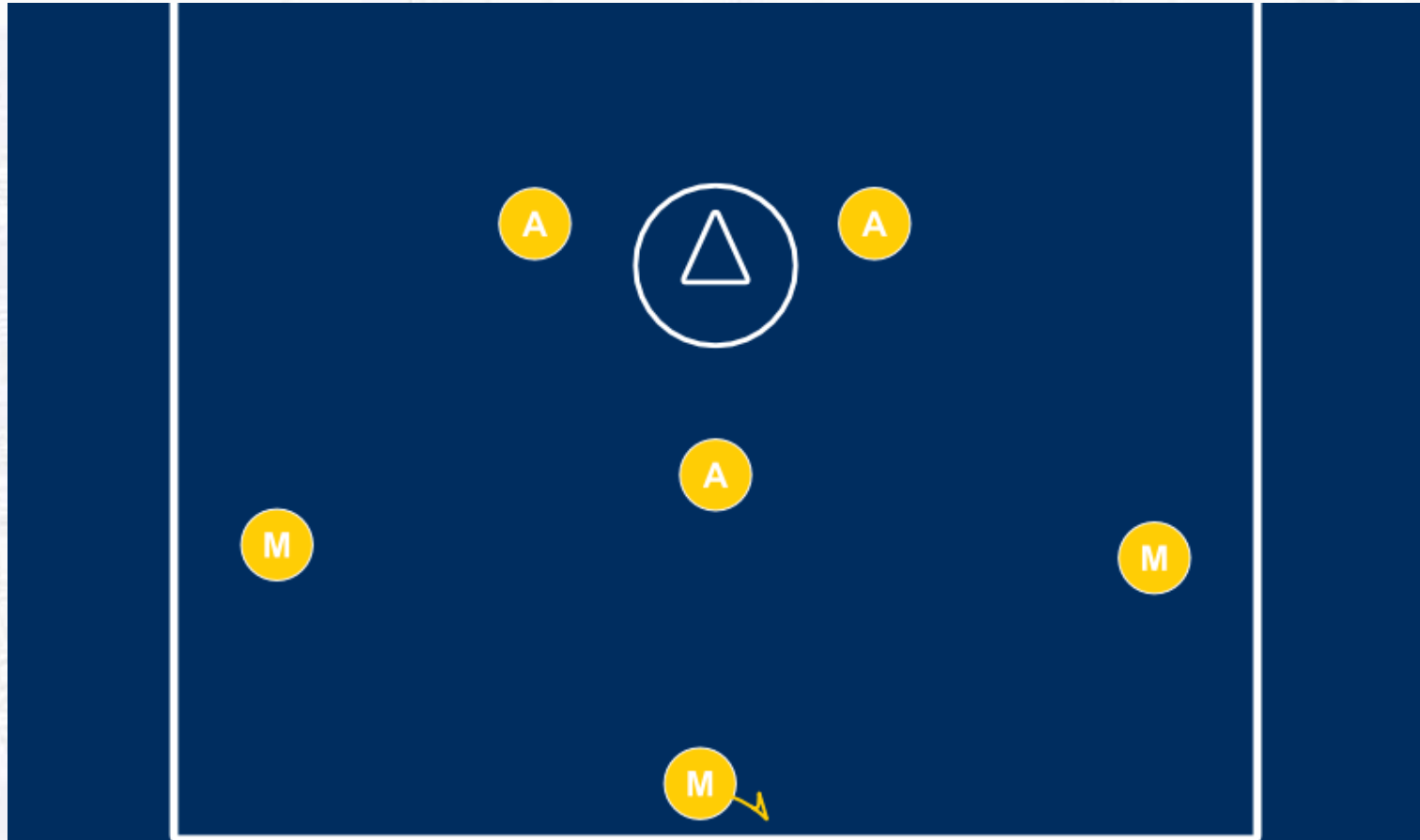






AJ vs. 1-3-2 (X)

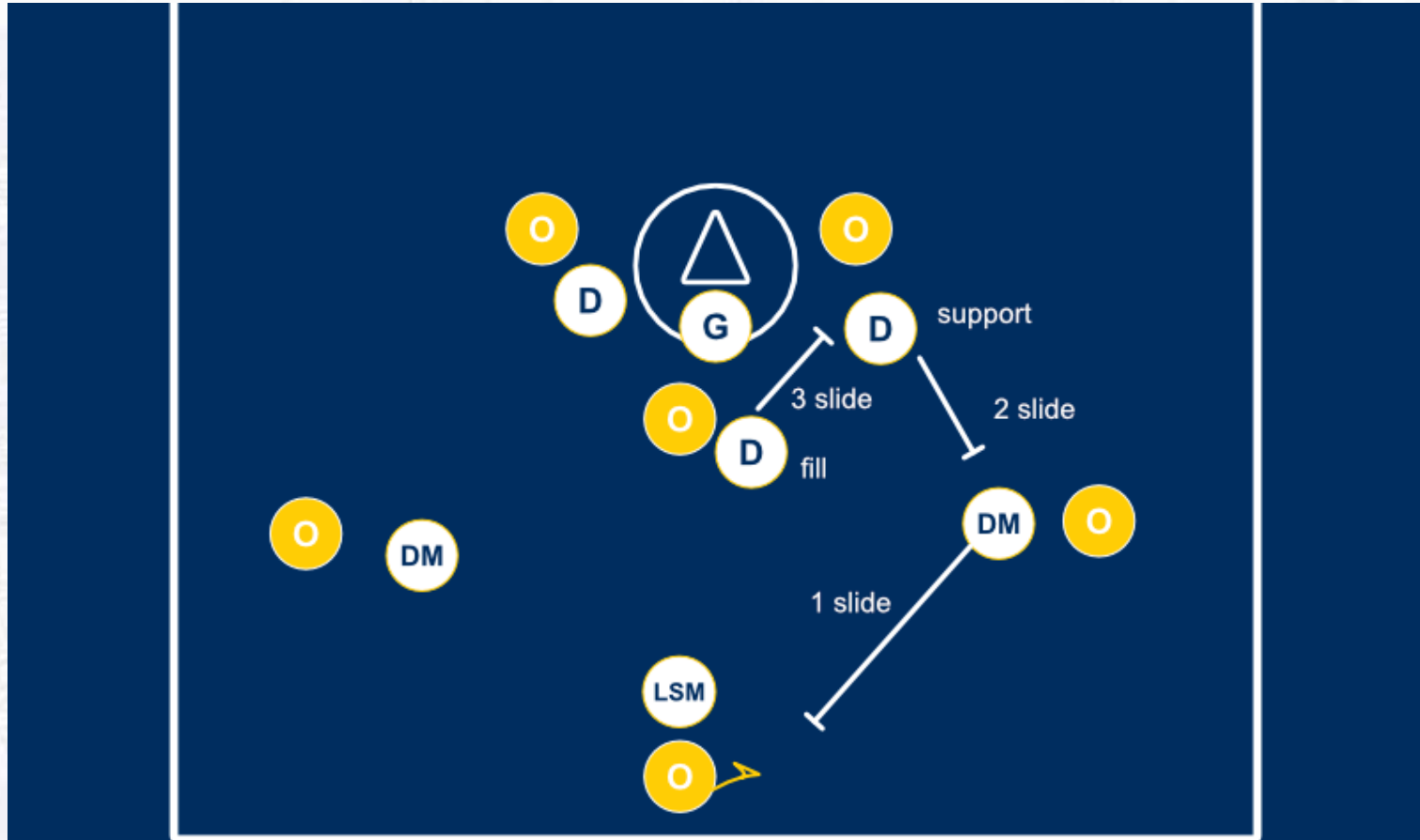




2-3-1 Offense







AJ vs. 2-3-1



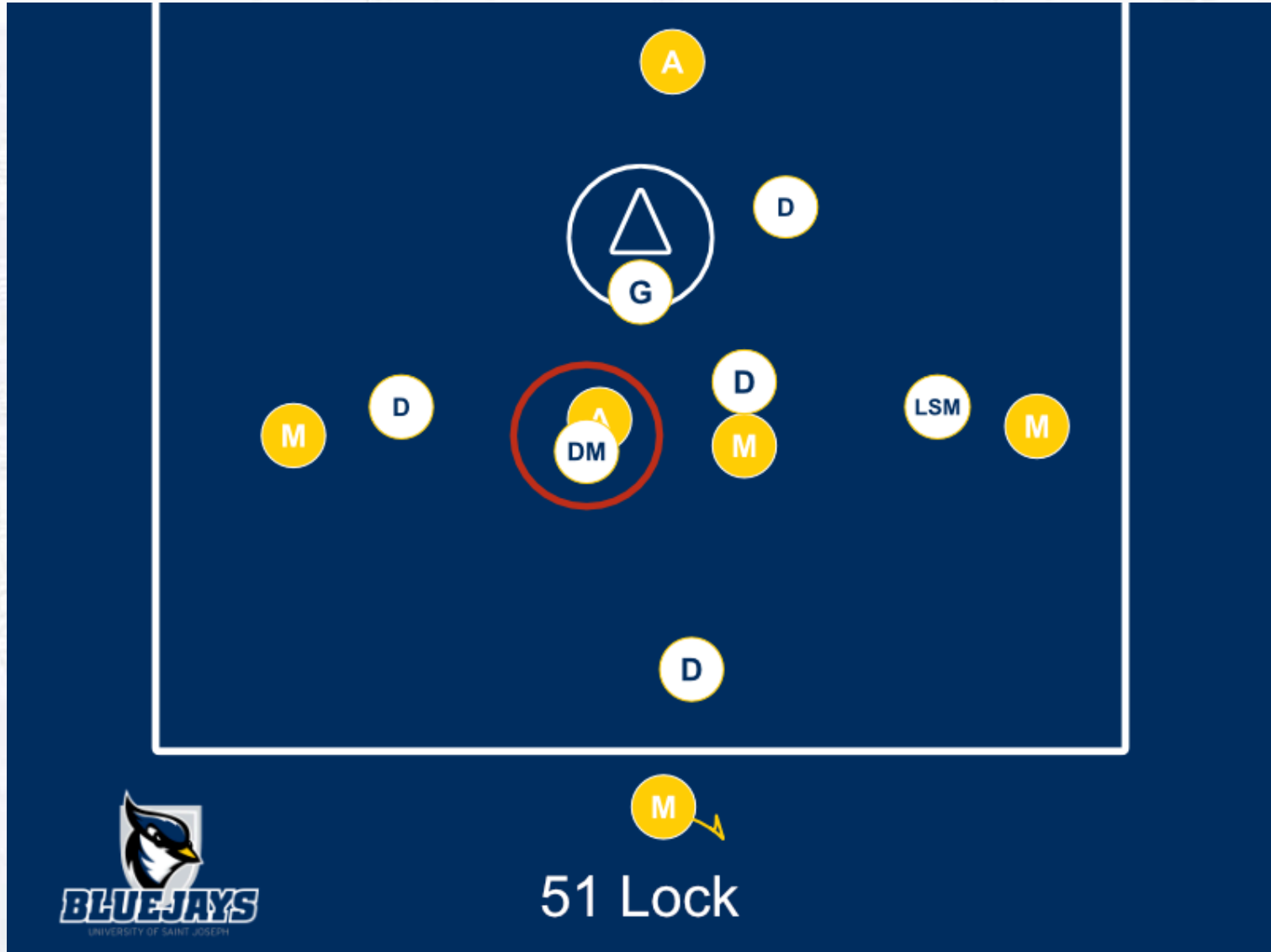


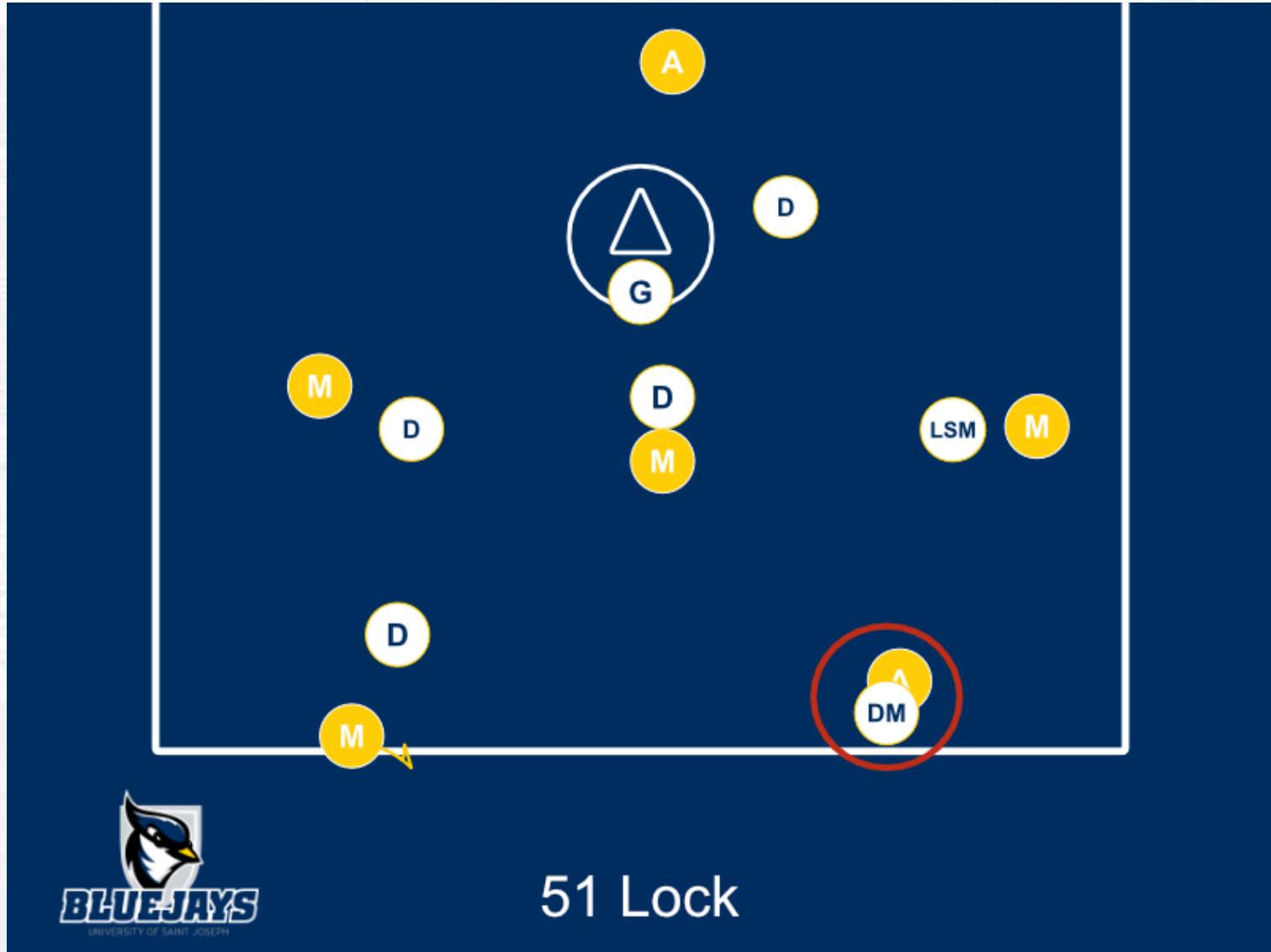




# 51 and 42 Lock

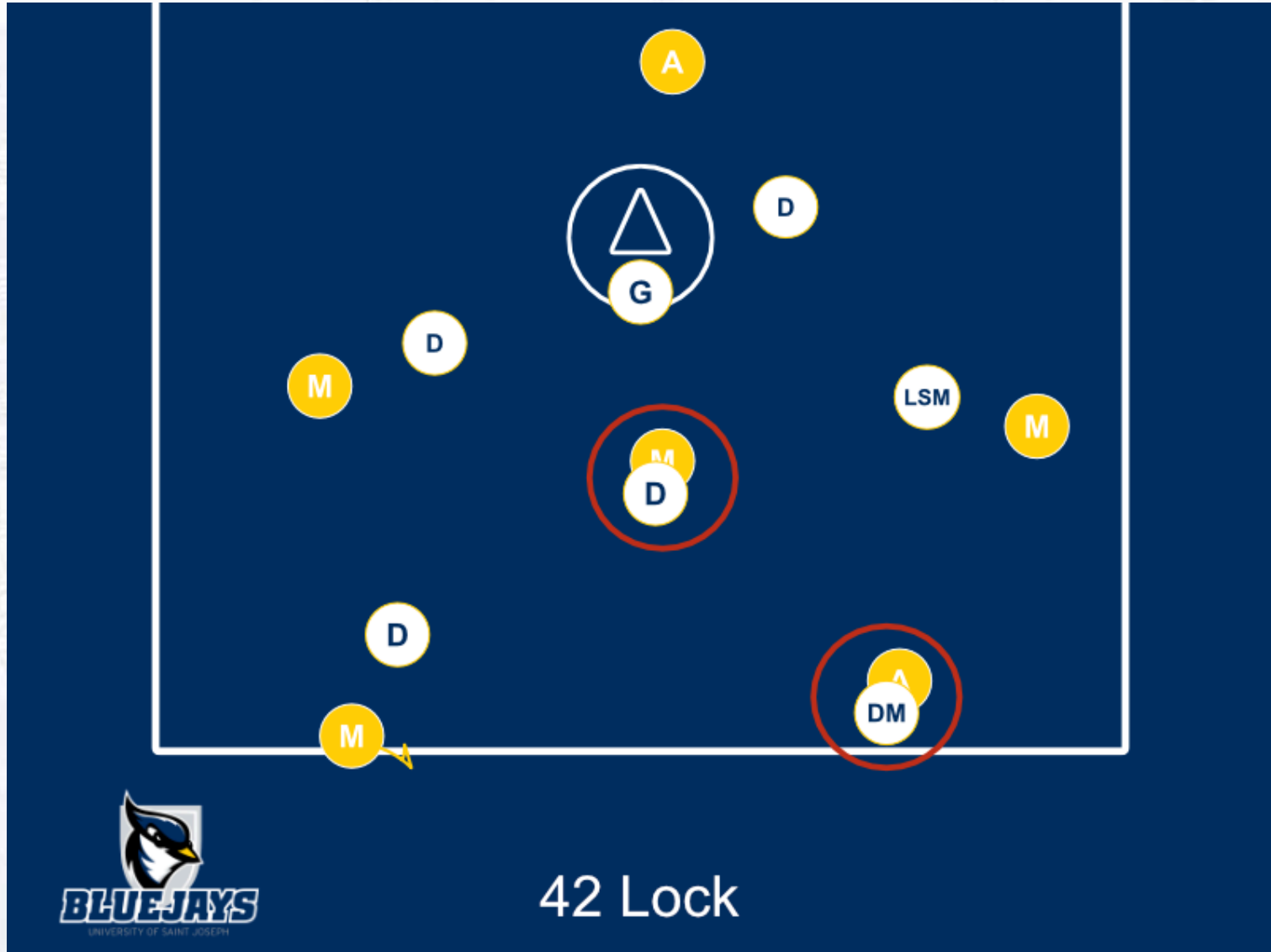






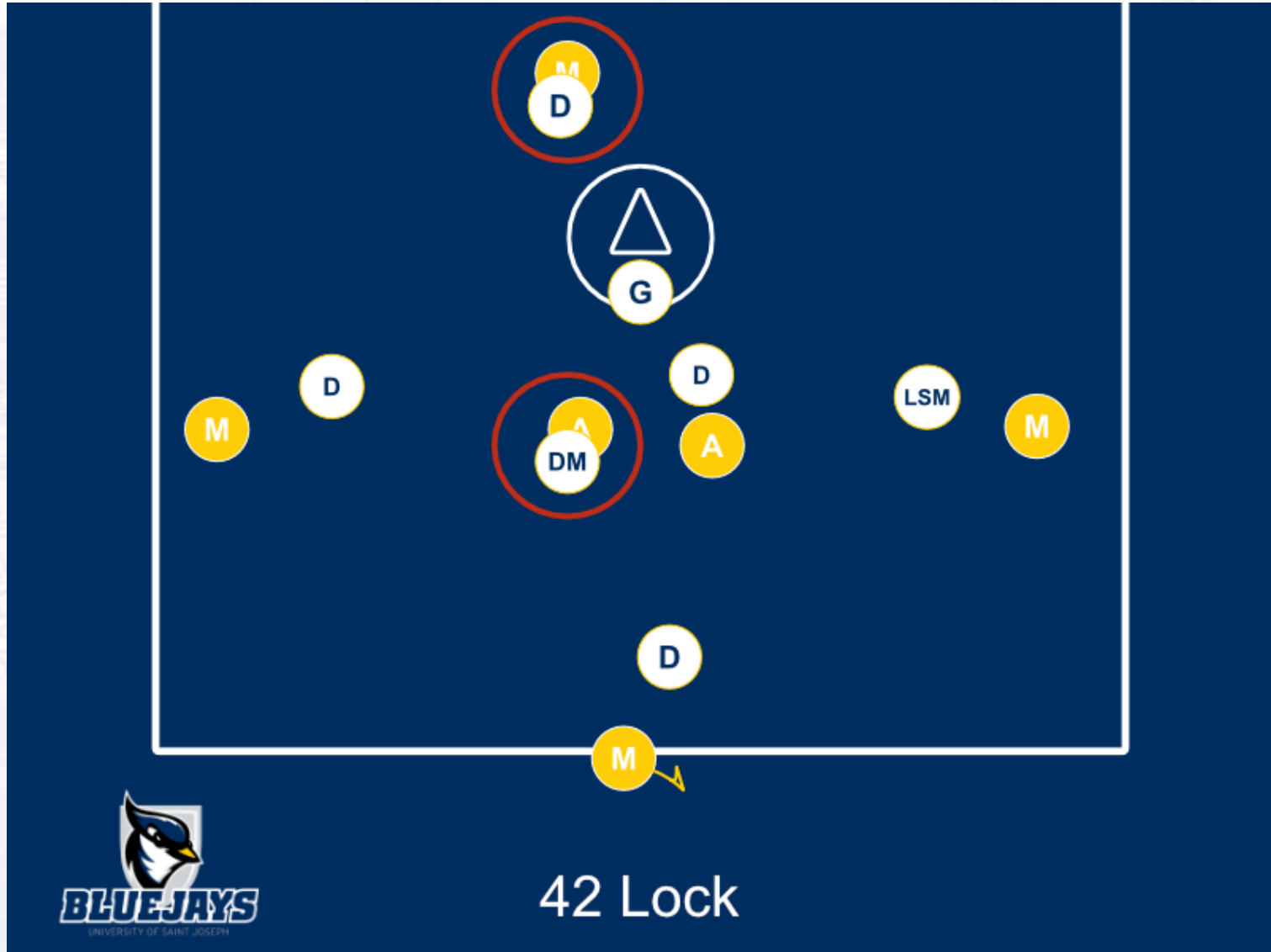
51 Lock





42 Lock

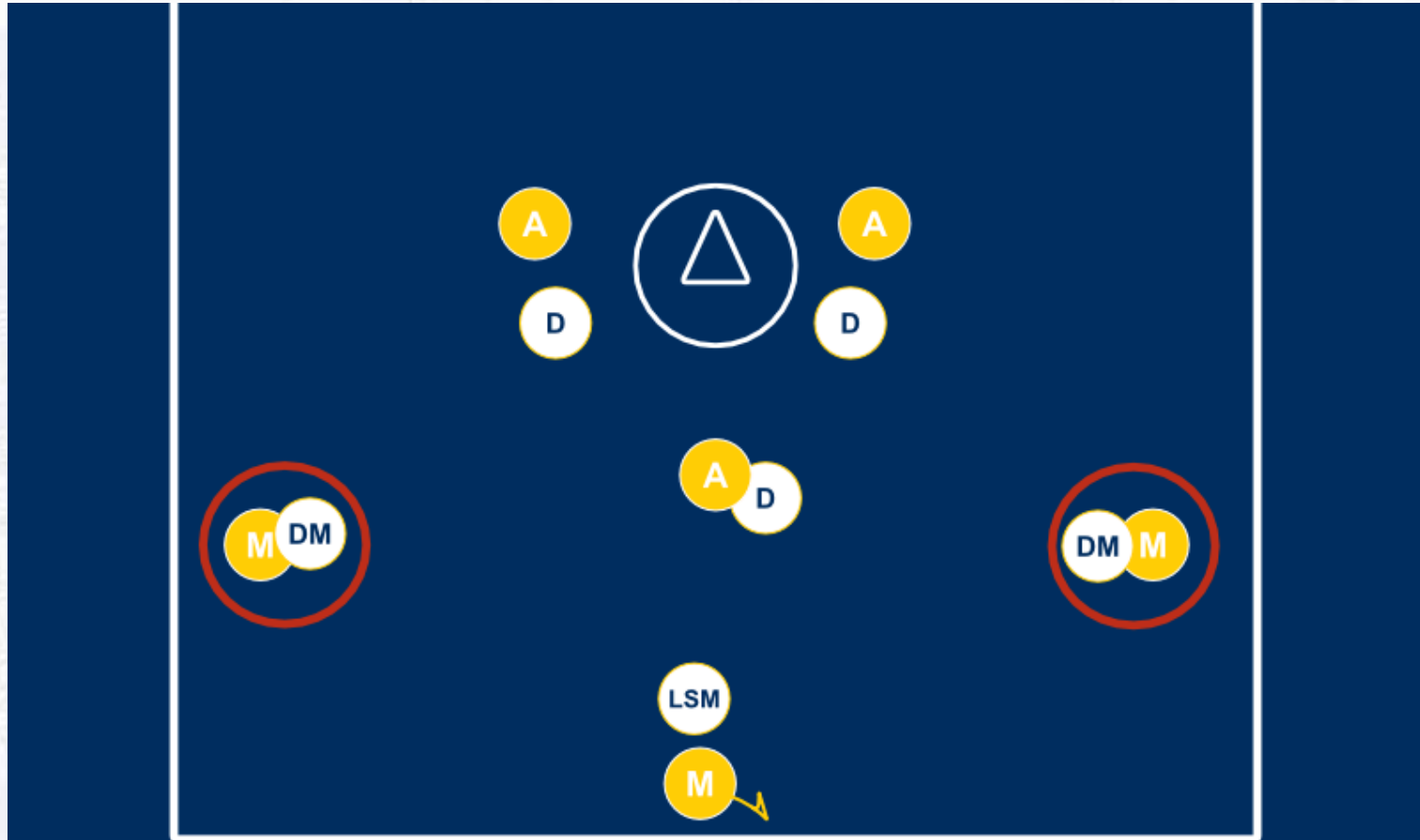




42 Lock







2-3-1 Offense with 42 Lock





**Questions?**



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