THE Land OH COACHES CONVENTION 2026

DEVELOPING THE INDIVIDUAL DEFENSEMAN

(and putting the pieces together for team defense)

Adam Stewart

Head Coach - Capital University Men's Lacrosse

Founder - The GR8 TM8 Project

Operate in Reality

Physical & Mental

Development vs Winning

 + GR8 TM8 PROJECT

Operate in Reality

- WHO IS THE PLAYER...REALLY?
- WHAT ARE THEY CAPABLE OF?
- WHAT ARE THEIR LIMITATIONS/POTENTIALS?
- WHAT DO WE WANT TO DO AS A TEAM DEFENSE AND WHAT ROLE DOES THIS PLAYER PLAY IN THAT PLAN?
- DO THEY WANT TO COMPETE? DO THEY WANT TO IMPROVE? WHO ARE THE VOICES?



Physical & Mental

- MAKE THE OFFENSIVE PLAYER UNCOMFORTABLE.
- APPROACHING THE BALL – DICTATE DODGE – HELP YOUR TEAMMATES BE SUCCESSFUL
- HIPS & HANDS + LANDMARKS
- IT IS NOT YOUR JOB TO TAKE THE BALL AWAY!!
- SMART & EFFICIENT = FAST

+ GR8 TM8 PROJECT

Physical & Mental

- PLAYING SMART = PLAYING FAST = ANTICIPATION + CONFIDENCE
- COMMUNICATION – THE SINGLE MOST IMPORTANT (AND UNDER DEVELOPED SKILL) IN THE GAME
- IF THIS, THAN THAT…
- CELEBRATE THE THINGS THAT AREN'T SHINY!
    - THE BEST DEFENDERS ARE OFTEN COMPLETELY UNDER APPRECIATED



Development vs Winning

- ARE WE WINNING GAMES OR DEVELOPING PLAYERS?
- SET THE EXPECTATIONS AND PHILOSOPHY UP FRONT. BE CRYSTAL CLEAR!
- BASED ON AGE? BASED ON GRADE? BASED ON PROGRAM EXPECTATIONS?
- ZONE VS MAN-2-MAN...SO MANY THOUGHTS...

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Alright...

FIRE AWAY!

*(I love the Q&A part more than most...**this** is where **WE** learn)*



+

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PROJECT

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THANK YOU

for caring enough to be here...that's what matters most!

Adam Stewart

adam@gr8tm8.com