

## 1 v 1 Scramble or Recover Drill

### Drill Specs

**Drill Theme:** 1 v 1  
**Field Position:** Offense, Defense

**Drill Style:** Games  
**Time Needed:** 15 Min

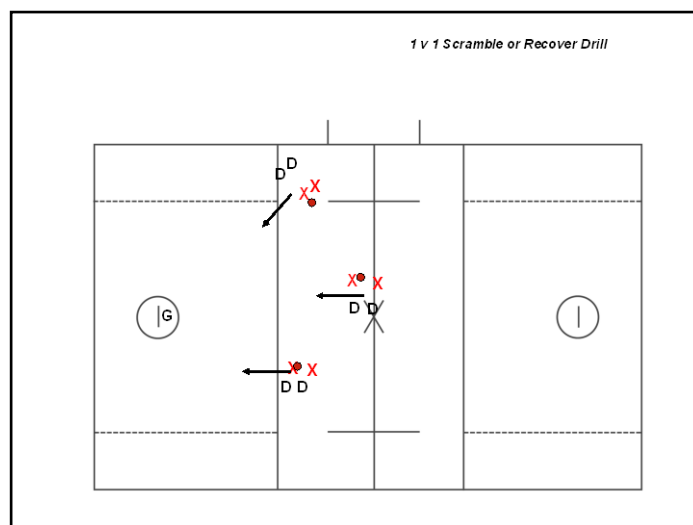
**Field Location:** Half Field  
**Skill Level:** Intermediate

### Objective

This drill teaches players to make smart decisions in a scramble or recovery situation when gaining possession of the ball while your player is next to you, or after a defender over commits and has to recover and check from behind as he recovers.

### Drill Description

Have 3 groups of players located all over the half field. At each group you will have 2 lines, a line on offense and one on defense. Each line will have lacrosse balls, and the player on offense will start with the ball. On the whistle the players at the first group will go 1 on 1, while they are standing next to each other. The player on offense looks to press to the cage and change direction or accelerate past the defensive player. The player on defense looks to recover to the hole, or get a takeaway before the shot is taken. Recovering to the middle is the priority for the player on defense. Then go to the next group, and so on.



### Skills Practiced

- 1 v 1
- Defensive Positioning
- Conditioning

### Variation

Vary the locations where the 1 on 1 will start. Also, add a defender in the middle that will slide when the 1 on 1 reaches a certain point on the field.