



## MEN'S BLIND MAN'S BLUFF DRILL

### AUTHOR INFORMATION:

**Author Name:** Marty Lattman

**Author School:** Custom Lacrosse Camps

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### DRILL SPECS:

**Drill Theme:** Ground Balls

**Drill Style:** Game

**Field Location:** Half Field

**Field Position:** Offense, Defense

**Time Needed:** 15 Min

**Skill Level:** Intermediate

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### OBJECTIVE:

To improve communications and field awareness during unsettled situations.

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### DRILL DESCRIPTION:

Coaches choose a random number of offensive and defensive players to simulate a transition/unsettled situation (4 v 3, 3 v 3, 4 v 2, 3 v 5, etc). They then have these players walk with their eyes closed until the coach yells STOP! While the players remain standing with their eyes closed, the coach rolls the ball out and yells "Ball down"! The players can then open their eyes and play out the unsettled situation.

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### SKILLS PRACTICED:

- Communication (both offensive & defensive players)
  - Field awareness
  - Defensive formations
  - Moving without the ball on offense
  - Quick decision making
  - Adapting on the fly
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### VARIATIONS:

Coaches can walk the players around with their eyes closed to ensure that they are randomly dispersed. Also, additional players can be sent in on the fly once play has started.

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**DRILL DIAGRAM:**

