



MEN'S 1V1 SCRAMBLE OR RECOVER DRILL

DRILL SPECS:

Drill Theme: 1v1

Field Location: Half Field

Time Needed: 15 Min

Drill Style: Games

Field Position: Offense, Defense

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

VARIATIONS:

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.

DRILL DIAGRAM:

