



MEN'S RUN THE ARC DRILL

DRILL SPECS:

Drill Theme: Defensive
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Skills, Conditioning
Field Position: Offense, Defense
Skill Level: Basic

OBJECTIVE:

To practice defensive positioning and holds at the Goal Line Extended when playing a ball carrier from behind.

DRILL DESCRIPTION:

Start a line of defenders and a line of "dummy" attackmen on the end line behind the goal. On a coach's whistle, the first attacker drives in his right hand towards the right side of the goal. The first defender beats him to a spot at the GLE, wheels his hips around, and turns him back towards X using a **cross forearm, or top hand hold**. The attacker rolls back, goes through X, and then drives in his left hand towards the left side of the goal. Again, the defender beats him to a spot at the GLE, wheels his hips around, and turns him back towards X. This pattern repeats itself until the defender has successfully turned his man back twice on each side. Then, players rotate positions.

SKILLS PRACTICED:

- Checks and Holds
 - Defensive Positioning
 - Defensive Footwork
 - Conditioning
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VARIATIONS:

To increase the difficulty for defenders, challenge them to perform the same drill without sticks or with short sticks. To increase the difficulty further, increase the pace at which the dummy attackmen run. To increase the challenge even further, increase the time or number of repetitions that defenders play each time. Also run live 1v1 from X to simulate game conditions. *Can add a Crease A/Crease D to practice turning back dodging attacker and sliding from the crease.

DRILL DIAGRAM:

