



2018 Girl's Game Teachable Moment #5: Block or Charge

Block or Charge? Don't Blame the D!

Too often, the foul is called on the defense. Before you call a block, watch the defense, "officiate the defense".

Who was in the space first? Did the defender establish her position, remembering she does not have to be stationary?

What to think about when the attack is moving into an established defender:

Or was the defense clearly established and the attack displaced the defense? Often, the attack player will meet the defender to test the waters then decide to back out. If the player backs out, we can breathe for a moment, or can we? The player may then decide to try again and apply more pressure to the defense. At this point we have a few things to think about. Is the attack player displacing the defender? Did the attack player work her way to get her feet even or level with the defender? If so, the attack player is entitled to that path (space). Think about what the defender is doing? Is she keeping up with the attack? Is the defender using her hips, knees or perhaps her stick to prevent the attacker from moving around her? So, when considering a block or charge, think about who initiated the contact, who was displaced and was there time and space to avoid the contact.



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See the game.

Be great!

May 3, 2018

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