



## MEN'S 2V2 DRILL

### DRILL SPECS:

**Drill Theme:** Even Strength

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Games

**Field Position:** Offense, Defense

**Skill Level:** Basic

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### OBJECTIVE:

Drill that have players work 2 on 2 in the attack zone.

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### DRILL DESCRIPTION:

Have 2 players on offense go against 2 players on defense.

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

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

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### 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.

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DRILL DIAGRAM:

