



## MEN'S PLUME DRILL

### AUTHOR INFORMATION:

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### DRILL SPECS:

**Drill Theme:** Ball Movement

**Drill Style:** Stick Skill

**Field Location:** Offense, Defense, Midfield

**Field Position:** Full Field

**Time Needed:** 10 Min

**Skill Level:** Intermediate

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### OBJECTIVE:

To work on diving out towards ball, protecting the stick and creating more ball movement in tight spaces.

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### DRILL DESCRIPTION:

Start by setting up 5-6 players in a line. The first player will break out in a strait line about 5 feet out. Once the first player breaks out the second player will also break out. When the second player breaks out they are looking to receive a pass from player one as they break. Once player one makes the pass they will shoot back into the line and wait to receive another pass. Player 2, who just received the pass, will now be looking for player 3 breaking out just the same. Once the second pass is made players will continue to break in and out of the line receiving passes. It is important to make quick, in tight passes.

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### SKILLS PRACTICED:

- Ball Movement
  - Cutting
  - Short Passes
  - 2 Man Game
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### VARIATIONS:

You can switch hands when passing which not only allows the player to use their opposite hand, but also changes the direction in which the ball is moving. In addition, you can roll the ball out in both directions to the player receiving the ball. This allows players to work on their ground ball skills in tight as well. Finally, you can add in multiple balls, which increases the speed at which the players have to dive in and out of the drill.

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FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](https://www.uslacrosse.org/coaches/drills-archive)

**DRILL DIAGRAM:**

