



MEN'S CIRCLE THROWBACK DRILL

AUTHOR INFORMATION:

Author Name: Matt Hogan

Author School: Annapolis Hawks

DRILL SPECS:

Drill Theme: Defensive Drills

Drill Style: Skill

Field Location: Attack Zone

Field Position: Defense

Time Needed: 5 Min

Skill Level: Advanced

OBJECTIVE:

To improve defensive approach above the goal line extended.

DRILL DESCRIPTION:

Player X1 starts with a ball and D1 positioned to take away the center of the field. On the coach's whistle, X1 will attempt to dodge D1, who is trying to take away the middle of the field and force X1 down the alley. D2 will "slide" to assist D1 and force the dodger away from the goal. As D2 goes to meet the ball carrier, D1 will leave X1 when D2 arrives to help and must find the open man. D3 fills for D2, when D2 slides to help D1. When X1 "circles" D3 must recover to X2, D2 must recover to crease and D1 recovers to X1.

SKILLS PRACTICED:

- Defensive Footwork
 - Forcing
 - Sliding and Crashing
 - Filling from Backside
-

VARIATIONS:

You can assign players specific numbers and call out those numbers to be in the 3 v 3 versus the adjacent going.

DRILL DIAGRAM:

