



MEN'S RUN BY DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Dodging

Drill Style: Skills

Field Location: Offensive

Field Position: Offense, Midfield, Defense

Time Needed: 15 Min

Skill Level: Intermediate

OBJECTIVE:

To work on getting out on a ground ball, making a strong dodge by your opponent, and breaking down on defense.

DRILL DESCRIPTION:

Start by setting up 6 cones and have two lines behind the first two cones. When the whistle blows the two players will sprint out to the second cone. The coach will then roll the ball out to one side or the other. The player must then scoop up the ground ball and make a dodge on the opposite player. The opposite player is now the defender and must break down on the attacker. The goal of the attacker is to get past the defenders cones and it is the defenders job to stop him. If the attacker gets past his defender or if there is a turnover the drill is over.

SKILLS PRACTICED:

- Conditioning
 - Groundballs
 - Defensive Breakdown
 - Dodging
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VARIATIONS:

You can set the cones up in front of two goals and if the dodger gets by their defender then the attacker must take a strong shot on the goal.

DRILL DIAGRAM:

