



## MEN'S 1V1 SCRAMBLE OR RECOVER DRILL

### DRILL SPECS:

**Drill Theme:** 1v1

**Field Location:** Half Field

**Time Needed:** 15 Min

**Drill Style:** Games

**Field Position:** Offense, Defense

**Skill Level:** Intermediate

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### OBJECTIVE:

This drill teaches players to make smart decisions in a scramble or recovery situation when gaining possession of the ball while your player is next to you, or after a defender over commits and has to recover and check from behind as he recovers.

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### DRILL DESCRIPTION:

Have 3 groups of players located all over the half field. At each group you will have 2 lines, a line on offense and one on defense. Each line will have lacrosse balls, and the player on offense will start with the ball. On the whistle the players at the first group will go 1 on 1, while they are standing next to each other. The player on offense looks to press to the cage and change direction or accelerate past the defensive player. The player on defense looks to recover to the hole, or get a takeaway before the shot is taken. Recovering to the middle is the priority for the player on defense.

Then go to the next group, and so on.

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### SKILLS PRACTICED:

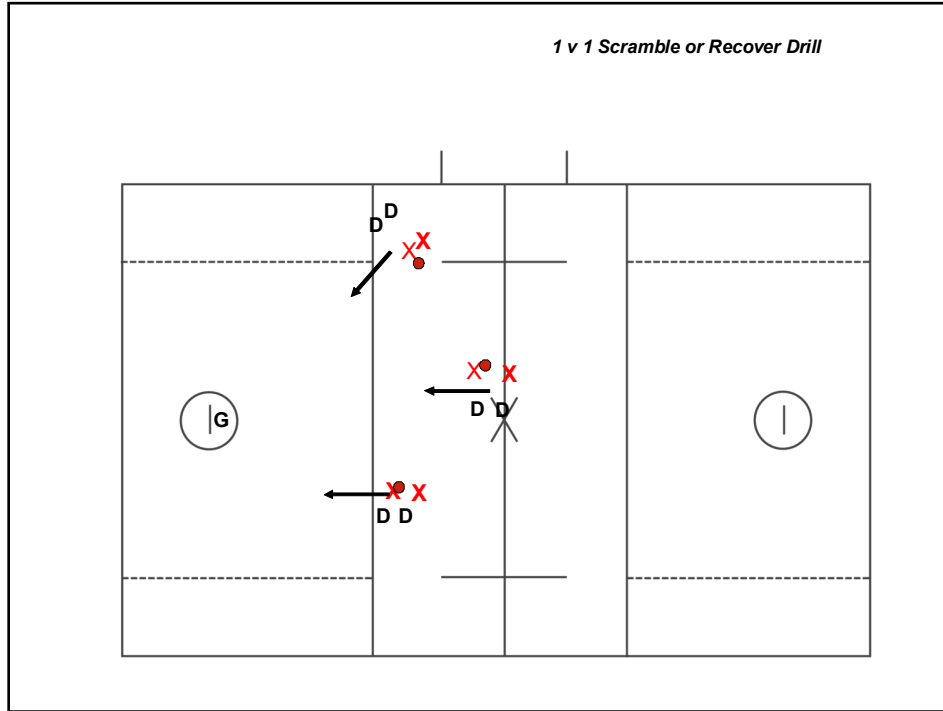
- 1 v 1
- Defensive Positioning
- Conditioning

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### VARIATIONS:

Vary the locations where the 1 on 1 will start. Also, add a defender in the middle that will slide when the 1 on 1 reaches a certain point on the field.

**DRILL DIAGRAM:**





## MEN'S 1V1 WITH A CENTER SLIDE DRILL

### DRILL SPECS:

**Drill Theme:** 1v1

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Games

**Field Position:** Offense, Defense

**Skill Level:** Intermediate

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### OBJECTIVE:

This drill teaches players to dodge and recognize when to shoot and when to roll back and find the open player in a 1 v 1 situation. The drill also will allow your team to practice an inside slide towards a driving player.

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### DRILL DESCRIPTION:

Have a line of offense and defense at both the top of the attack box and behind at X.

Then have a third line of long poles off to the side of the field.

The players at the point will go 1 v 1 from the top, while a long pole runs into the middle of the attack zone. If the coach yells slide the defender in the middle will try to slide on the 1 v 1, if there is no call the defender in the middle will stay at home.

After the players at the top go, the man in the middle will be replaced and the group at X will go.

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### SKILLS PRACTICED:

- 1 v 1
- Slides
- Communication

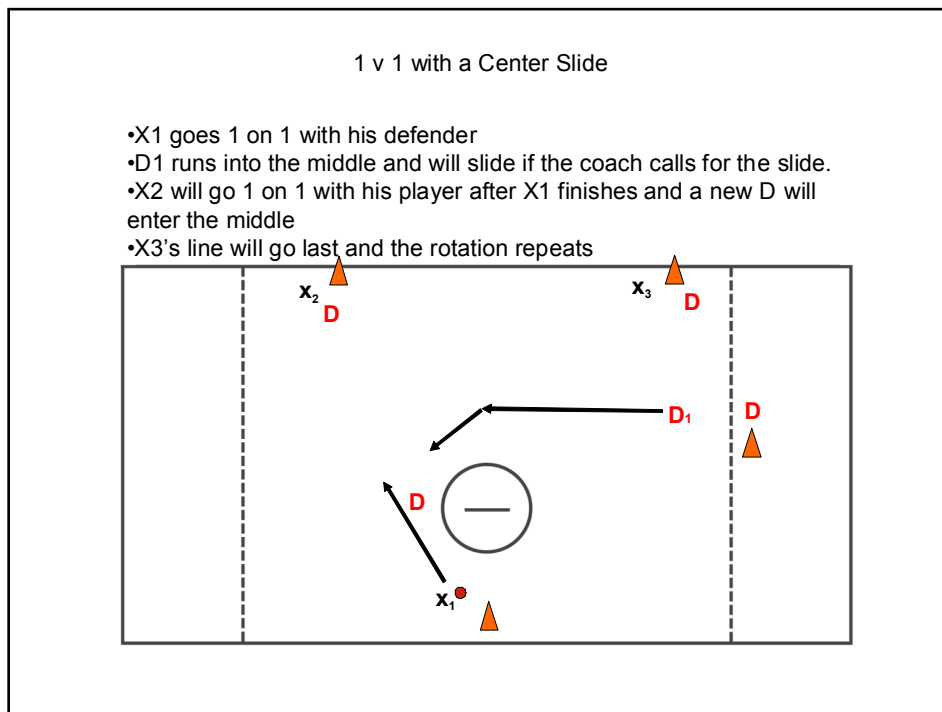
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### VARIATIONS:

Vary the locations where the 1 on 1 will start. Also, add a player on offense to the middle area and make the defender slide off that player, while the driving 1 v 1 player will look to dump to where the slide came from on the play.

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## DRILL DIAGRAM:





## MEN'S 4-POINT 1 V 1'S DRILL

### DRILL SPECS:

**Drill Theme:** 1 v 1

**Field Location:** Attack Zone

**Time Needed:** 10 Min

**Drill Style:** Skills

**Field Position:** Offense, Defense

**Skill Level:** Basic

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### OBJECTIVE:

This drill is excellent for teaching players 1 v 1 tactics and skills on both offense and defense. The objective is to either beat your player to the whole for a shot, or to defend in proper form and cause a turn over or a low angle shot.

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### DRILL DESCRIPTION:

Set up 4 cones around the attack box, one at X (Behind the cage) and one at the top or Point. Then have 2 other cones out wide. Have a line of both offense and defense at each cone. The offensive player will be going 1 on 1 with the defender.

The coach starts each 1 on 1 by throwing the ball to the offensive player at each line, you may also roll the ball to start with a ground ball. The player will gather the ball and go to goal, taking the defender 1 on 1. The coach should give each 1 on 1 4 -5 second to develop into a shot or take away, after that a double whistle should blow and end the 1 on1.

After each 1 on 1, the coach will throw to another line and start that line. Have the players on offense rotate clockwise and the defense rotate counterclockwise, so that you get a different mix of players going 1 on 1 each time.

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### SKILLS PRACTICED:

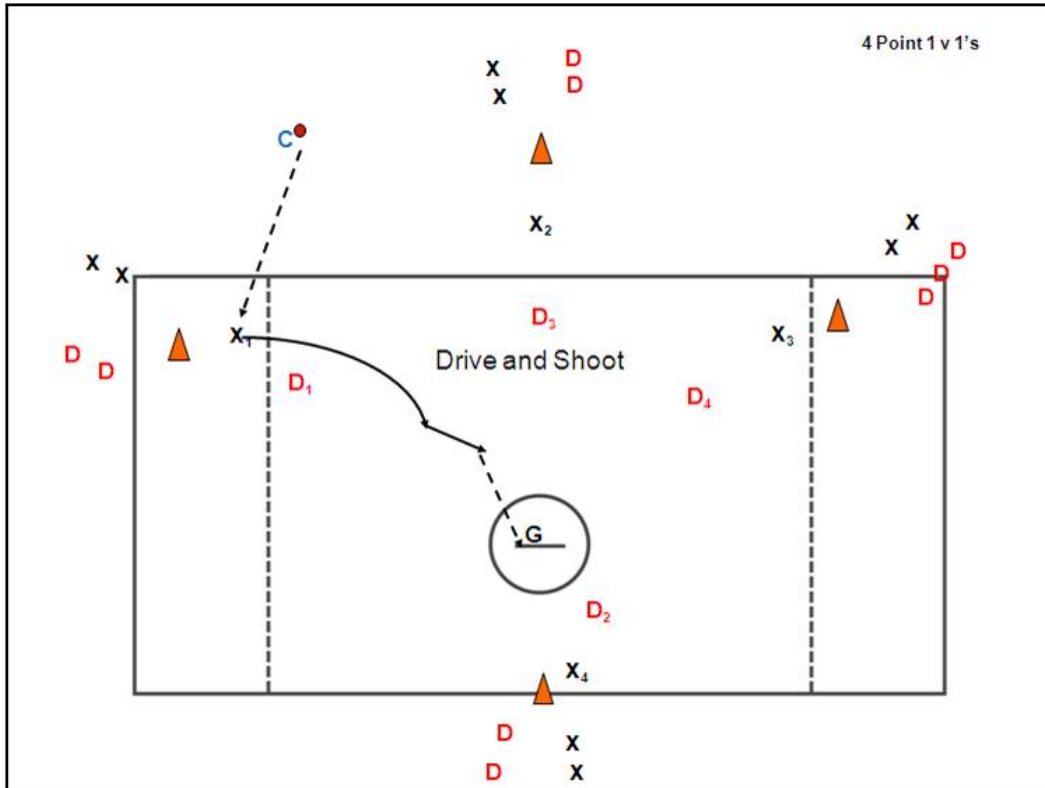
- Dodging
- Cradling
- Defense Positioning
- 1v1

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### VARIATIONS:

Vary the locations where the 1 on 1 will start. You may also have the goalie clear out each save, or even clear each goal to a breaking defender. This can work on a re-break situation.

**DRILL DIAGRAM:**





## MEN'S INSIDE OUT 1 V 1'S DRILL

### DRILL SPECS:

**Drill Theme:** 1 v 1

**Field Location:** Attack Zone

**Time Needed:** 10 Min

**Drill Style:** Skills

**Field Position:** Defense

**Skill Level:** Intermediate

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### OBJECTIVE:

This drill is excellent for teaching players 1 v 1 tactics and skills on both offense and defense. The objective is to either beat your player to the critical scoring area for a shot, or to defend in proper form and force the shooting player out of the critical scoring area, to a low percentage shot.

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### DRILL DESCRIPTION:

Set up 4 cones around the attack box, one at X (Behind the cage) and one at the top or Point. Then have 2 other cones out wide. Have a line of offense at each of the cones above goal line extended, and have one line of defensive players behind the cage at X. Also set up 4 cones on the field, that displays the "Critical Scoring Area" on the field. This area is 5 yards away from the crease on goal line extended, and then an additional 5-10 yards up field, forming a box known as the "Critical Scoring Area".

The coach starts each 1 on 1 by throwing the ball to the offensive player at a line; you may also roll the ball to start with a ground ball. As the ball is in mid air the defensive player releases from the line behind the cage and rushes up field into the critical scoring area. The player on offense will gather the ball and go to goal, taking the defender 1 on 1. When in the critical scoring area the player on offense may shoot if free to do so. The defender should be in the critical scoring area and should try to meet the attacking player and keep them outside of the area, or guide them to a low percentage shot at the corners of the marked area.

The coach should give each 1 on 1, 4 -5 second to develop into a shot or take away, after that a double whistle should blow and end the 1 on 1.

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### SKILLS PRACTICED:

- Dodging
- Defense Positioning
- 1v1
- Forcing

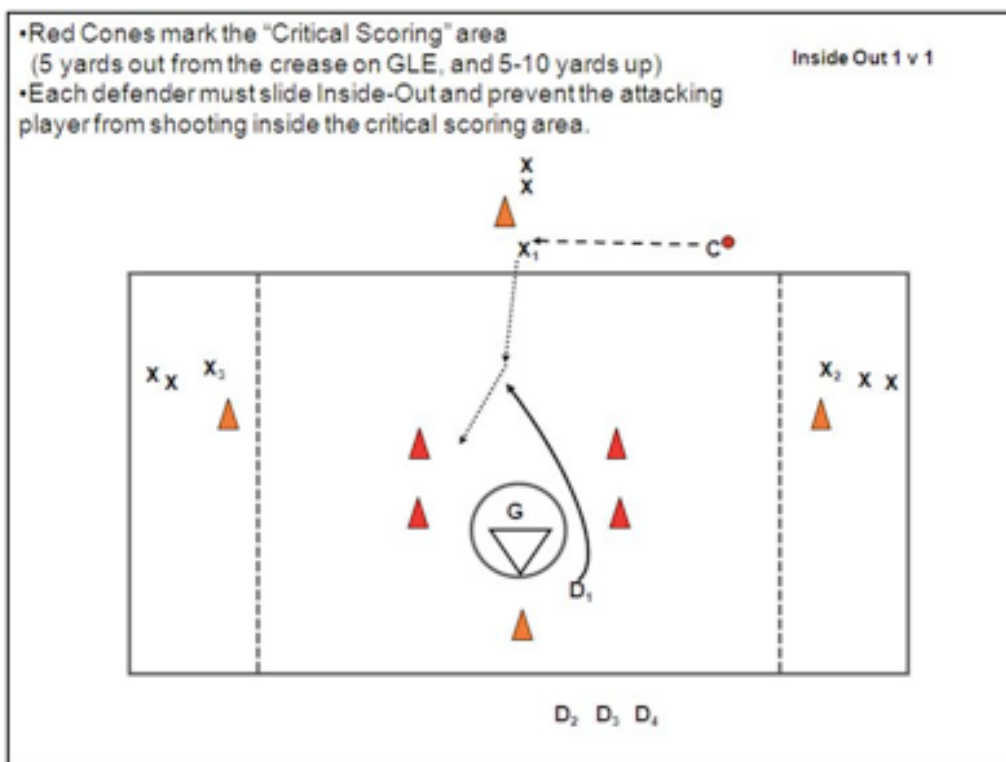
## VARIATIONS:

Vary the locations where the 1 on 1 will start. You may also have the goalie clear out each save, or even clear each goal to a breaking defender. This can work on a re-break situation.

In addition, add multiple defenders in the box area that will simulate a double team. You may also add an offensive player in the box area so that you may work draw and dumps.

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## DRILL DIAGRAM:







## MEN'S ISLAND 1 V 1'S DRILL

### DRILL SPECS:

**Drill Theme:** 1 v 1

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Games

**Field Position:** Offense, Defense

**Skill Level:** Intermediate

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### OBJECTIVE:

This drill teaches players to battle inside on the island area for position and the chance to either get your hands free in close and shoot, or to defend inside and keep the offensive player from getting a clean shot off.

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### DRILL DESCRIPTION:

Have two lines (one offense and one defense) off to the side, one defense and one offense. A coach with a bucket of balls will be at the top of the attack zone. Two players, one defense and one offense will go into the middle of the island area (5-10 yards in front of the crease and about 5 yards to the right or left of the crease).

The coach will have the player on offense start with the ball at his feet and the defender behind him. On the whistle the player on offense goes for the ball and tried to score, while the defender tries to take the ball away or prevent the shot.

Have the goalie in net clear every save.

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### SKILLS PRACTICED:

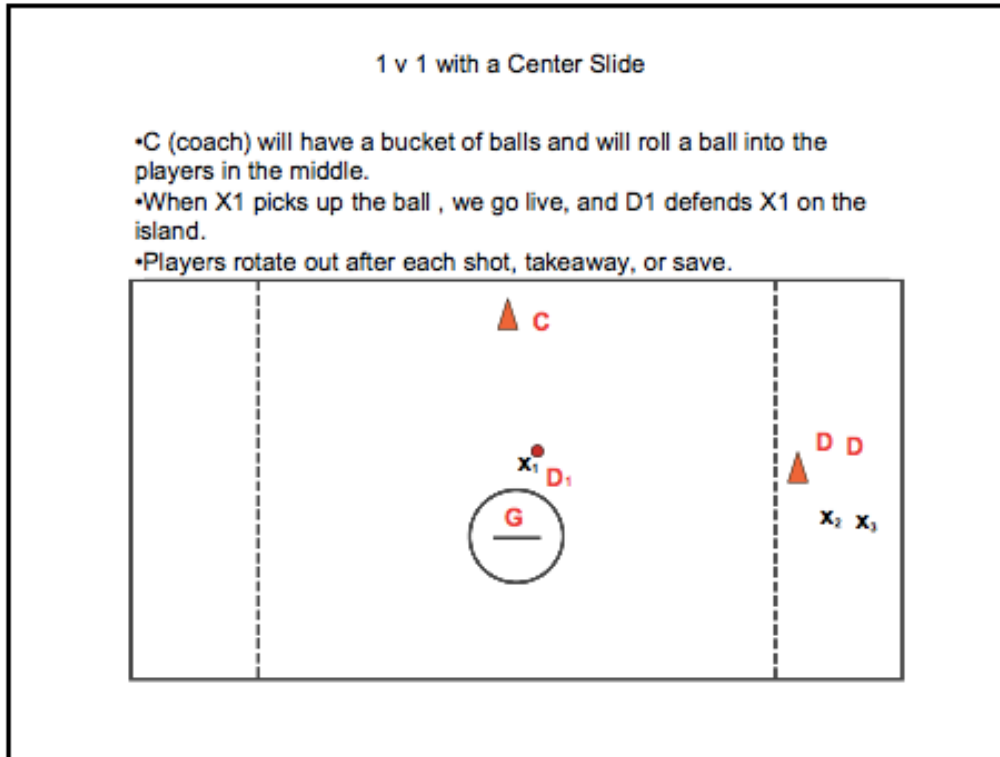
- Defense Positioning
- 1v1

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### VARIATIONS:

Vary the locations where the 1 on 1 will start. You may also inbound the ball to the player on offense and make the defender go live when it is caught. A slide can also be added to force decision making.

**DRILL DIAGRAM:**





## MEN'S RUN BY DRILL

### AUTHOR INFORMATION:

**Author Name:** Gordon Corsetti

**Author School:** Atlanta Youth Lacrosse

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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

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### OBJECTIVE:

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

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### 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.

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### 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.

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DRILL DIAGRAM:

