



MEN'S SURVIVAL DRILL

DRILL SPECS:

Drill Theme: Even Strength, Defensive

Field Location: Attack Zone

Time Needed: 15 Min

Drill Style: Game

Field Position: Offense, Defense

Skill Level: Intermediate

OBJECTIVE:

To practice defensive crease play and good body positioning.

DRILL DESCRIPTION:

Four offensive players form a box around the goal area and two play in the middle. Two defensive players play top side of offensive crease players. As the ball rotates, offensive crease players should pick and repack trying to get open. Defense players work constantly to stay topside. If offensive crease men get open, the box players should pass inside for a shot.

SKILLS PRACTICED:

- Crease defense
 - Body Positioning
 - Working together on offense
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VARIATIONS:

After a shot, have the goalie clear to the defense. Crease attackers should work on re-defending the clear.

DRILL DIAGRAM:

