



MEN'S OUT OF DODGE DRILL

DRILL SPECS:

Drill Theme: Defense
Field Location: Half Field
Time Needed: 20 Min

Drill Style: Game
Field Position: Offense, Defense
Skill Level: Intermediate

OBJECTIVE:

To improve defensive communication and sliding. Crease slide shown but should also practice adjacent slide from this formation.

DRILL DESCRIPTION:

Start six offensive players in a 1-4-1 formation, and start six defenders on them with a goalie in the cage. On a coach's whistle, the offensive begins to pass the ball around the perimeter and go into their particular movements. A coach then calls out the jersey number of the defender who is covering the ball. This defender must sprint to the sideline and back before rejoining the play. When he vacates his spot, the ball carrier should go to the goal, making the defense slide to halt his progress and limit good scoring opportunities. After a goal or turnover, the drill repeats itself and the coach calls out the number of another player. After several repetitions, players rotate positions.

SKILLS PRACTICED:

- Off Ball Defense
 - Defensive Positioning
 - Defensive Footwork
-

VARIATIONS:

This drill can be used to simulate any slide package (crease, adjacent, etc.) against any offensive set (1-4-1, 1-3-2, 2-2-2, etc.). To make it more competitive, keep score--- each offensive goal is worth one point, and each defensive stop (either a saved shot or a non-shot) is also worth one point.

DRILL DIAGRAM:

