

## The Gauntlet

**Objective:** To practice cradling, stickhandling, and stick protection while running at full-speed and with light defensive pressure.

**Suggested space needed/equipment:**

- Balls
- Full field

**Players needed:** All players can participate in this drill, but to ensure sufficient repetitions, divide them into lines of no more than six players.

**Description of Drill-Execution:** Start with a line of players at one end of the field, and spread three "defenders" out in a straight line in front of them (these players should be about 10 yards apart). On a coach's whistle, the first player in line picks up a ball and dodges the first defender (who applies token checks but does not move his feet), then the second, and then the third. Once he has successfully dodged the third defender, he becomes a defender and takes his place 10 yards past the last defender. The second player in line begins once the first player has dodged the second defender. After the last player in line has gone past him, the first defender picks up a ball and begins his tour through the gauntlet.

**Skills practiced:**

- Cradling
- Stick protection
- Dodging

**Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...):**

To increase the difficulty of this drill, allow defenders to move 1-2 yards to each side and allow them to throw more challenging checks. Or, shrink the distance between the defenders so that offensive players must dodge, dodge, dodge without significant recovery time between.

**Goalie involvement:** None

**Related drills:**

Plant and Pivot  
Zipper Drill