



## MEN'S PUNT RETURN DRILL

### AUTHOR INFORMATION:

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### DRILL SPECS:

**Drill Theme:** Defensive Drills

**Drill Style:** Skill

**Field Location:** Half Field

**Field Position:** Defense

**Time Needed:** 5 Min

**Skill Level:** Basic

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### OBJECTIVE:

To improve on defensive approach above the goal line extended.

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### DRILL DESCRIPTION:

Defensive players are in one line starting on the crease. At the coach's signal, they approach the top cone and address the dodger. The defenders goal is to force the dodgers down the alley away from the center of the field.

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### SKILLS PRACTICED:

- 1 v 1 defense and attack
  - Forcing
  - Sliding
  - 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. Approach from both sides to simulate defensive sliding from multiple angles.

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**DRILL DIAGRAM:**

