



# MEN'S 8 LINES STICKWORK RUNNING DRILL

## AUTHOR INFORMATION:

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## DRILL SPECS:

**Drill Theme:** Ball Movement

**Drill Style:** Skill

**Field Location:** Offense, Defense, Midfield

**Field Position:** Full Field

**Time Needed:** 10 Min

**Skill Level:** Basic

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## OBJECTIVE:

To work stickwork and ball movement in a full field setting.

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## DRILL DESCRIPTION:

("Note: Not sure why the drill is called 8 lines, when there are not 8 lines, but that is the name we gave it." Matt Hogan)

Goalie starts with the first ball and throws an over the shoulder pass to line 1. Line 1 continues on to pass to line 2, who then moves the ball to line 3. Line 3 moves the ball to line 4, and line 4 throws to line 5. Line 5 will catch the ball and make a standing still over the shoulder pass to line 6. Line 6 will run with the ball and throw to the goalie, then go to the back of line 1.

Look to get 3-4 balls going at a time.

Go to the line you throw to, except the goalie will stay put the entire time.

Half way through switch the goalies to the other side of the field and adjust your lines to mirror the drill on the other side of the field.

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## SKILLS PRACTICED:

- Ball Movement
  - Cradling
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## VARIATIONS:

1. Vary the distance of your lines, width and length
  2. Have players roll ground ball to each other instead of passing, pick up and go
  3. Rather than having line 6 throw back to the goalie, have them shoot on goal.
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**DRILL DIAGRAM:**

