

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 Personel

- 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 much 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

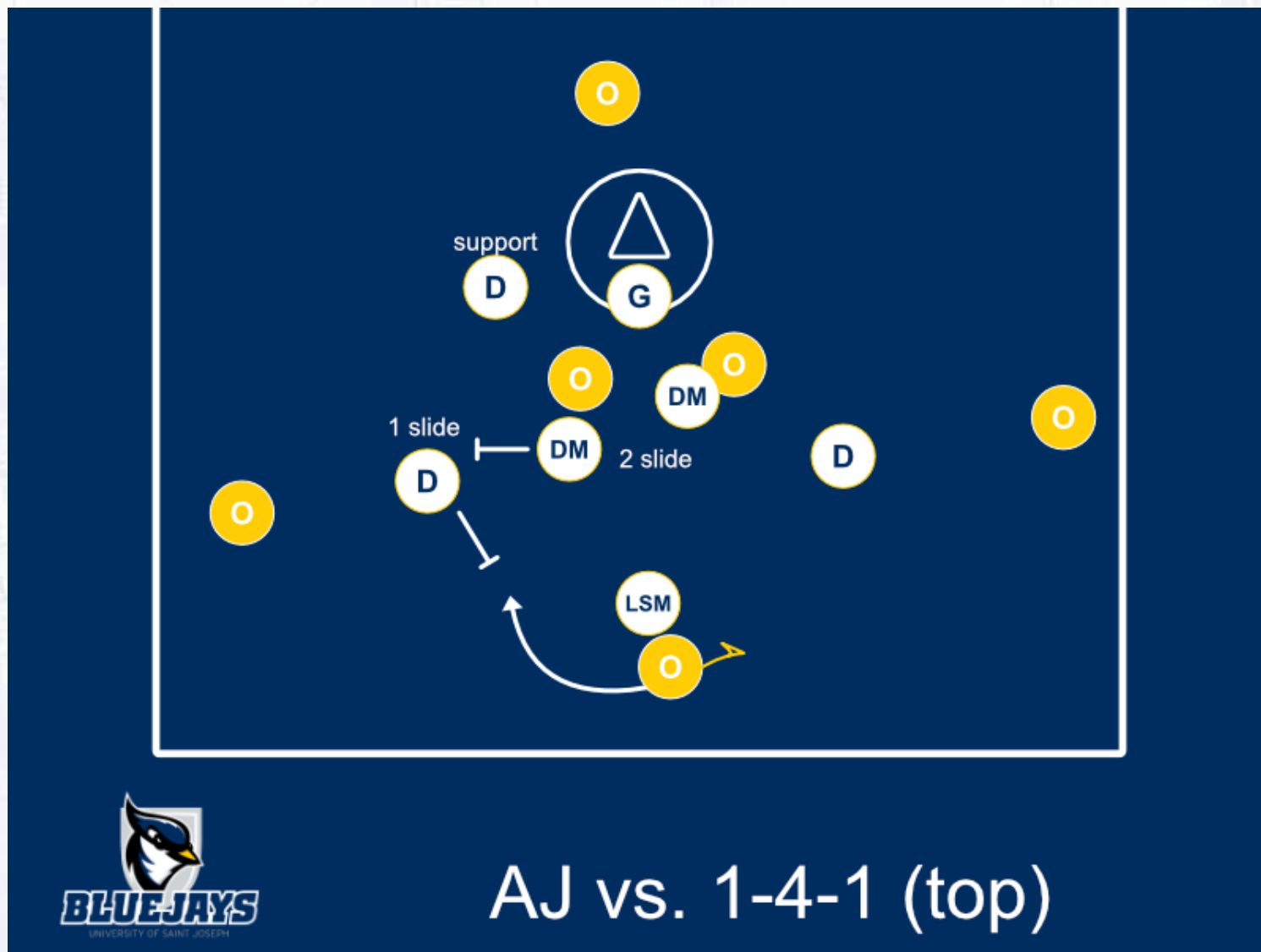


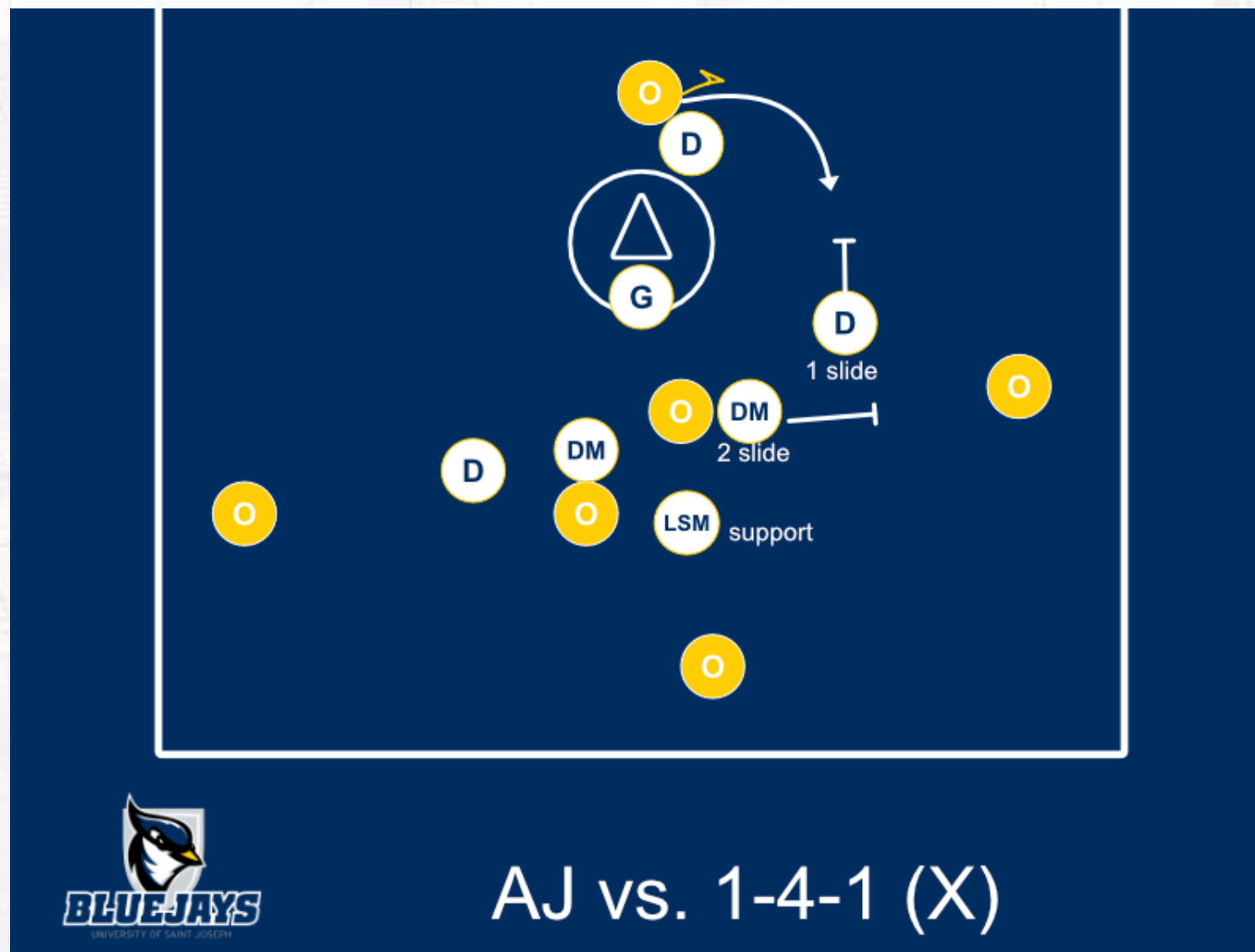


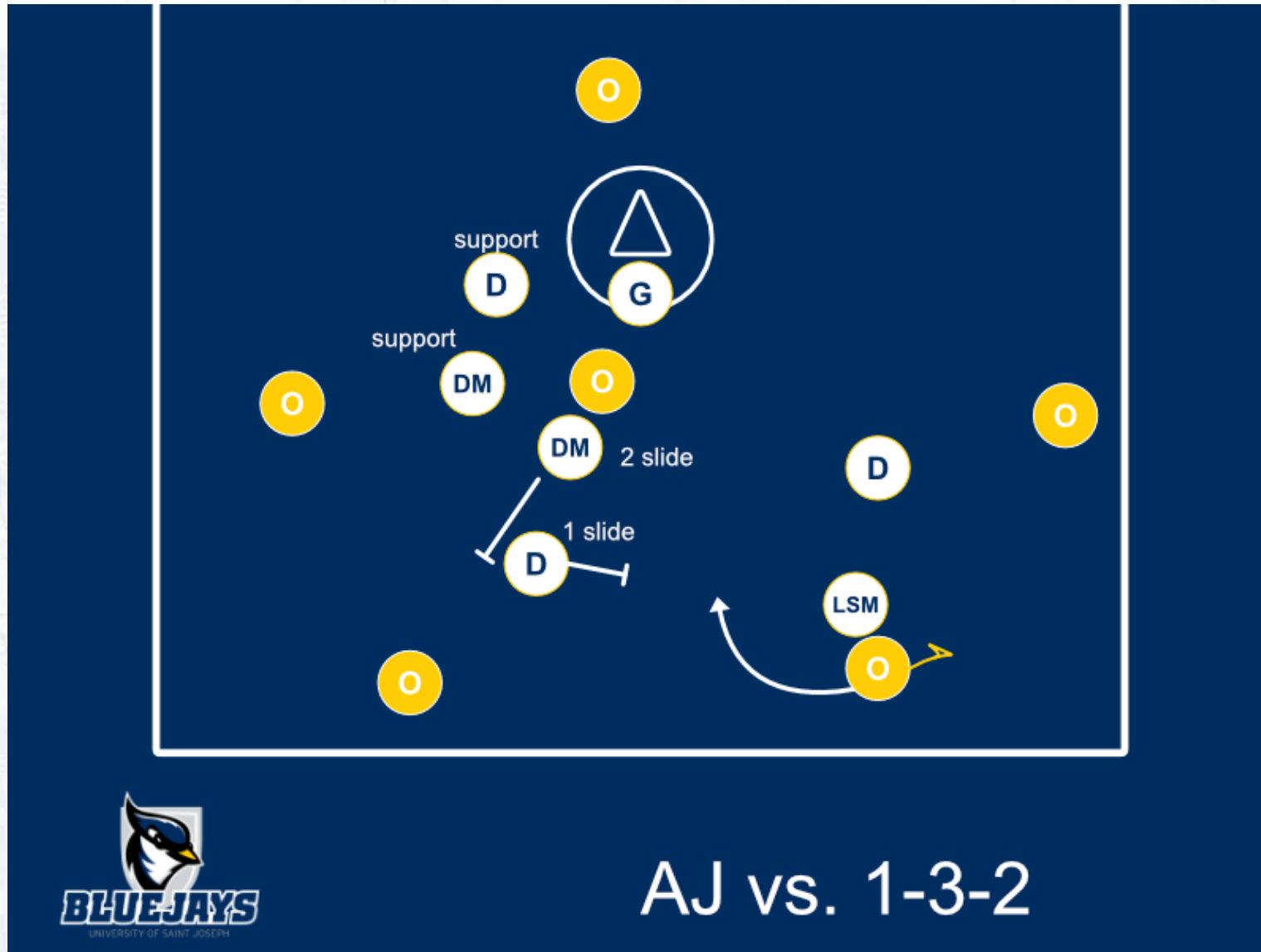
Adjacent Defense

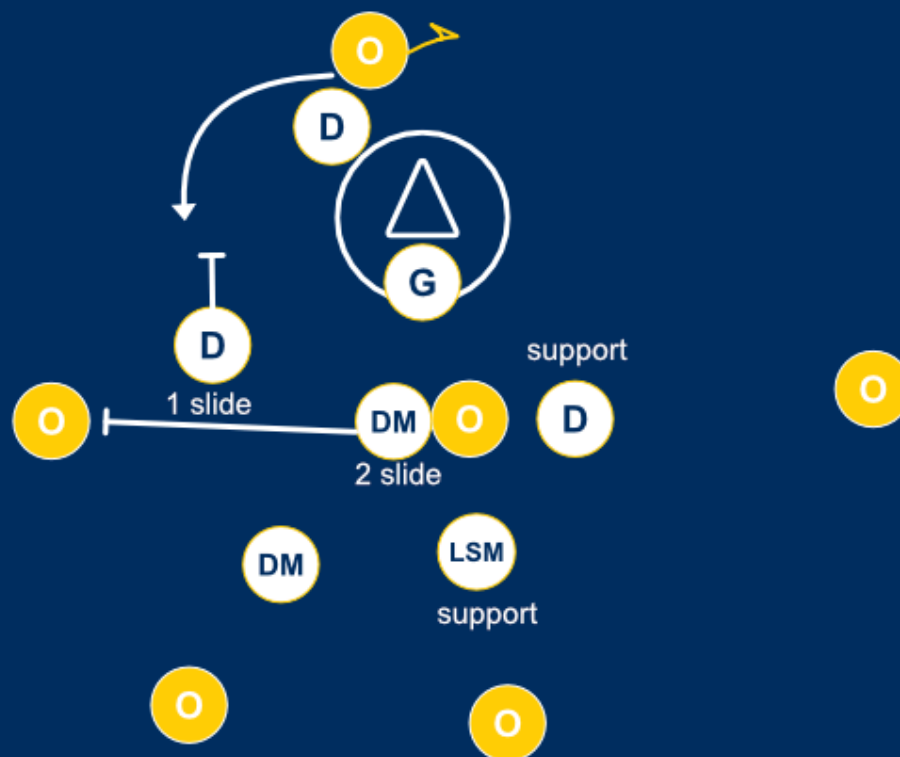
X's and O's



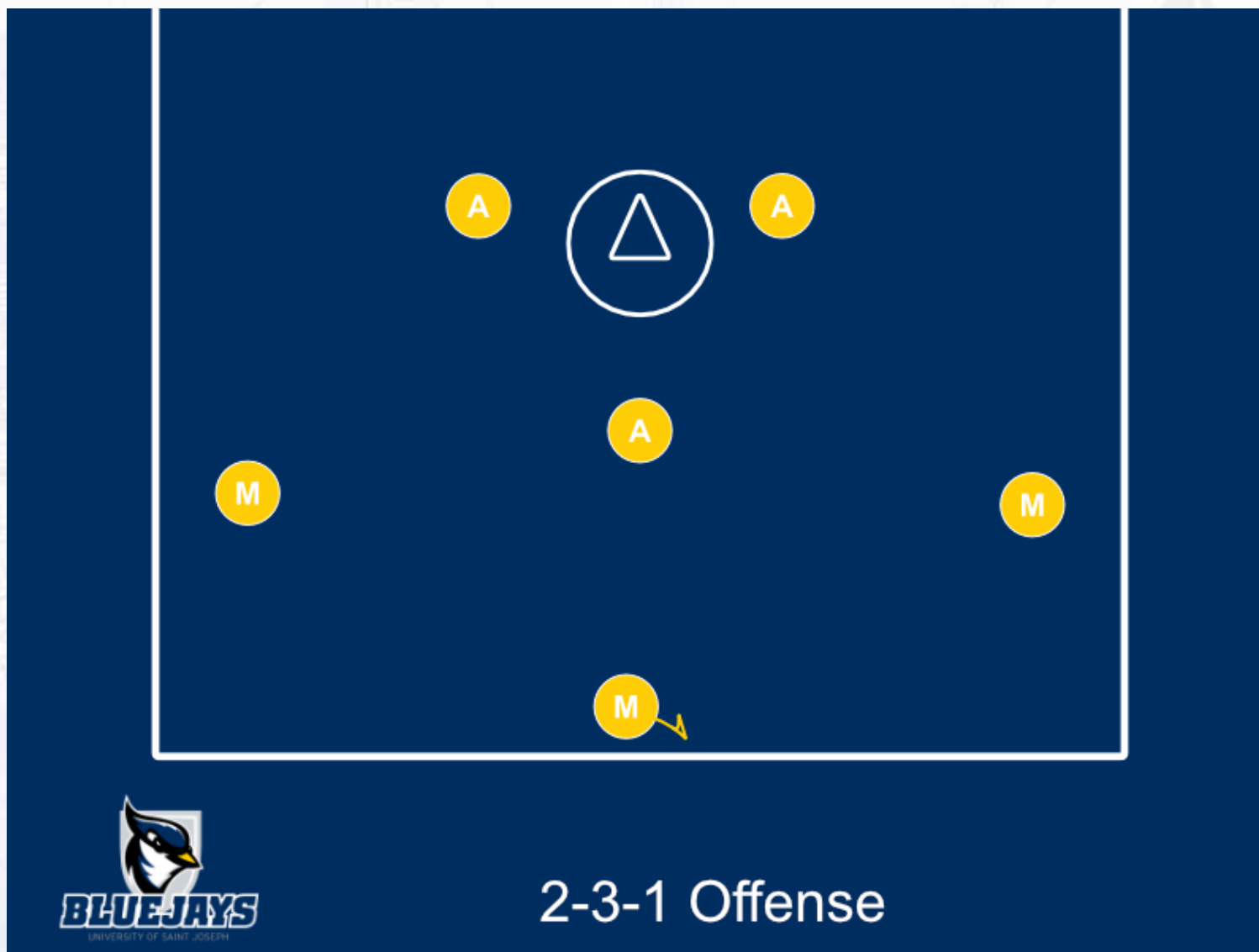


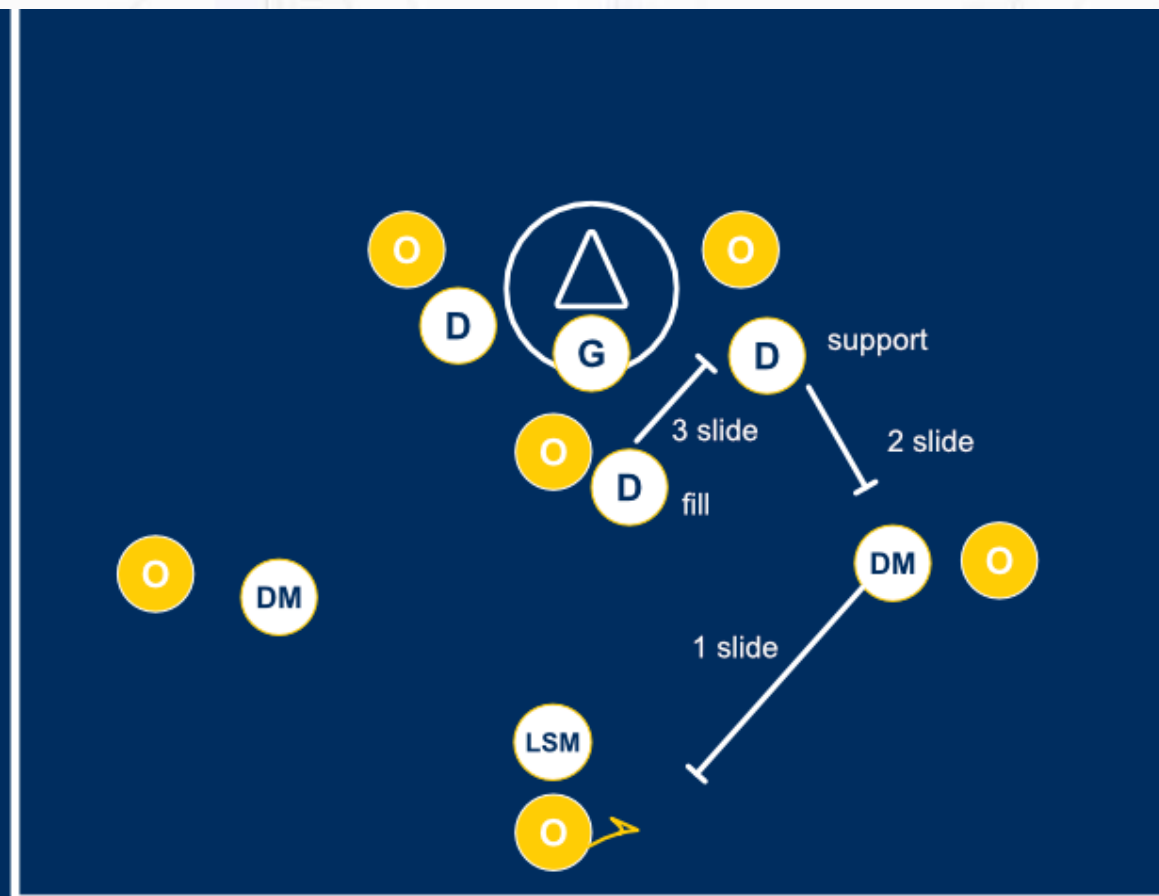






AJ vs. 1-3-2 (X)





AJ vs. 2-3-1



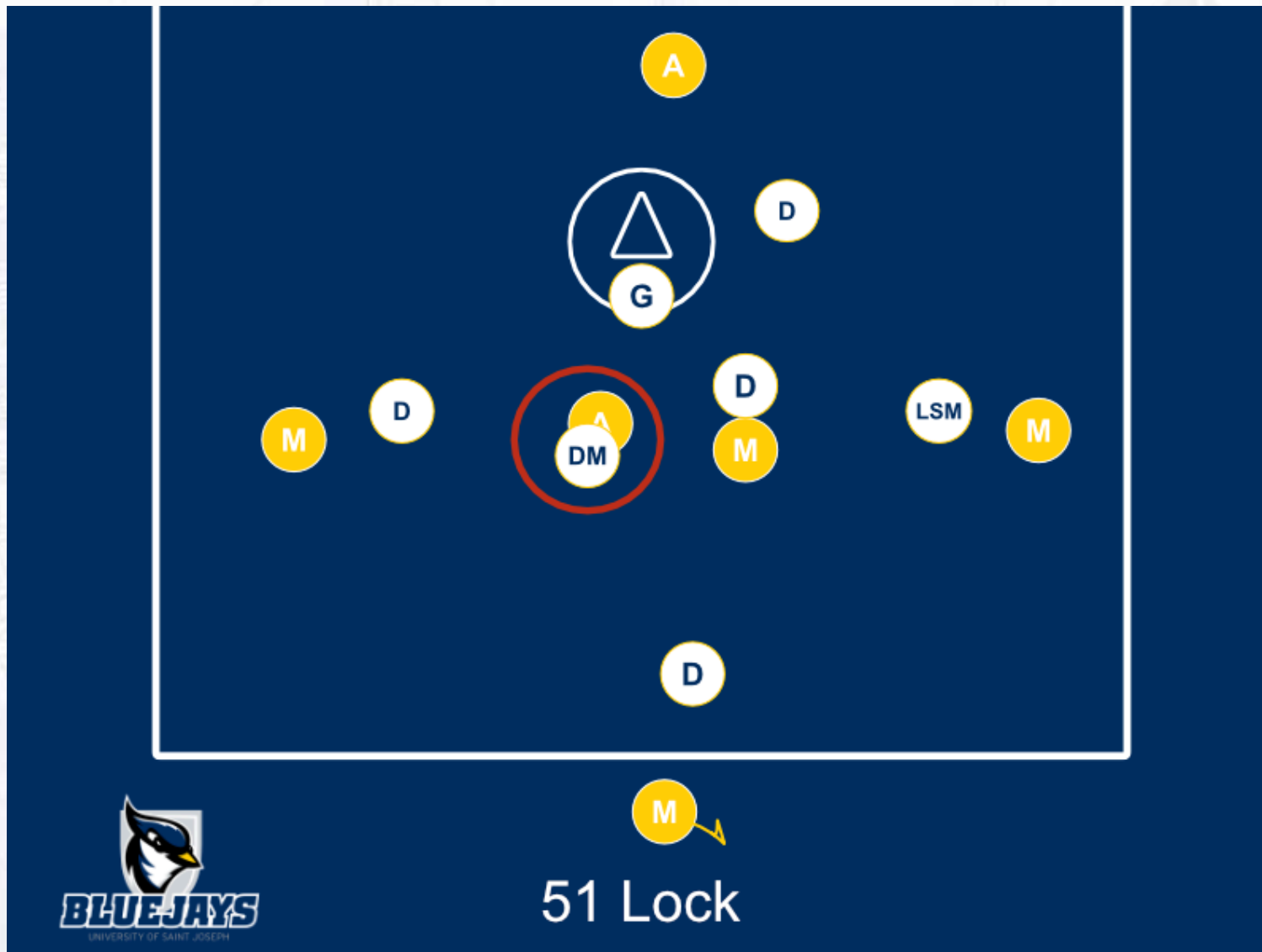


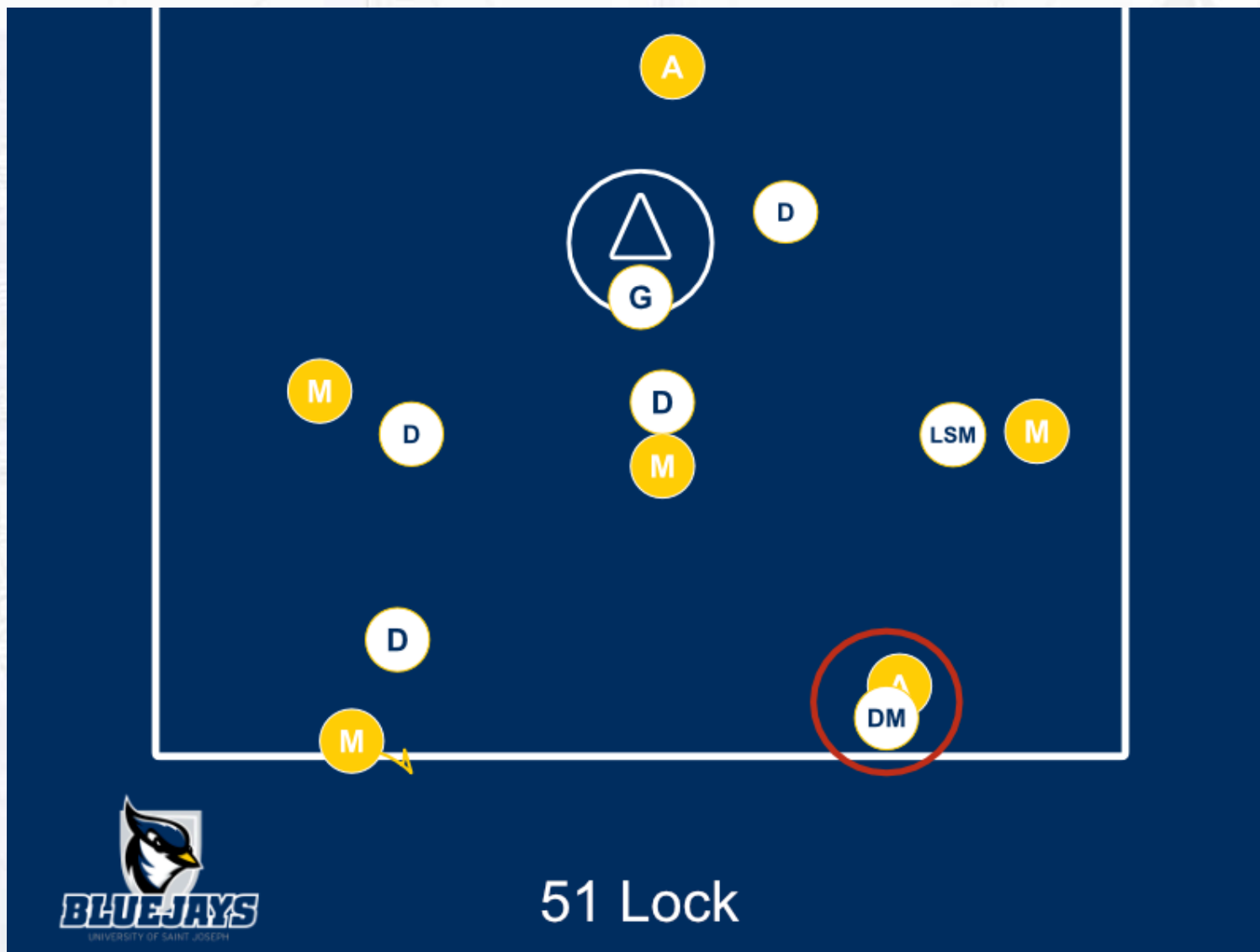


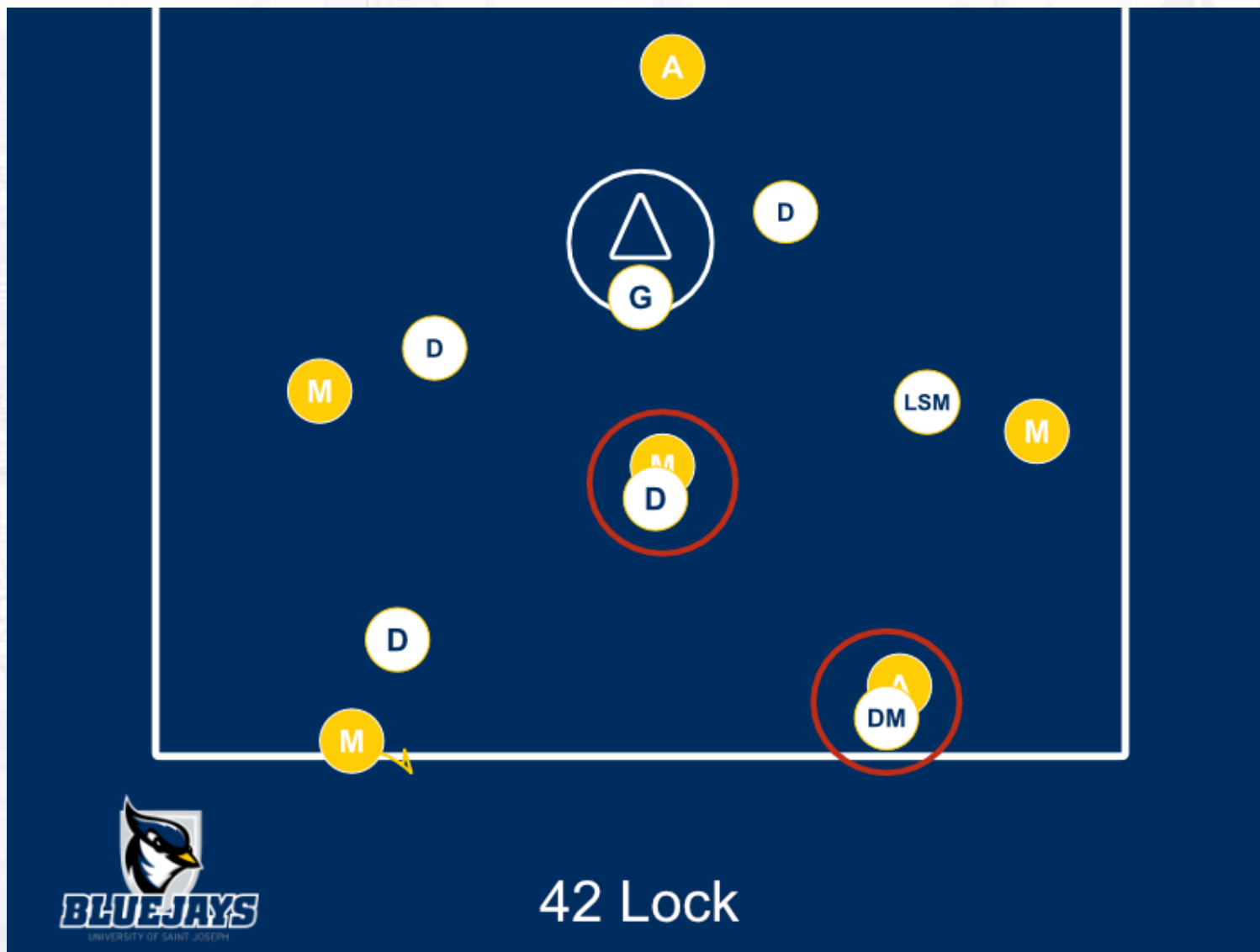


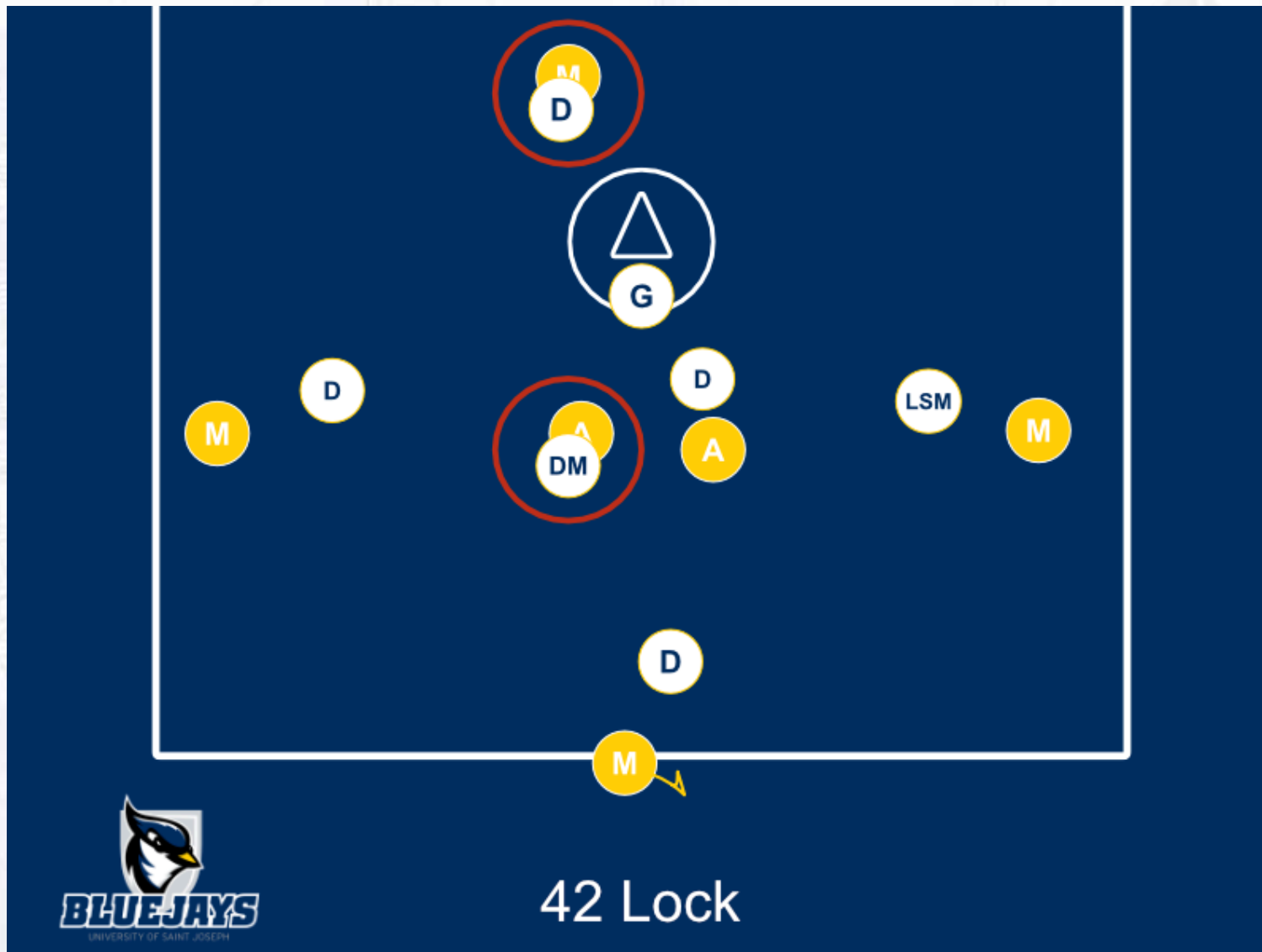
51 and 42 Lock

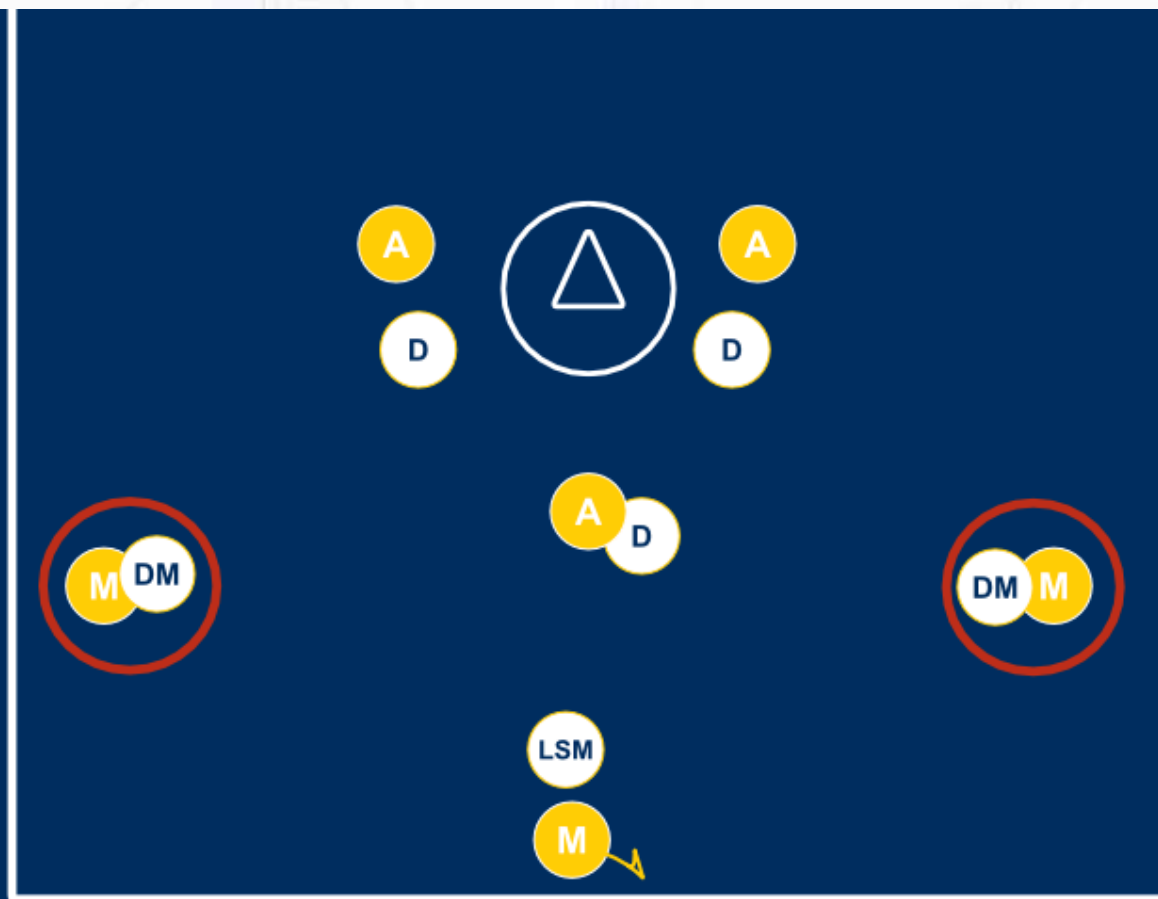












2-3-1 Offense with 42 Lock





Questions?



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