



MEN'S 10V10 FULL FIELD DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Full Field

Time Needed: 20 Min

Drill Style: Games

Field Position: Offense, Defense, Midfield

Skill Level: Basic

OBJECTIVE:

Drill that have players work 10 on 10 in the full field.

DRILL DESCRIPTION:

Have 10 players on one team go against 10 players on another team.

The coach can start the ball from a ground ball, face off, or a pass into the players.

Players go until there is a goal, save, clear or whistle.

SKILLS PRACTICED:

- Stick Handling
 - Ball Movement
 - Defensive Positioning
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VARIATIONS:

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

DRILL DIAGRAM:

