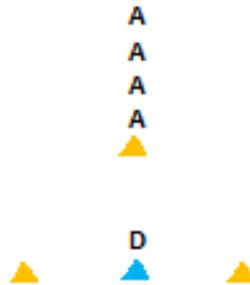


Defend the Beast Drill

How to learn the proper components of good 1v1 defense and defend your house!

Explanation of the Drill-

- Have players get into groups of 4-5, depending on the numbers.
- Set up 2 cones that are roughly 5-8 yards apart on a straight line, then place 1 cone in the middle of the 2 cones. It is suggested that the middle cone is a different color, but not necessary!
- One player is the Defender, the rest of the players in the group are the Attackers.
- The Defender starts about 1 yard in front of the middle cone, while the Attacker starts about 4 yards away from the Defender.
- The Attack scores by moving past the Defender and touching the middle cone, however Attackers **MUST** stay within the boundaries! The boundaries are the width of the 2 horizontal yellow cones (see diagram below).
- The Defender scores by **NOT** allowing the Attacker to get by them...DEFEND the BEAST, which is the blue cone in the diagram below.
- The Defender **STAYS** in the drill until every Attacker in line goes one time. After each Attacker goes once, then the Defender rotates to the Attacking line and the first Attacker becomes the Defender.



Note- Start the drill with players not using their stick, nor a ball. Then progress to adding a stick for both the Attack and Defense. By the end of the drill, incorporate the stick and a ball to the drill.

Coaching Points for this Drill-

- **1v1 Defense**
 - Defenders want to keep their Attacker in **FRONT** of them!
 - Defenders **DO NOT** back up, rather think about moving your feet East & West.
 - IF the Attacker beats, or gets a step on her Defender, then the Defender **MUST** give everything she has to slow the ball down by throwing her stick into the space she is going!
 - Youth players learn to love defense when they are exposed to the accomplishment of becoming a human wall. Be **LOUD, TOUGH** and **STRONG!**