



MEN'S INTERCEPTION DRILL

AUTHOR INFORMATION:

Author Name: John Stevenson

Author School:

DRILL SPECS:

Drill Theme: Blocking-Forcing

Drill Style: Skill, Warm-Up

Field Location: Attack Zone

Field Position: Offense, Defense

Time Needed: 5 Min

Skill Level: Basic

OBJECTIVE:

To teach defensive extend and recovery by intercepting a pass.

DRILL DESCRIPTION:

Player X1 starts by making a pass to player X2. The defender extends out to play the pass as it arrives at X2. Immediately after X2 rolls away from pressure and quickly passes to X3 the defender recovers to the inside, stick first, looking to intercept/knock down the pass from X3 to X1.

SKILLS PRACTICED:

- Knocking Down Passes
- Defensive Footwork
- Defensive Positioning
- Denying cuts and passes defensively

VARIATIONS:

Attack the goal from multiple locations. Allow it to become a 1v1 with the offensive player (X1) shooting should he beat the defender.

DRILL DIAGRAM:

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