



MEN'S CHASE THE RABBIT DRILL

AUTHOR INFORMATION:

Author Name: Kevin Warne

Author School: Georgetown University

DRILL SPECS:

Drill Theme: Defensive

Drill Style: Defense

Field Location: Defensive

Field Position: Offense, Defense

Time Needed: 10 Min

Skill Level: Basic

OBJECTIVE:

To work on preventing the attacker to beat the defender behind the goal. Works on reducing the times the attacker can change directions.

DRILL DESCRIPTION:

Start by setting up a line of attackers behind the goal and a line of defenders directly behind the goal ready to play the attackmen. The attackmen starts by making a dodge from x on his defender. Once the attackman has made his dodge it is the defenders job to step out and play him. While this is happening the defender must maintain trailing his attacker. This prevents the defender from getting to far ahead of his attacker and allowing the attacker to change directions. While behind the attacker, the defender must maintain pressure on his back and push him towards the sidelines. This makes the defender dodge one way and get pushed away from the goal.

SKILLS PRACTICED:

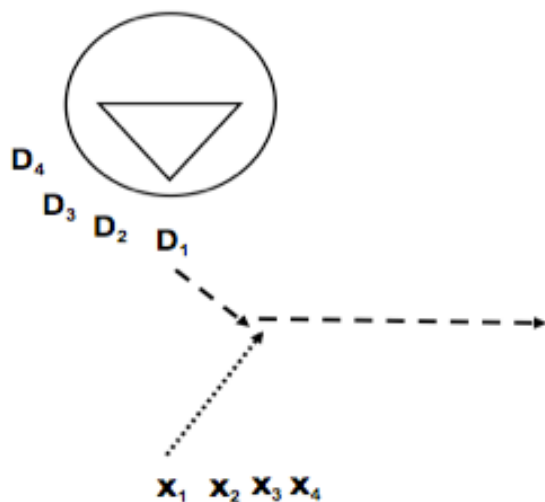
- Defense from Behind
 - Communication
 - Decision Making
 - Stopping the Change of Direction
-

VARIATIONS:

You can require that the dodge come from both sides of the field. This forces the defense to practice stopping the dodge on both sides of the field. In addition, you can add a goalie and require that he make the defensive call deciding when the defender should go out to his player and drive him sideways.

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE

DRILL DIAGRAM:





MEN'S CIRCLE THROWBACK DRILL

AUTHOR INFORMATION:

Author Name: Matt Hogan

Author School: Annapolis Hawks

DRILL SPECS:

Drill Theme: Defensive Drills

Drill Style: Skill

Field Location: Attack Zone

Field Position: Defense

Time Needed: 5 Min

Skill Level: Advanced

OBJECTIVE:

To improve defensive approach above the goal line extended.

DRILL DESCRIPTION:

Player X1 starts with a ball and D1 positioned to take away the center of the field. On the coach's whistle, X1 will attempt to dodge D1, who is trying to take away the middle of the field and force X1 down the alley. D2 will "slide" to assist D1 and force the dodger away from the goal. As D2 goes to meet the ball carrier, D1 will leave X1 when D2 arrives to help and must find the open man. D3 fills for D2, when D2 slides to help D1. When X1 "circles" D3 must recover to X2, D2 must recover to crease and D1 recovers to X1.

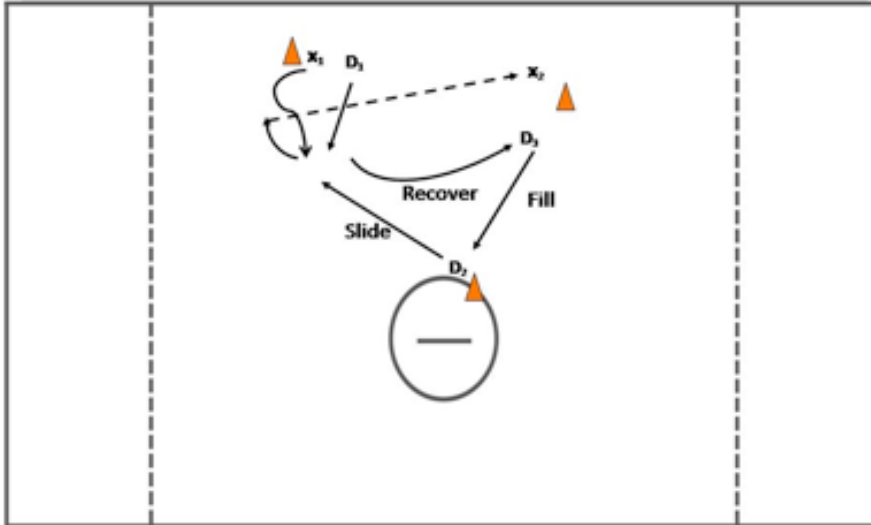
SKILLS PRACTICED:

- Defensive Footwork
 - Forcing
 - Sliding and Crashing
 - Filling from Backside
-

VARIATIONS:

You can assign players specific numbers and call out those numbers to be in the 3 v 3 versus the adjacent going.

DRILL DIAGRAM:





MEN'S CLEARING BUILD-UP DRILL

AUTHOR INFORMATION:

Author Name: Jeremy Adams

Author School: Elizabethtown Area High School

DRILL SPECS:

Drill Theme: Clearing

Drill Style: Defensive Clearing

Field Location: Defensive

Field Position: Defense

Time Needed: 10 Min

Skill Level: Basic

OBJECTIVE:

To work on clearing to the defenders, then getting the ball across the midfield line.

DRILL DESCRIPTION:

Start by setting up 2 lines behind the goal. The goalie calls for a break out and two defenders run to the sidelines along goal line extended. The goalie passes the ball to one of the defenders for an outlet pass. Once the first pass is made the defenders throw it to the goalie and then go to the mid field line. Once the goalie has the ball again two new defenders break out for another outlet pass. Now that there are 4 defenders on the field for an outlet pass the goalie has the option of where they want to throw the pass to. Continue until there are 6 total defenders on the field and have them work the ball all the way down to the other end of the field.

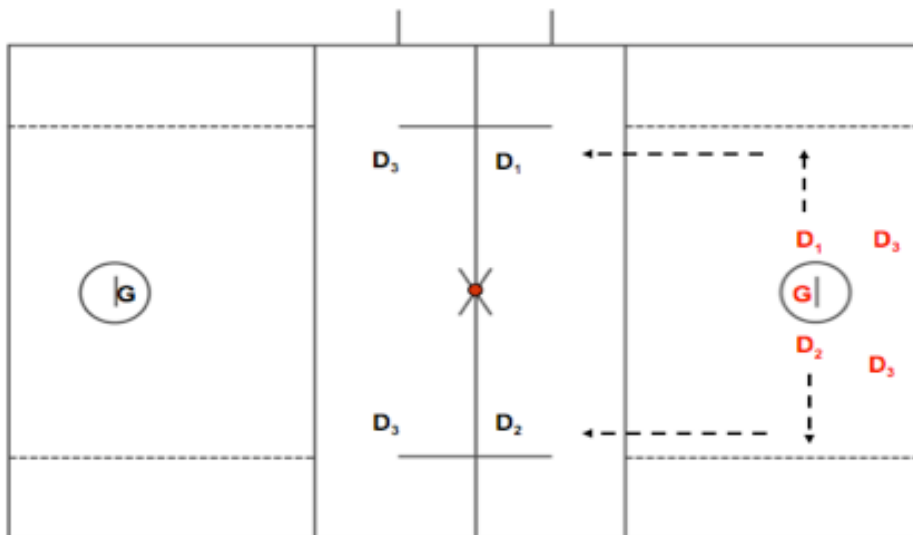
SKILLS PRACTICED:

- Ball Movement
 - Clearing
 - Communication
-

VARIATIONS:

You can require that the defense make a certain amount of passes before reaching the other side of the field. In addition, you can require the defenders run a weave down to the other side of the field.

DRILL DIAGRAM:





MEN'S OVER THE CREASE DRILL

AUTHOR INFORMATION:

Author Name: John Stevenson

Author School:

DRILL SPECS:

Drill Theme: Defensive Drills

Drill Style: Skill

Field Location: Half Field

Field Position: Defense

Time Needed: 10 Min

Skill Level: Advanced

OBJECTIVE:

To have the defender understand their role in relation to the ball.

DRILL DESCRIPTION:

Player X1 starts with the ball and passes to X2. AS the pass is being made, D2 extends out to cover X2 and D1 recovers to the inside to help D4 cover X5. AS the ball moves around the perimeter, the appropriate defender extends to cover the ball, while the off-ball defenders recover to help guard X5 (ie: when the ball moves to X3, D3 extends and D2 recovers, etc...)

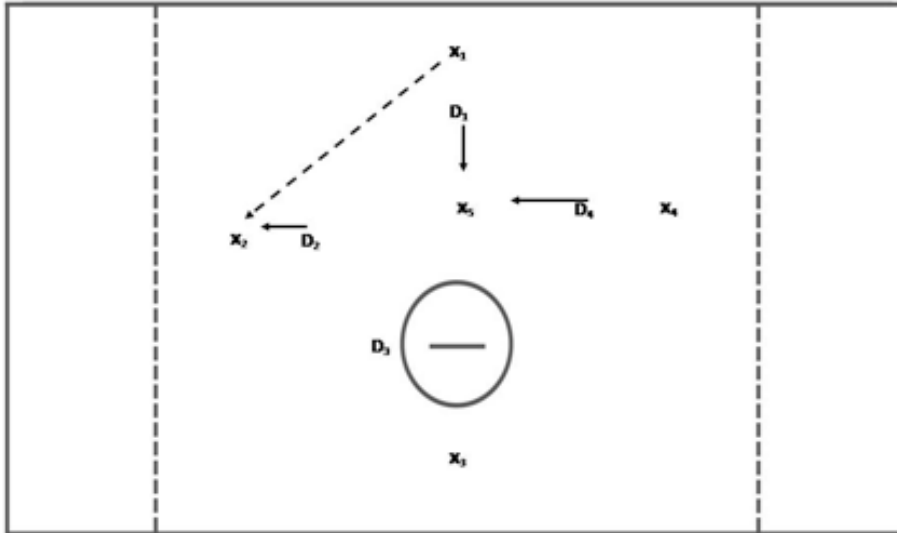
SKILLS PRACTICED:

- 1 v 1 defense and attack
- Communication
- Off Ball Defense
- Sliding and Crashing
- Denying cuts and passes defensively

VARIATIONS:

Attack the goal from multiple locations. Initially do not allow passes to X5 until recovery technique is mastered. Once technique is mastered allow it to be played as a 5v4 with the offense being given a chance to score if they move the ball quickly enough.

DRILL DIAGRAM:





MEN'S DEFEND THE HOLE DRILL

DRILL SPECS:

Drill Theme: Defense
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Games
Field Position: Offense, Defense
Skill Level: Intermediate

OBJECTIVE:

Practice backside defender sliding to & covering the hole. (Crease slide).

DRILL DESCRIPTION:

Set up 5 offensive players in a 1-3-1 vs 4 defenders playing the perimeter offensive players (leaving the crease offensive player undefended). Offense works ball around perimeter looking to feed the crease. As ball moves from point to point defensive players must constantly adjust position from off ball to on ball and backside defender must slough to crease to cover crease offensive player. TIP: defender who can see the ball when looking 'through the crease' is the player who must cover the crease.

SKILLS PRACTICED:

- Off Ball Defense
 - Defensive Positioning
 - Defensive Footwork
 - Conditioning
-

VARIATIONS:

Add Defender on Crease (5v5) who will slide to dodging ball carrier.
Work drill as 6v5 with 2 offensive players on crease
Practice adjacent slide package from the 4 points of the 'diamond'. Can eliminate crease play altogether (since crease D will lock on crease O) and just focus on adj slides from 4 points of the offensive 'diamond'.



MEN'S DEFENSE INTERCHANGE DRILL

DRILL SPECS:

Drill Theme: Defensive Drill
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Games, Skills
Field Position: Defense
Skill Level: Intermediate

OBJECTIVE:

To improve on ball and off ball defensive positioning, including approaching ball carrier and recovering to 'hole' in good 'help' position after a pass is made.

DRILL DESCRIPTION:

Attack X1 and X2 bring the ball down the field. Defense D1 and D2 try to play them both as long as possible. When the free player gets to the X3 area, D2 picks up the free player. Recovering defense is sprinting back to pick up A3 or whatever attack player is free. Communication is key in this drill.

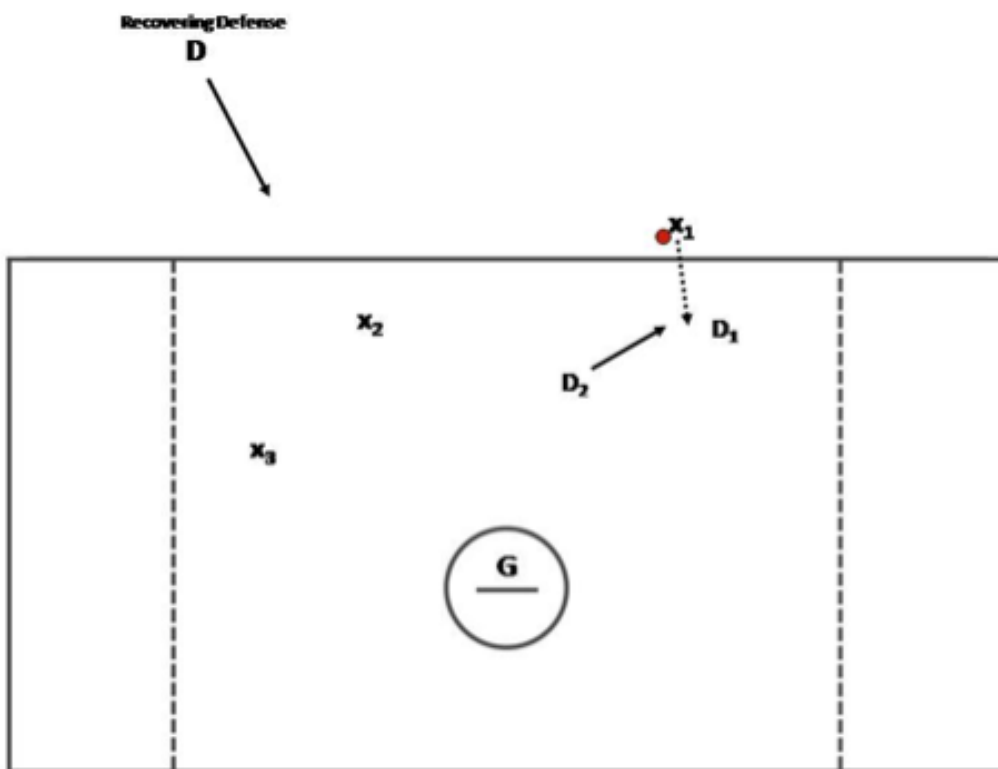
SKILLS PRACTICED:

- Defensive positioning
 - Defensive footwork
 - Communication
-

VARIATIONS:

Expand the drill by adding 2 more players. Have an attacker and defender set up behind the cage and off to the side. Start with the ball behind the cage and have defenders double the ball behind.

DRILL DIAGRAM:





MEN'S DEFENSIVE APPROACH DRILL

AUTHOR INFORMATION:

Author Name: John Pirie

Author School: 3d Lacrosse

DRILL SPECS:

Drill Theme: Defense

Drill Style: Defensive

Field Location: Defensive

Field Position: Offense, Defense

Time Needed: 10 Min

Skill Level: Intermediate

OBJECTIVE:

To work on getting out to an attacker then back in. Also, to work on condition and dodging and shooting for the attacker.

DRILL DESCRIPTION:

Start by setting up 3 lines of midfielders at the restraining line and 3 lines of attack. Also, set up a line of defenders on the side of the field. The coach will stand at goal line extended and the first two defenders will come out, one playing the midfielders and one playing the attack men. The coach will throw the ball out to the first midfielder and they will dodge and try to get a shot off. Then the coach will throw a ball out to attack men and they will do the same. The coach will throw the ball to all three midfielders and attack men and the same defender has to play all 3 attackers and the other defender has to defend all 3 midfielders. Once the defender has played all three offensive players two new defenders will come out

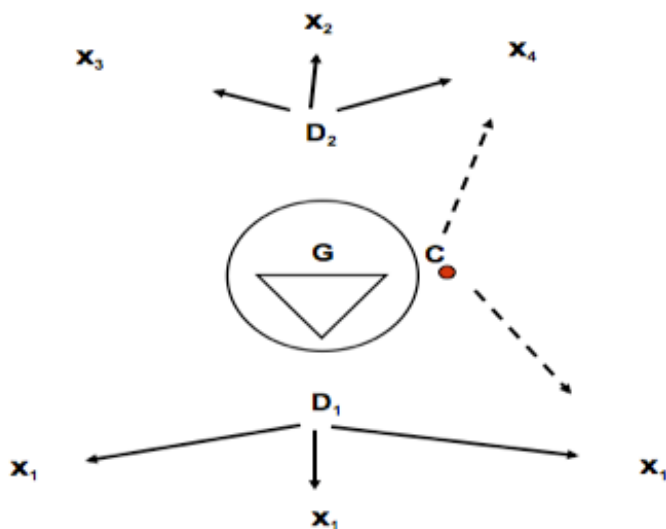
SKILLS PRACTICED:

- Defensive Positioning
 - Breaking Down
 - Dodging
 - Shooting
 - Conditioning
-

VARIATIONS:

You can alter the drill by rolling the ball out to each offensive player and making the offensive and defensive players battle for a ground ball before they go to the goal.

DRILL DIAGRAM:





MEN'S EXTEND AND RECOVER DRILL

DRILL SPECS:

Drill Theme: Defense
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Skills, Conditioning
Field Position: Defense
Skill Level: Basic

OBJECTIVE:

To improve on ball & off ball defensive positioning, including approaching ball carrier & recovering to 'hole' in good 'help' position after a pass is made.

DRILL DESCRIPTION:

Start as modified 2v2, with 2 offensive players moving the ball back & forth forcing the defensive players to move into correct position – when your man is receiving the ball you should '**extend**' to ball, break down, and check his bottom hand. When your man passes the ball you should drop step, turn in the direction of the pass/ball, with your stick up & in passing land while quickly '**recovering**' to a good 'help' position in the hole. When playing off-ball you should maintain the "man-you-ball" triangle.

D is playing ball carrier X1. When X1 passes to X2, D1 drop steps, turns toward ball and recovers to help position in the hole. D2 simultaneously extends to play X2 receiving the pass.

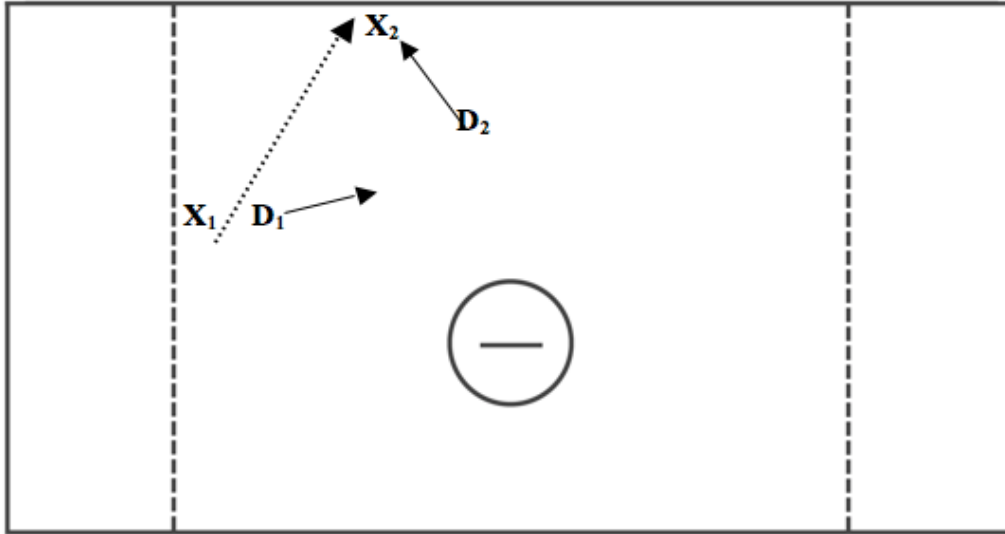
SKILLS PRACTICED:

- Off Ball Defense
- Defensive Positioning
- Defensive Footwork
- Conditioning

VARIATIONS:

This drill can be expanded to 4v4 where 4 defensive players are in constant motion moving to 'on-ball' or 'off-ball' positions as the ball is passed around perimeter. To add increased difficulty and communication see "Defend the Hole drill".

DRILL DIAGRAM:





MEN'S FUNNEL DRILL

DRILL SPECS:

Drill Theme: Defense
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Games, Skills
Field Position: Offense, Defense
Skill Level: Advanced

OBJECTIVE:

To practice defensive positioning and holds when playing a ball carrier from up top to direct ball carrier down the alley, or to the backline (GLE).

DRILL DESCRIPTION:

Start a line of defensive Middies and a line of "dummy" offensive Middies outside the restraining line. On a coach's whistle, the first ball carrier drives in his right hand towards the right side of the goal. As the dodger makes his move to the goal, the first defender turns his hips and positions his feet so they point to the sideline to 'takes away' the middle of the field. The defender establishes contact with a "Top Hand Hold" by placing his top hand (here, his right) on the ball carrier's lead shoulder and his bottom hand on the ball carrier's lead hip, being sure to allow only his gloves (and not his stick) to make contact with the ball carrier. If the dodger attempts to roll back, the defender maintains contact, stays topside and drives defender down the alley into the slide. ***Also run this drill with dodger from the wing – defender must stay 'topside' and funnel dodger behind GLE using top hand hold to funnel dodger toward GLE (see X₂/D₂ in diagram) work both sides of goal/both hands.***

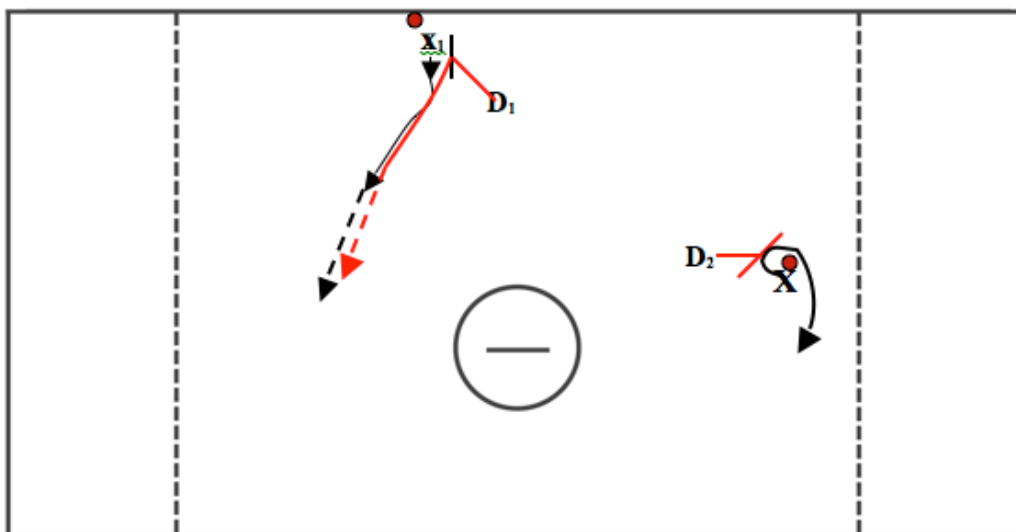
SKILLS PRACTICED:

- Off Ball Defense
 - Defensive Positioning
 - Defensive Footwork
 - Conditioning
-

VARIATIONS:

To increase the difficulty for defenders, challenge them to perform the same drill without sticks or with short sticks. Can add a Crease A/Crease D to practice driving the dodging into the slide from the crease (or from adjacent defender).

DRILL DIAGRAM:





MEN'S HAWK LOW DRILL

AUTHOR INFORMATION:

Author Name: Matt Hogan

Author School: Annapolis Hawks

DRILL SPECS:

Drill Theme: Defensive Drills

Drill Style: Skill, Warm-Up

Field Location: Attack Zone

Field Position: Offense, Defense, Midfield

Time Needed: 15 Min

Skill Level: Intermediate

OBJECTIVE:

To work individual play moving into team play.

DRILL DESCRIPTION:

Defensive players are in two lines starting on the outside cones. At the coach's signal, they approach the inside cone and address each other as if they other were a dodger. The players then recover to the next cone. Continue sequence through all cones.

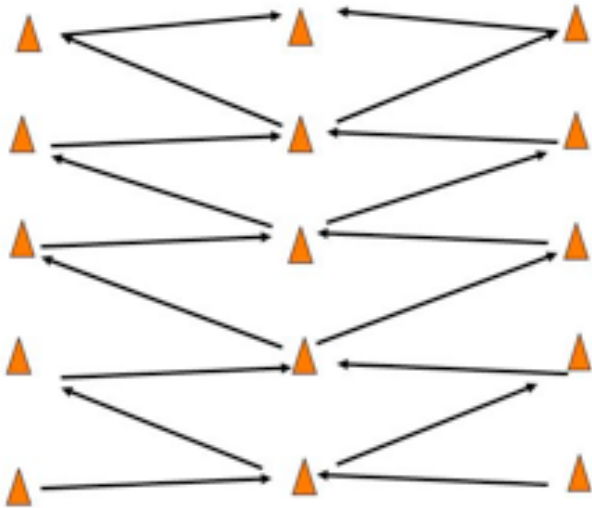
SKILLS PRACTICED:

- Dodging
 - Sliding and Crashing
 - Defensive Footwork
-

VARIATIONS:

Allow attackman and midfielders to participate to simulate the situations they encounter with dodgers (ie: riding for attackman). Increase speed of drill as players become better at positioning.

DRILL DIAGRAM:





MEN'S INSIDE OUT DRILL

AUTHOR INFORMATION:

Author Name: John Stevenson

Author School:

DRILL SPECS:

Drill Theme: Defensive Drills

Drill Style: Skill, Warm-Up

Field Location: Attack Zone

Field Position: Offense, Defense, Midfield

Time Needed: 5 Min

Skill Level: Basic

OBJECTIVE:

To teach defensive extend and recovery.

DRILL DESCRIPTION:

Coach throws a lob pass to one of the two offensive players (X). The defenders (D) must correctly approach the ball and then recover to the inside once their man has passed the ball to another offensive player.

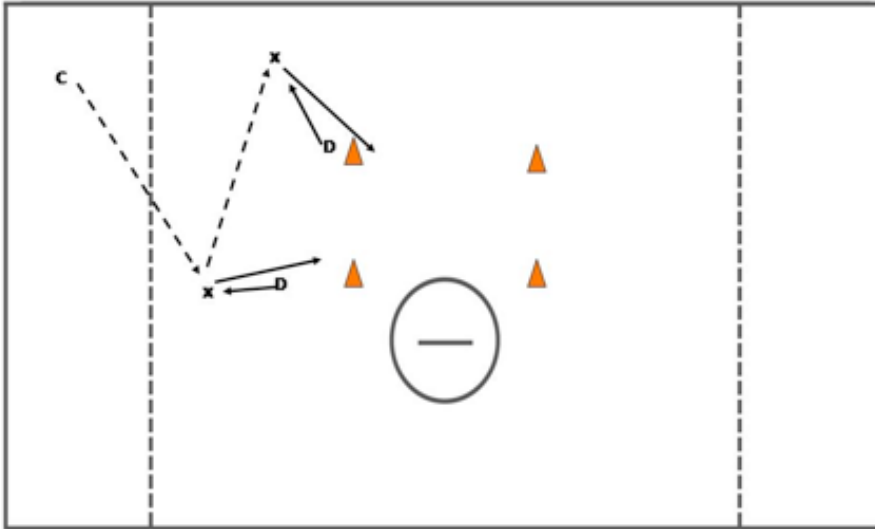
SKILLS PRACTICED:

- Defensive Footwork
- Communication
- Sliding and Crashing
- Forcing
- Denying cuts and passes defensively

VARIATIONS:

Add an extra offensive player as an outlet pass. Attack the goal from multiple locations. Allow it to become a 1v1 with the offensive player shooting should he beat the defender.

DRILL DIAGRAM:





MEN'S KING OF THE CREASE DRILL

AUTHOR INFORMATION:

Author Name: John Stevenson

Author School:

DRILL SPECS:

Drill Theme: Defensive Drills

Drill Style: Skill, Warm-Up

Field Location: Half Field

Field Position: Offense, Defense

Time Needed: 5 Min

Skill Level: Advanced

OBJECTIVE:

To teach defensive sliding, extending and recovery.

DRILL DESCRIPTION:

Player X2 starts by split dodging D2. D2 calls "Fire" as X2 is beginning his dodge. The "Fire" call tells D3 to slide to X2. On the fire call, D2 leaves X2 and recovers to replace D1, who has slid to cover X3. X2 passes the ball to X3. X3 can either shoot or look to pass to X1 if the defense has not recovered.

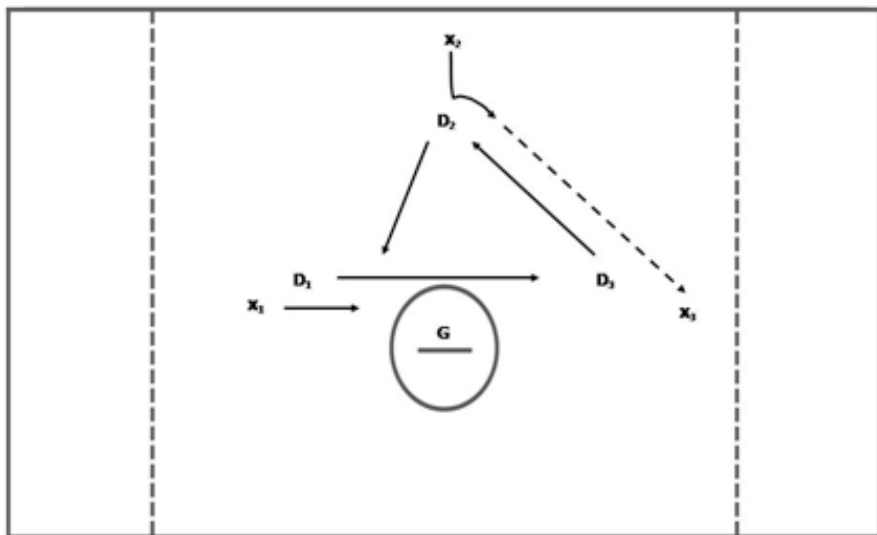
SKILLS PRACTICED:

- Defensive Positioning
- Communication
- Defensive Footwork
- Sliding and Crashing
- Denying cuts and passes defensively

VARIATIONS:

Attack the goal from multiple locations. Allow it to become a 1v1 with the offensive player (X1 or X3) shooting should he beat the defender.

DRILL DIAGRAM:





MEN'S LOB AND DODGE DRILL

AUTHOR INFORMATION:

Author Name: John Stevenson

Author School:

DRILL SPECS:

Drill Theme: Defensive Drills

Drill Style: Skill, Warm-Up

Field Location: Half Field

Field Position: Offense, Defense, Midfield

Time Needed: 5 Min

Skill Level: Basic

OBJECTIVE:

To develop footwork necessary for successful defense.

DRILL DESCRIPTION:

Start the drill with the coach throwing a lob pass to one of the four offense players (X). The offense then dodges to the goal. The defender (D) must come out to meet the ball as the offense is catching it, then correctly address the ball and prevent the dodger from getting a shot off.

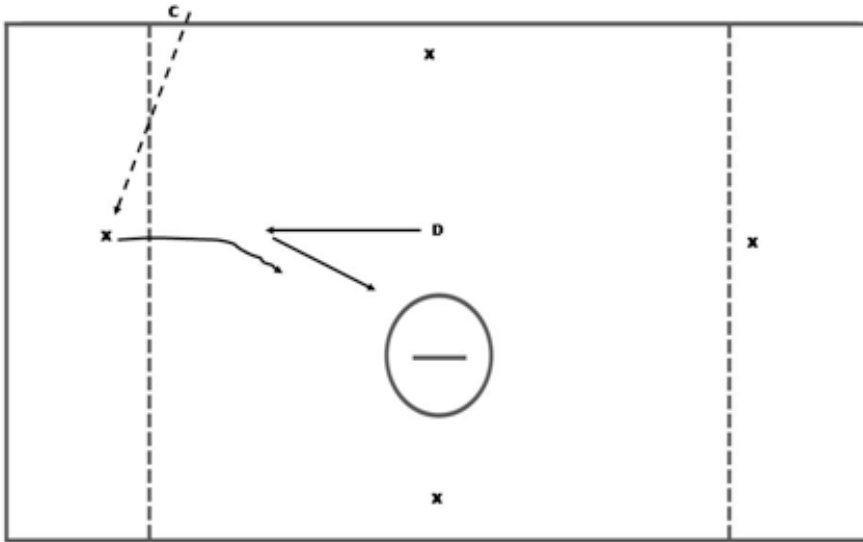
SKILLS PRACTICED:

- Defensive Footwork
- Defensive Positioning
- 1v1
- Forcing

VARIATIONS:

Add an extra offensive player as an outlet pass to the dodger. Attack the goal from multiple locations.

DRILL DIAGRAM:





MEN'S OKLAHOMA DRILL

AUTHOR INFORMATION:

Author Name: Kevin Warne

Author School: Georgetown University

DRILL SPECS:

Drill Theme: Fast Break Defense

Drill Style: Fast Break

Field Location: Defense

Field Position: Offense, Defense

Time Needed: 10 Min

Skill Level: Basic

OBJECTIVE:

To work on taking away the sweep on a fast break. Practiced proper defensive technique when running the point on a fast break on defense.

DRILL DESCRIPTION:

Start by setting up a line of defensive players at the 5 and 5 mark. Set an additional line of offensive players about 10 yards in front of the defensive line. The offensive player carries the ball down as if he is on a fast break and the defensive player must go out and play him. While doing so the defender must make sure to take the sweep away. In order to do this the defender must exaggerate his left foot and stick up field in order to cut off the option of the sweep. After preventing the sweep the defender must continue to control the play and make sure that if the offensive player inside rolls that the defender down steps and continues to play strong defense on his player.

SKILLS PRACTICED:

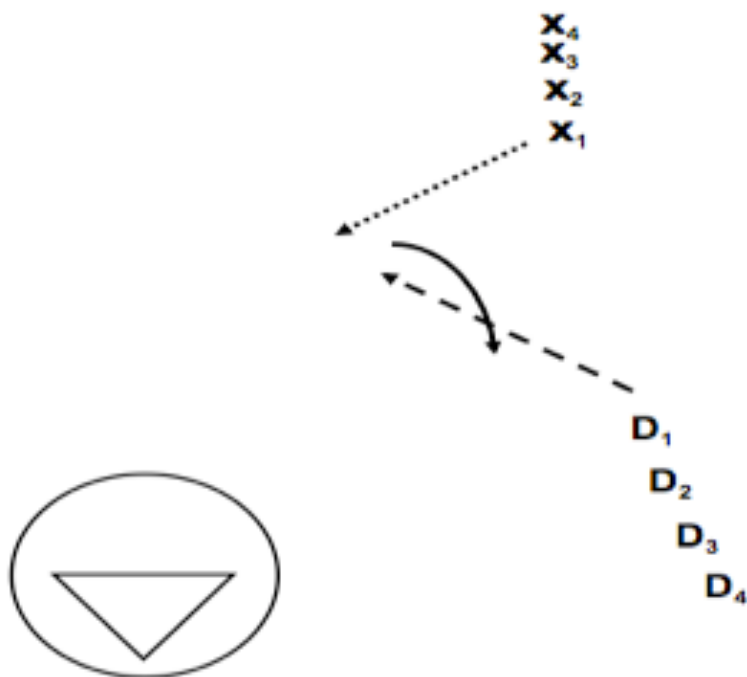
- Fast break
 - Decision Making
 - Defensive Skills
 - Stopping the Sweep
 - Communication
-

VARIATIONS:

You can require that the fast break comes from both sides of the field. This forces the defense to practice stopping the break on both sides of the field. In addition, you can add a goalie and require that he make the defensive call deciding when the defender should go out to his player and drive him backwards.

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE

DRILL DIAGRAM:





MEN'S OUT OF DODGE DRILL

DRILL SPECS:

Drill Theme: Defense
Field Location: Half Field
Time Needed: 20 Min

Drill Style: Game
Field Position: Offense, Defense
Skill Level: Intermediate

OBJECTIVE:

To improve defensive communication and sliding. Crease slide shown but should also practice adjacent slide from this formation.

DRILL DESCRIPTION:

Start six offensive players in a 1-4-1 formation, and start six defenders on them with a goalie in the cage. On a coach's whistle, the offensive begins to pass the ball around the perimeter and go into their particular movements. A coach then calls out the jersey number of the defender who is covering the ball. This defender must sprint to the sideline and back before rejoining the play. When he vacates his spot, the ball carrier should go to the goal, making the defense slide to halt his progress and limit good scoring opportunities. After a goal or turnover, the drill repeats itself and the coach calls out the number of another player. After several repetitions, players rotate positions.

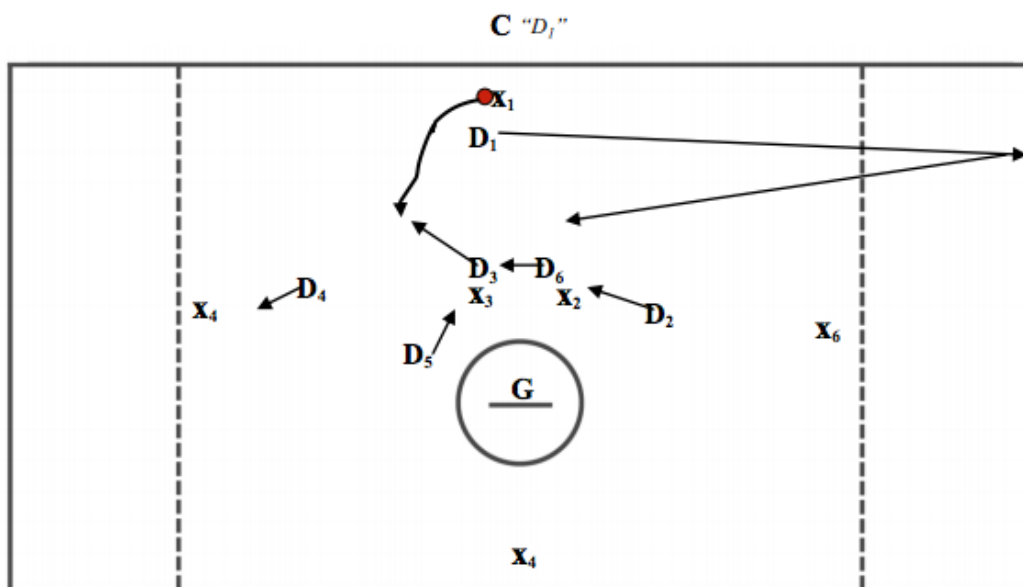
SKILLS PRACTICED:

- Off Ball Defense
 - Defensive Positioning
 - Defensive Footwork
-

VARIATIONS:

This drill can be used to simulate any slide package (crease, adjacent, etc.) against any offensive set (1-4-1, 1-3-2, 2-2-2, etc.). To make it more competitive, keep score--- each offensive goal is worth one point, and each defensive stop (either a saved shot or a non-shot) is also worth one point.

DRILL DIAGRAM:





MEN'S PALM TREE DRILL

AUTHOR INFORMATION:

Author Name: Lou Corsetti

Author School: Atlanta Youth Lacrosse

DRILL SPECS:

Drill Theme: Defensive Breakdown

Drill Style: Defensive Skill

Field Location: Defense

Field Position: Defense

Time Needed: 10 Min

Skill Level: Basic

OBJECTIVE:

To work on getting out to your attacker, breaking down, then coming back in and touching the bag.

DRILL DESCRIPTION:

Start by setting up 6 cones in a palm tree formation. A defender will come out and stand in front of the first cone. The coach will then call out cone positions and the defender will have to run to the cone that the coach calls out. The defender must sprint to each cone and when they get there they must break down into a good defensive stance, throw a couple checks, and get their stick in the passing lane. The defender must then sprint to get back in front of the first cone. The player must work his way around to every cone.

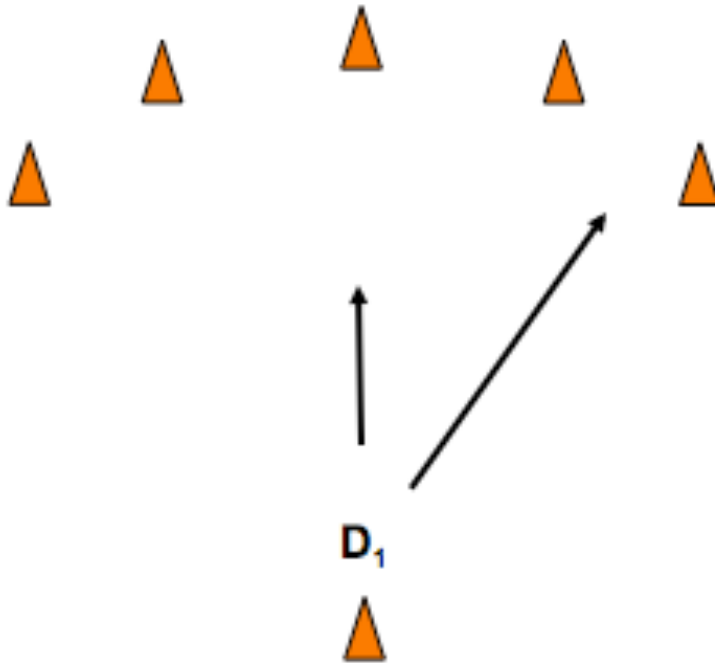
SKILLS PRACTICED:

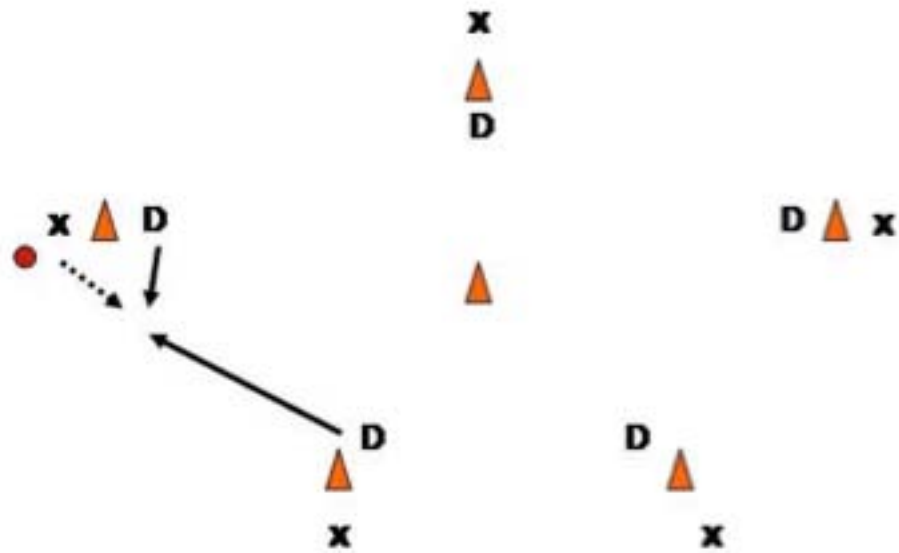
- Communication
 - Defensive Breakdown
 - Conditioning
 - Footwork
-

VARIATIONS:

You can require that when the defender goes to each cone they sprint, back pedal, or side shuffle back into the goal. In addition, you can require the defender to break down at a cone and then scoop up a ground ball and put it in the goal when they come back in.

DRILL DIAGRAM:







MEN'S PROTECT THE PAINT DRILL

AUTHOR INFORMATION:

Author Name: John Pirie

Author School: The Governors School

DRILL SPECS:

Drill Theme: Defensive Drills

Drill Style: Skill, Conditioning

Field Location: Half Field

Field Position: Defense

Time Needed: 10 Min

Skill Level: Basic

OBJECTIVE:

To teach players defensive positioning and recovery skills.

DRILL DESCRIPTION:

Four offensive players (X) are set up in a box shape in front of the goal. A line of defenders (D) is positioned outside the box. The first player in line corners to the center cone and comes to meet the ball using correct technique. The player with the ball passes it to an adjacent offensive player, while the defensive player recovers to the cone and then re-addresses the new ball carrier. Each defensive player goes thru the four positions, then a new player comes into the center.

SKILLS PRACTICED:

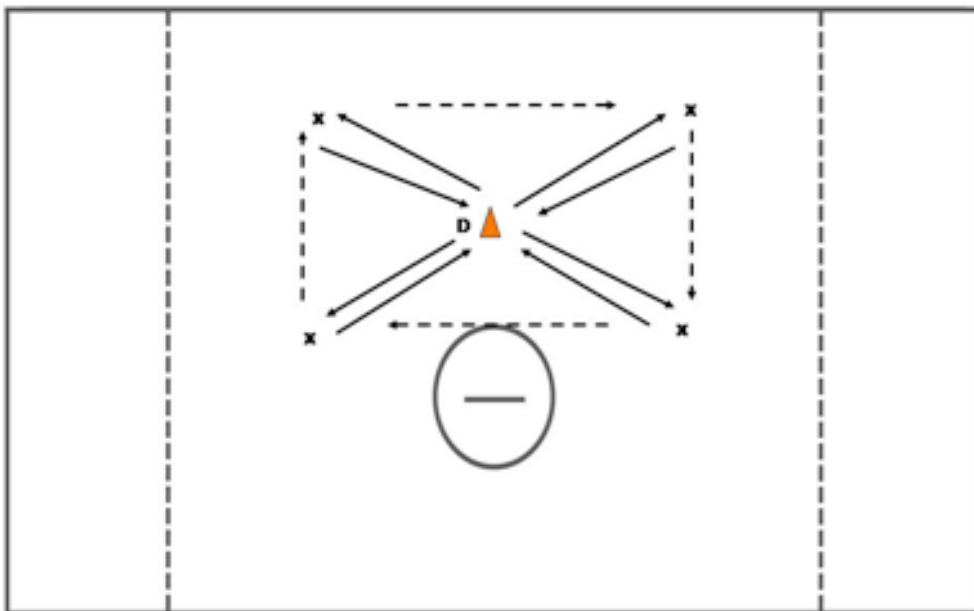
- Defensive Footwork
 - Defensive Body Positioning
 - Sliding
 - Stick Positioning
-

VARIATIONS:

This drill can be run with youth players using a basketball instead of a lacrosse ball and sticks to pass around the perimeter.

DRILL DIAGRAM:

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE





MEN'S PUNT RETURN DRILL

AUTHOR INFORMATION:

Author Name: Matt Hogan

Author School: Annapolis Hawks

DRILL SPECS:

Drill Theme: Defensive Drills

Drill Style: Skill

Field Location: Half Field

Field Position: Defense

Time Needed: 5 Min

Skill Level: Basic

OBJECTIVE:

To improve on defensive approach above the goal line extended.

DRILL DESCRIPTION:

Defensive players are in one line starting on the crease. At the coach's signal, they approach the top cone and address the dodger. The defenders goal is to force the dodgers down the alley away from the center of the field.

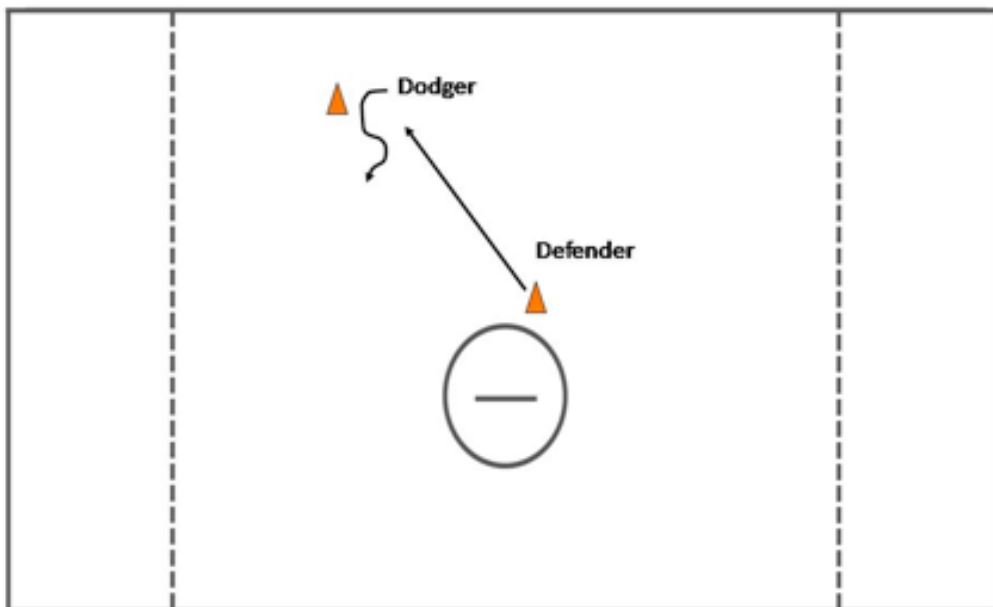
SKILLS PRACTICED:

- 1 v 1 defense and attack
 - Forcing
 - Sliding
 - Defensive Footwork
-

VARIATIONS:

Allow attackman and midfielders to participate to simulate the situations they encounter with dodgers. (ie: riding for attackman). Increase speed of drill as players become better at positioning. Approach from both sides to simulate defensive sliding from multiple angles.

DRILL DIAGRAM:





MEN'S RUN THE ARC DRILL

DRILL SPECS:

Drill Theme: Defensive
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Skills, Conditioning
Field Position: Offense, Defense
Skill Level: Basic

OBJECTIVE:

To practice defensive positioning and holds at the Goal Line Extended when playing a ball carrier from behind.

DRILL DESCRIPTION:

Start a line of defenders and a line of "dummy" attackmen on the end line behind the goal. On a coach's whistle, the first attacker drives in his right hand towards the right side of the goal. The first defender beats him to a spot at the GLE, wheels his hips around, and turns him back towards X using a **cross forearm, or top hand hold**. The attacker rolls back, goes through X, and then drives in his left hand towards the left side of the goal. Again, the defender beats him to a spot at the GLE, wheels his hips around, and turns him back towards X. This pattern repeats itself until the defender has successfully turned his man back twice on each side. Then, players rotate positions.

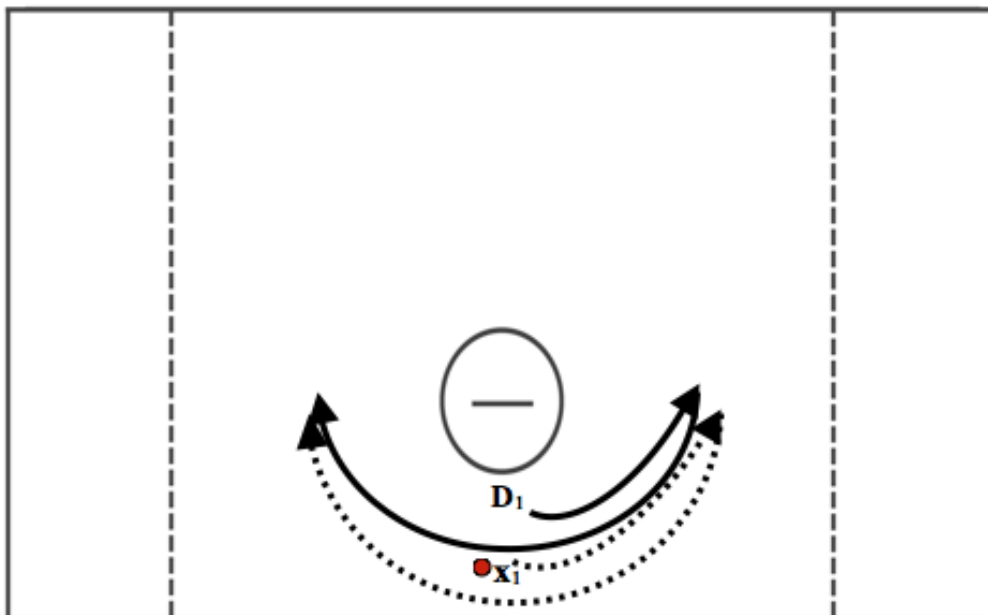
SKILLS PRACTICED:

- Checks and Holds
- Defensive Positioning
- Defensive Footwork
- Conditioning

VARIATIONS:

To increase the difficulty for defenders, challenge them to perform the same drill without sticks or with short sticks. To increase the difficulty further, increase the pace at which the dummy attackmen run. To increase the challenge even further, increase the time or number of repetitions that defenders play each time. Also run live 1v1 from X to simulate game conditions. *Can add a Crease A/Crease D to practice turning back dodging attacker and sliding from the crease.

DRILL DIAGRAM:





MEN'S STEP OUT DRILL

AUTHOR INFORMATION:

Author Name: Lou Corsetti

Author School: Atlanta Youth Lacrosse

DRILL SPECS:

Drill Theme: Defensive Breakdown

Drill Style: Defensive Skill

Field Location: Defense

Field Position: Defense

Time Needed: 10 Min

Skill Level: Basic

OBJECTIVE:

To work on getting out to your attacker, breaking down, then coming back in and touching the bag.

DRILL DESCRIPTION:

Start by setting up 6 cones around the goal. A goalie and a defender will step out with the goalie in the goal and the defender in front. The goalie will then call out cone positions and the defender will have to run to the cone that the goalie calls out. The defender must sprint to each cone and when he gets there they must break down into a good defensive stance, throw a couple checks, and get his stick in the passing lane. The defender must then sprint to get back in front of the goal. The player must work their way around the whole circle.

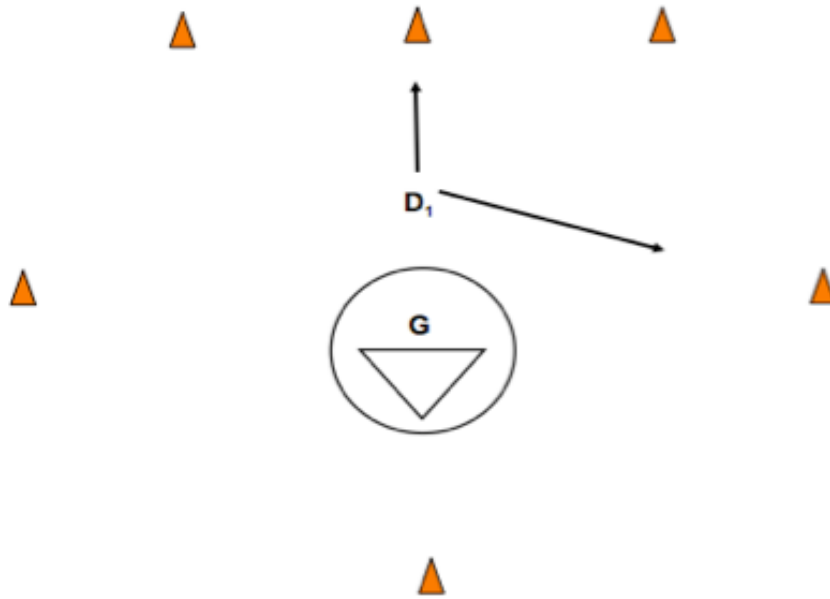
SKILLS PRACTICED:

- Communication
 - Defensive Breakdown
 - Conditioning
 - Footwork
-

VARIATIONS:

You can require that when the defender goes to each cone they sprint, back pedal, or side shuffle back into the goal. In addition, you can require the defender to break down at a cone and then scoop up a ground ball and put it in the goal when they come back in.

DRILL DIAGRAM:





MEN'S ZIG ZAG DRILL

AUTHOR INFORMATION:

Author Name: Brad Barber

Author School: Hood College

DRILL SPECS:

Drill Theme: Defensive Drills

Drill Style: Position, Defense

Field Location: Defense

Field Position: Defense

Time Needed: 10 Min

Skill Level: Basic

OBJECTIVE:

To work on position work while on defense. Players will learn to break down into a good defensive position and then explode out of it.

DRILL DESCRIPTION:

Start in the bottom corner and sprint out in a diagonal direction towards the next cone. Once you reach the cone break down into a defensive position. Once you break down take a T-step and explode out of that cone. It is important to focus on explosion in order to work on footwork out of your positioning. You do the same thing until you reach the last cone and then you sprint straight forward to the end. At the end of the drill the coach will roll a ground ball out to the player and he will scoop up the ball and continue through.

SKILLS PRACTICED:

- Positioning
 - Defense
 - Footwork
 - Conditioning
-

VARIATIONS:

You can add various ways of getting from one cone to another. The player can add a shuffle, a back pedal, or a sprint from one side to another. This enables the defensive player to further practice his footwork and conditioning.

DRILL DIAGRAM:

