



MEN'S 5V5 DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Half Field

Time Needed: 15 Min

Drill Style: Games

Field Position: Offense, Defense

Skill Level: Basic

OBJECTIVE:

Drill that have players work 5 on 5 in the attack zone.

DRILL DESCRIPTION:

Have 5 players on offense go against 5 players on defense.

The coach can start the ball from a ground ball 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

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:

