



MEN'S MAZE DRILL

AUTHOR INFORMATION:

Author Name: Michael Caravana

Author School: Denison University

DRILL SPECS:

Drill Theme: Ball Movement

Drill Style: Skills

Field Location: Full Field

Field Position: Offense, Midfield, Defense

Time Needed: 10 Min

Skill Level: Intermediate

OBJECTIVE:

To work on cutting towards ball, protecting the stick and creating more ball movement down the field. Also improves upon long passes.

DRILL DESCRIPTION:

Start by setting up 4 lines on each sideline evenly spread out down the field. The line on the goal line extended starts the passing pattern by throwing a long pass to the opposite side of the field. The player receiving the pass will make a quick move away from ball and then ball towards ball to receive the pass. Once possession is gained the player must roll to the outside, towards the sideline, switching hands and make a pass across field to the next player cutting. This passing pattern will continue until the ball returns to the first line.

SKILLS PRACTICED:

- Ball Movement
 - Cutting
 - Long Passes
 - Communication
 - Clears
-

VARIATIONS:

You can add additional balls into the passing pattern to create a faster pace and a way for players to have pressure and make good decisions. Or you could make every other pass a ground ball to the next person to make it more game like.

DRILL DIAGRAM:

