



MEN'S OVER THE CREASE DRILL

AUTHOR INFORMATION:

Author Name: John Stevenson

Author School:

DRILL SPECS:

Drill Theme: Defensive Drills

Drill Style: Skill

Field Location: Half Field

Field Position: Defense

Time Needed: 10 Min

Skill Level: Advanced

OBJECTIVE:

To have the defender understand their role in relation to the ball.

DRILL DESCRIPTION:

Player X1 starts with the ball and passes to X2. AS the pass is being made, D2 extends out to cover X2 and D1 recovers to the inside to help D4 cover X5. AS the ball moves around the perimeter, the appropriate defender extends to cover the ball, while the off-ball defenders recover to help guard X5 (ie: when the ball moves to X3, D3 extends and D2 recovers, etc...)

SKILLS PRACTICED:

- 1 v 1 defense and attack
- Communication
- Off Ball Defense
- Sliding and Crashing
- Denying cuts and passes defensively

VARIATIONS:

Attack the goal from multiple locations. Initially do not allow passes to X5 until recovery technique is mastered. Once technique is mastered allow it to be played as a 5v4 with the offense being given a chance to score if they move the ball quickly enough.

DRILL DIAGRAM:

