



MEN'S HAWK HIGH DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Slides and Crashing

Field Location: Defense

Time Needed: 5 Min

Drill Style: Skill, Conditioning

Field Position: Attack Zone

Skill Level: Basic

OBJECTIVE:

To work on defensive positioning in the attack zone.

DRILL DESCRIPTION:

Defensive players are in one line starting on the bottom left cone. At the coach's signal, they approach the top cone and address coach as if he were a dodger. The players then recover to the crease cone.

SKILLS PRACTICED:

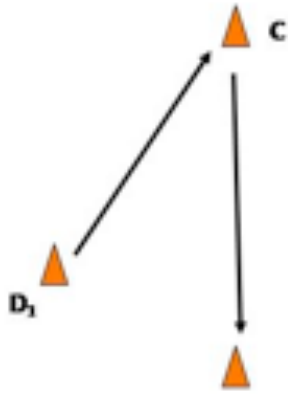
- Defensive Positioning
 - Defensive Recovery
 - Defensive Footwork
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VARIATIONS:

Allow attackman and midfielders to participate to simulate the encounter with dodgers (ie: riding for attackman). Increase speed of drill as players become better at positioning. Approach from both sides to simulate defensive sliding from multiple angles.



DRILL DIAGRAM:



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