



## MEN'S HAWK LOW DRILL

### AUTHOR INFORMATION:

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### DRILL SPECS:

**Drill Theme:** Defensive Drills

**Drill Style:** Skill, Warm-Up

**Field Location:** Attack Zone

**Field Position:** Offense, Defense, Midfield

**Time Needed:** 15 Min

**Skill Level:** Intermediate

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### OBJECTIVE:

To work individual play moving into team play.

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### DRILL DESCRIPTION:

Defensive players are in two lines starting on the outside cones. At the coach's signal, they approach the inside cone and address each other as if they other were a dodger. The players then recover to the next cone. Continue sequence through all cones.

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### SKILLS PRACTICED:

- Dodging
  - Sliding and Crashing
  - Defensive Footwork
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### VARIATIONS:

Allow attackman and midfielders to participate to simulate the situations they encounter with dodgers (ie: riding for attackman). Increase speed of drill as players become better at positioning.

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**DRILL DIAGRAM:**

