



MEN'S HALF FIELD HELTER SKELTER DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Transition

Drill Style: Game

Field Location: Offense, Defense, Midfield

Field Position: Half Field

Time Needed: 15 Min

Skill Level: Intermediate

OBJECTIVE:

This drill is designed to develop half field transition under extreme conditions. Often, when an offensive player is chased by more than one defensive player offensive panic ensues and is the final result is a turnover or a quick strike goal by the offensive squad. This drill attempts to replicate the helter-skelter of a loose ball situation, the mad defensive chase and recovery and the art of finding open, quick offensive opportunities.

DRILL DESCRIPTION:

- Have 5 players on offense stand around the goal, and a 6th player on offense outside in the alley of the attack zone on his own.
 - Have 3 players on defense stand right inside of the attack zone lone between the 5 players on offense and the final 6th player in the alley.
 - The coach will blow the whistle and roll a ball out to the player in the alley that goes 1 on 3 vs. the defense.
 - That player on offense must gather the ball and work to move the ball to the offense waiting around the goal.
 - Players on defense must recognize when to attack the ball or drop in and play defense by the goal.
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SKILLS PRACTICED:

- Ground balls
 - Number advantages and disadvantages
 - Defensive positioning
 - Field sense
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VARIATIONS:

Can be done in smaller area. Great transition drill and conditioning.
Feel free to vary the number of players involved.

DRILL DIAGRAM:

