



MEN'S US DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Attack Zone

Time Needed: 15 Min

Drill Style: Game

Field Position: Offense, Defense, Midfield

Skill Level: Intermediate

OBJECTIVE:

Works on aggressive/smart double teaming and defensive shifting and communication. Attack movement and quick passing.

DRILL DESCRIPTION:

Start with splitting the attack zone in half so that each set of 3v3 is only working on one side. You need 3 defenders and 3 attackers on each side. Start the drill on a whistle and with a definitive double team. Play the 3v3 live until the ball is in the cage or has been cleared to a specified area. Emphasize the use of communication and defensive slides to help. Also show the attack to change speeds and make cuts to ball, not just side-to-side.

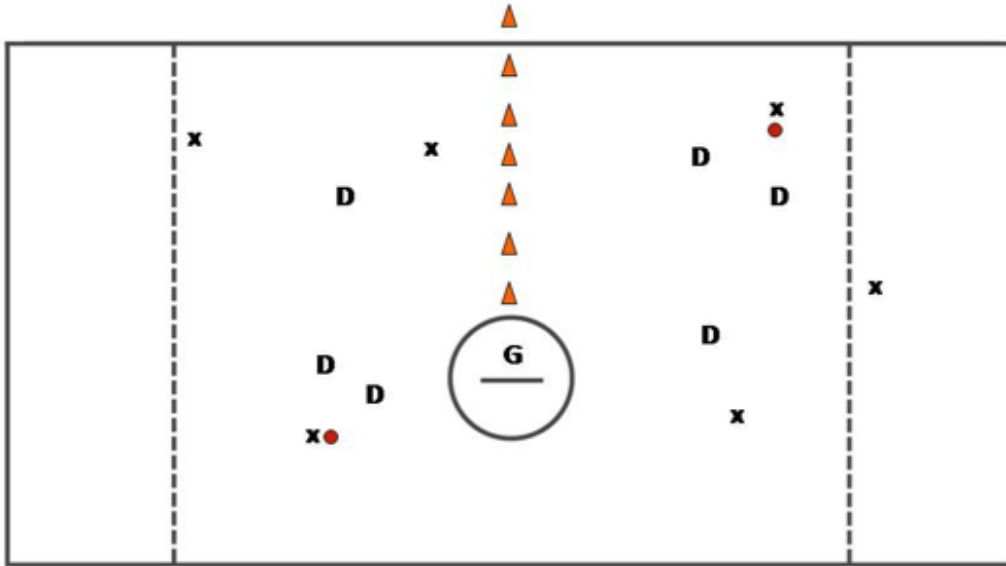
SKILLS PRACTICED:

- Double teaming
- Defensive slides
- Clearing space offensively
- Ball Movement
- Denying cuts and passes defensively

VARIATIONS:

You can make one side a 3 v 3 and one side a 3 v 2. A defender from the 3 v 3 needs to slide over to the 3 v 2 to help. Explain there must be a lot of communication for the drill to be effective.

DRILL DIAGRAM:





MEN'S TURN IT OVER DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Half Field

Time Needed: 10 Min

Drill Style: Skill

Field Position: Offense, Defense, Midfield

Skill Level: Intermediate

OBJECTIVE:

To develop defensive checking skills (poke and slap).

DRILL DESCRIPTION:

Play 3v3 with the goalie in the cage. The offense works for a shot and the defender tries to force a turnover by using one of the two basic checks. Award the offense one point for a goal and the defense two points for each check that results in a turnover.

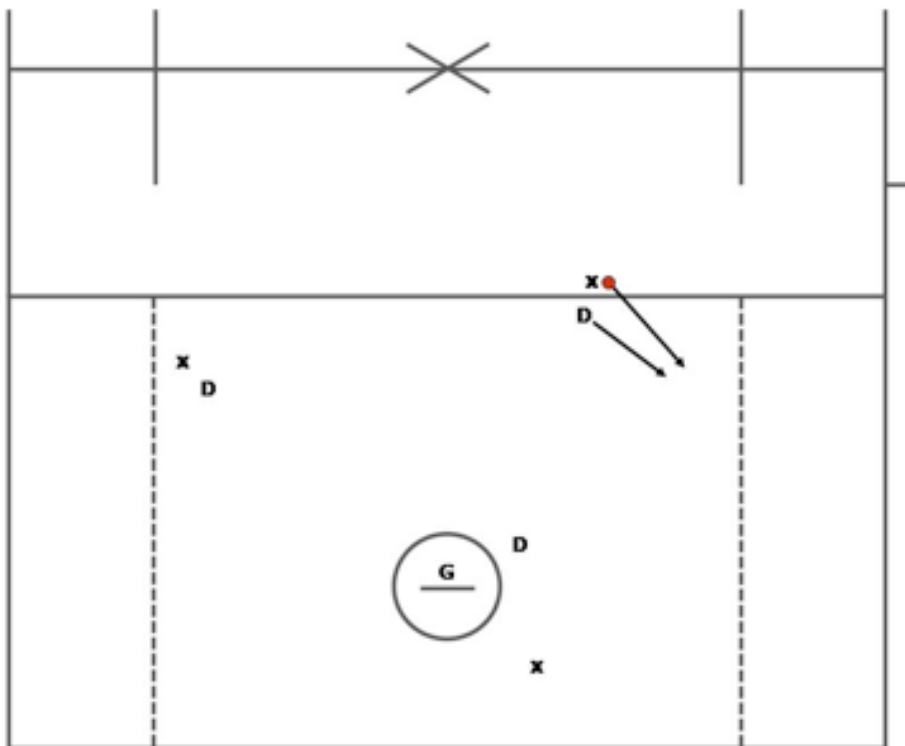
SKILLS PRACTICED:

- Communication – where to force the attacker with the ball
 - Legal Checks (Poke, Slap)
 - Denying cuts and passes defensively
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VARIATIONS:

Remove the goalie and shooting option. Have the offense try to maintain possession in the attack box while the defense tries to force a turnover.

DRILL DIAGRAM:





MEN'S SURVIVAL DRILL

DRILL SPECS:

Drill Theme: Even Strength, Defensive

Field Location: Attack Zone

Time Needed: 15 Min

Drill Style: Game

Field Position: Offense, Defense

Skill Level: Intermediate

OBJECTIVE:

To practice defensive crease play and good body positioning.

DRILL DESCRIPTION:

Four offensive players form a box around the goal area and two play in the middle. Two defensive players play top side of offensive crease players. As the ball rotates, offensive crease players should pick and repack trying to get open. Defense players work constantly to stay topside. If offensive crease men get open, the box players should pass inside for a shot.

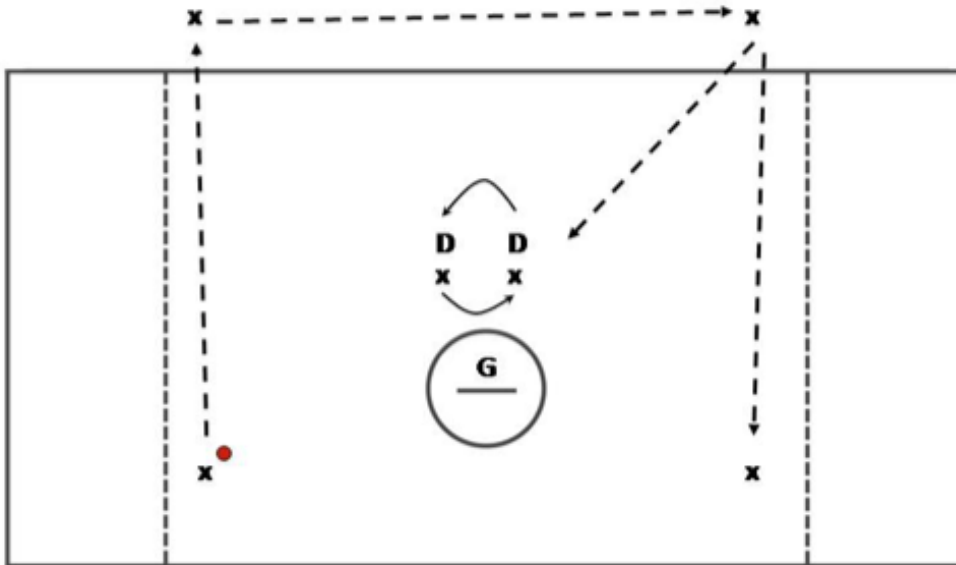
SKILLS PRACTICED:

- Crease defense
 - Body Positioning
 - Working together on offense
-

VARIATIONS:

After a shot, have the goalie clear to the defense. Crease attackers should work on re-defending the clear.

DRILL DIAGRAM:





MEN'S SCATTER DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Attack Zone

Time Needed: 10 Min

Drill Style: Warm Up, Skill

Field Position: Offense

Skill Level: Basic

OBJECTIVE:

This drill should be practiced at full speed. Holding back on one's motion for accuracy will only hinder their shot in a game situation.

DRILL DESCRIPTION:

Scatter 8 to 12 balls within the box area. 1 player goes at a time. The shooter practices scooping up the balls and shooting in one continuous motion at full speed. This drill also teaches the importance of planting the foot and pointing the toe at the goal at the release of the shot.

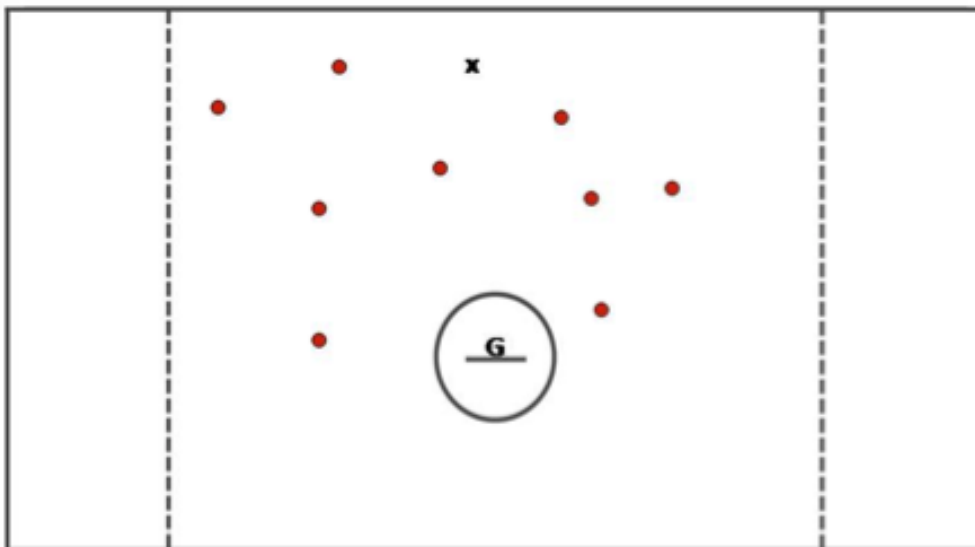
SKILLS PRACTICED:

- Shooting at full speed
- Ground balls
- Shot strength and accuracy

VARIATIONS:

Position players in front of the scattered balls to act as dummy defense.

DRILL DIAGRAM:





MEN'S NEUTRAL KEEP AWAY DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Attack Zone

Time Needed: 10 Min

Drill Style: Games

Field Position: Offense, Defense, Midfield

Skill Level: Intermediate

OBJECTIVE:

To work on developing stick skills and ball movement.

DRILL DESCRIPTION:

Remove the goal from the attack box area and position two teams of 4 players each and a neutral player. The neutral player always plays offense, providing a 5v4 advantage to the team with the ball each team tries to maintain possession by running and passing the ball. The defensive team plays zone defense, with one player covering ball and the remaining three players splitting the four remaining offensive players. The offensive players spread the defense by moving to open areas.

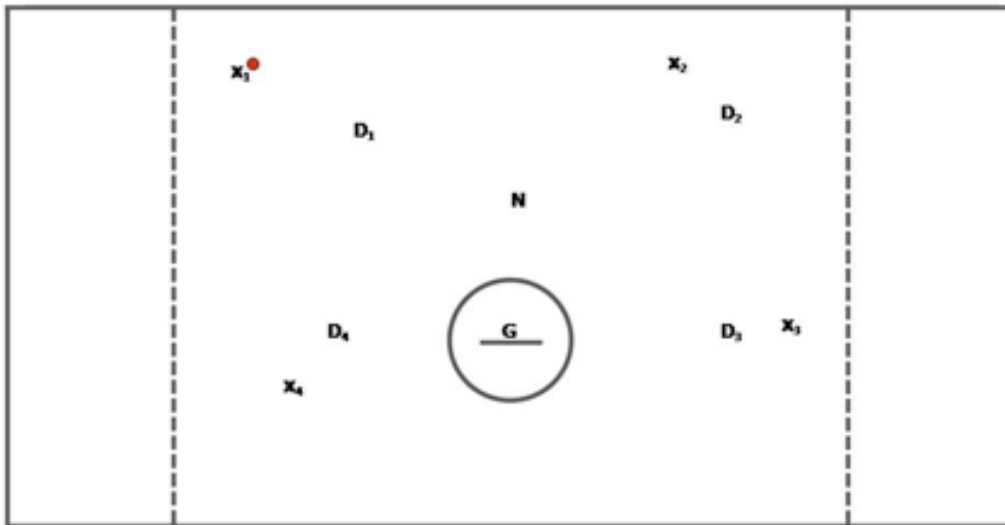
SKILLS PRACTICED:

- Maintaining Possession
- Communication – where to force the attacker with the ball
- Clearing space offensively
- Ball Movement

VARIATIONS:

Set up a 4v4 neutral game on the other end of the field Set up a 4v4 neutral game on the other end of the field.

DRILL DIAGRAM:





MEN'S HANDLING DEFENSIVE PRESSURE

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Half Field

Time Needed: 15 Min

Drill Style: Skill, Games

Field Position: Offense, Defense

Skill Level: Basic

OBJECTIVE:

To teach your players to work for the ball, handle pressure, or create turnovers in time sensitive manners.

DRILL DESCRIPTION:

Place your players in the attack zone, 6 v 6. Have the offense hold the ball for 6 minutes without going out of the box. After 45 seconds add a 7th pole and work to double team.

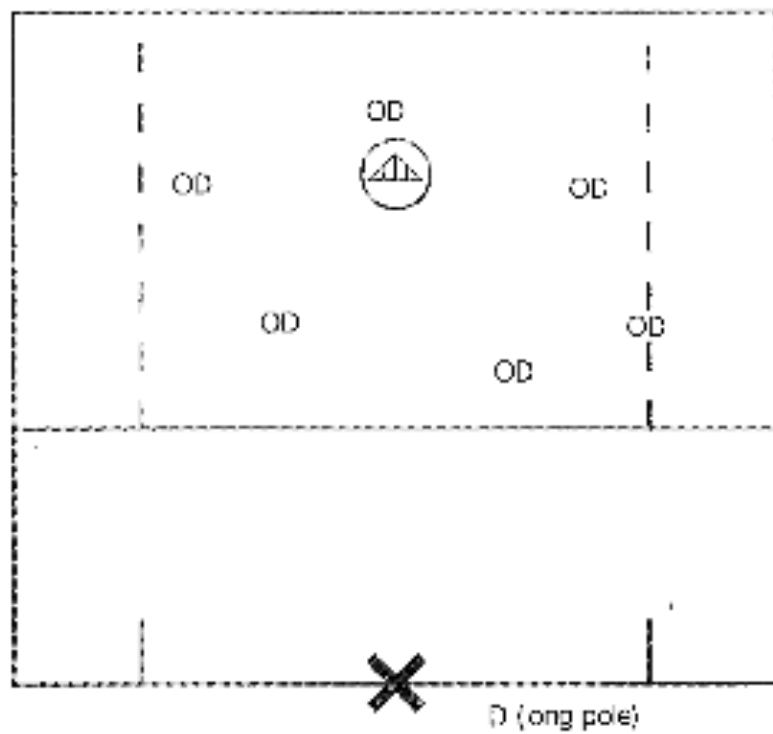
SKILLS PRACTICED:

- Stick Handling
 - Ball Movement
 - Defensive Positioning
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VARIATIONS:

Make the zone smaller with cones, remove offensive players, utilize the goalie to double behind the cage.

DRILL DIAGRAM:





MEN'S EVEN NUMBERS DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Half Field

Time Needed: 15 Min

Drill Style: Games

Field Position: Offense, Defense, Midfield

Skill Level: Intermediate

OBJECTIVE:

To develop settled offense and defense skills and tactics.

DRILL DESCRIPTION:

Create 1v1, 2v2, 3v3, 4v4, 5v5, or 6v6 setups in a half field situation. All defensive players are out of the restraining box at the goal line extended. The offense players are positioned 15 yards outside of the top of the attack box, diagonally opposite the defense. Coach is in the top center of the box with extra balls. Coach calls out a number from 1-6, and that number of offensive and defensive players enters the box. Roll the ball to the offense to begin play. All the drill to continue until a goal is scored, the defense gains possession, or the ball is cleared outside the penalty box.

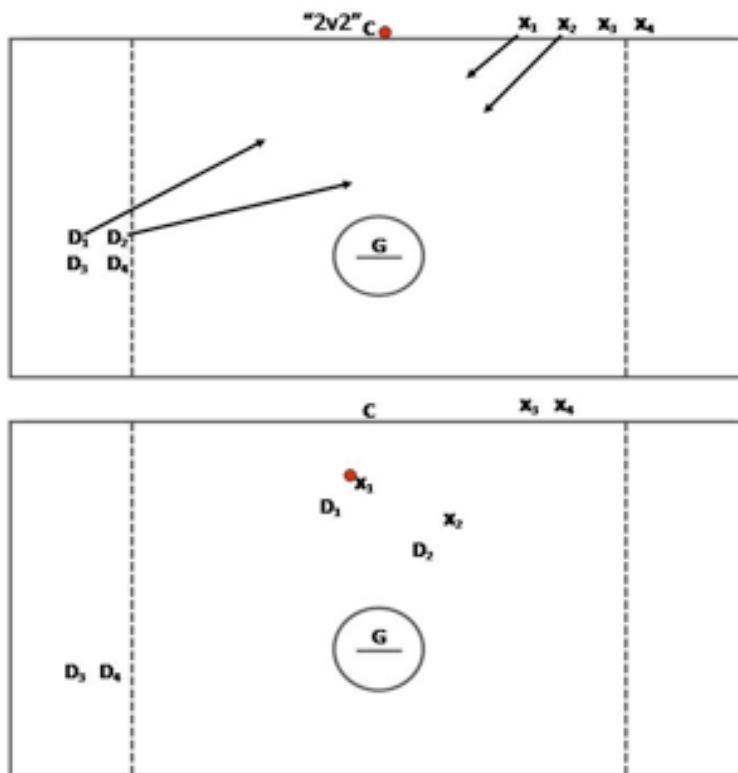
SKILLS PRACTICED:

- Settled attack and defense
- Communication
- Ball Movement
- Clearing

VARIATIONS:

Set up the drill on the sideline with both defense and offense on the same side of the field. The defense must now attempt to clear the ball over the midfield when they gain possession. The offense must try and regain possession when they lose the ball.

DRILL DIAGRAM:





MEN'S 6V6 DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Half Field

Time Needed: 15 Min

Drill Style: Games

Field Position: Offense, Defense

Skill Level: Basic

OBJECTIVE:

Drill that have players work 6 on 6 in the half field.

DRILL DESCRIPTION:

Have 6 players on offense go against 6 players on defense.

The coach can start the ball from a ground ball or a pass into the players.

Players go until there is a goal, save, clear or whistle.

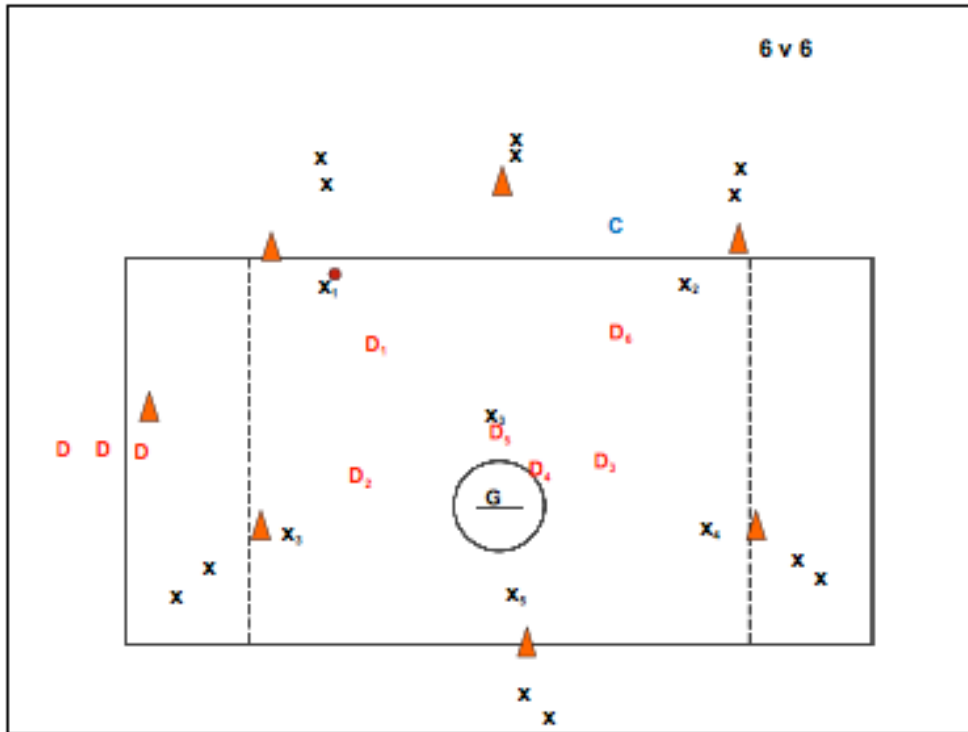
SKILLS PRACTICED:

- Stick Handling
 - Ball Movement
 - Defensive Positioning
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VARIATIONS:

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

DRILL DIAGRAM:





MEN'S 5V5 DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Half Field

Time Needed: 15 Min

Drill Style: Games

Field Position: Offense, Defense

Skill Level: Basic

OBJECTIVE:

Drill that have players work 5 on 5 in the attack zone.

DRILL DESCRIPTION:

Have 5 players on offense go against 5 players on defense.

The coach can start the ball from a ground ball or a pass into the players.

Players go until there is a goal, save, clear or whistle.

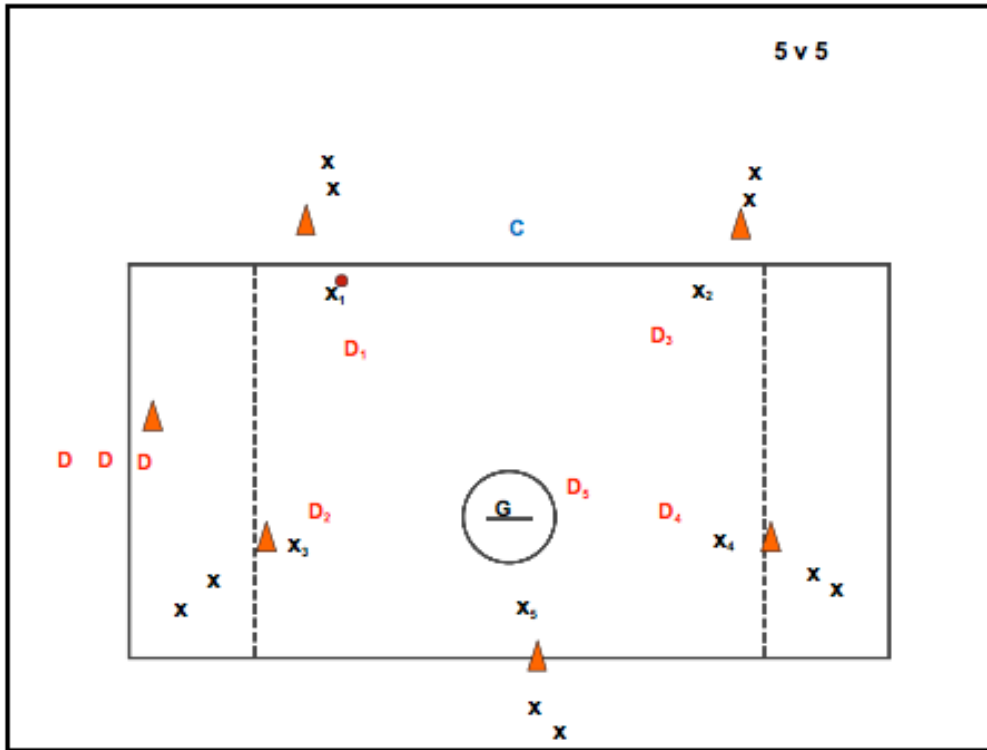
SKILLS PRACTICED:

- Stick Handling
 - Ball Movement
 - Defensive Positioning
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VARIATIONS:

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

DRILL DIAGRAM:





MEN'S 4V4 DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Attack Zone

Time Needed: 15 Min

Drill Style: Games

Field Position: Offense, Defense

Skill Level: Basic

OBJECTIVE:

Drill that have players work 4 on 4 in the attack zone.

DRILL DESCRIPTION:

Have 4 players on offense go against 4 players on defense.

The coach can start the ball from a ground ball or a pass into the players.

Players go until there is a goal, save, clear or whistle.

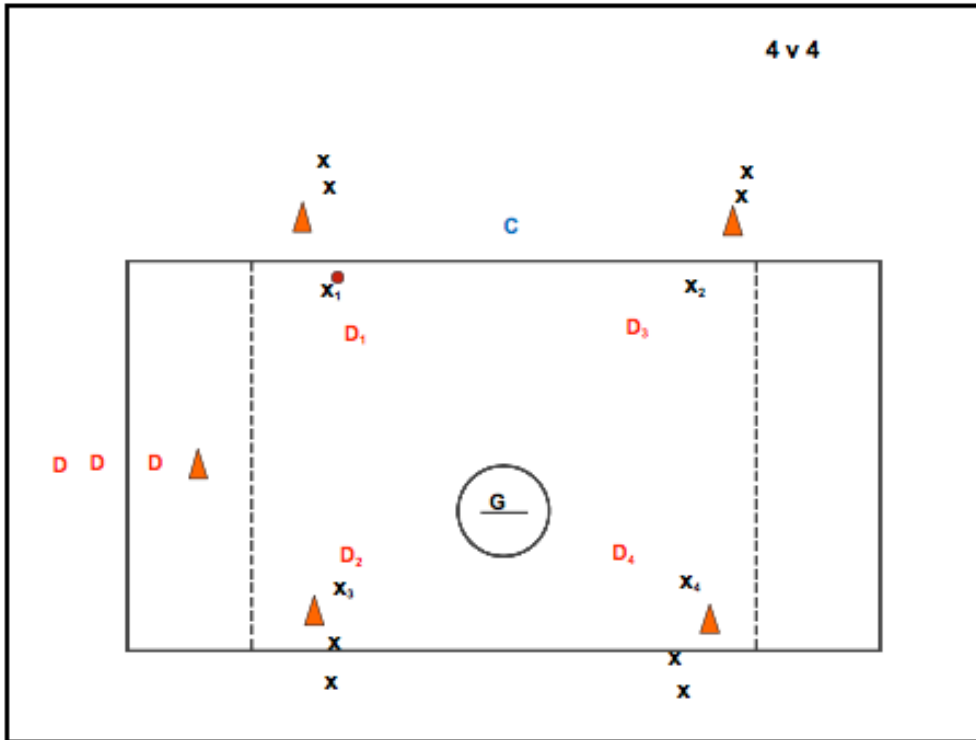
SKILLS PRACTICED:

- Stick Handling
 - Ball Movement
 - Defensive Positioning
-

VARIATIONS:

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

DRILL DIAGRAM:





4 ON 4 PRESSURE DRILL

DRILL SPECS:

Drill Theme: Passing/Catching
Field Location: Restraining Box
Time Needed: 5-10 Min

Drill Style: Drill
Field Position: All
Skill Level: Basic, Can be progressed

OBJECTIVE:

This objective of this drill is to create pressure as passes are made and to teach players to break into transition.

DRILL DESCRIPTION:

See Below

DRILL EXECUTION:

- This drill involves four midfielders, two attackmen, two defensemen and a goalie
- Offense has the ball in the box and must make four passes against shutoff pressure.
- Once four passes have been completed, the offense may press for a score as the defense drops into a soft man to man coverage.
- With each shot, goal, or turnover, the defense will look to clear the ball.
- Once the ball is cleared, the offense becomes the defense and the defense becomes the offense.
 - This forces long poles to be involved in the transition game, and forces attackmen to work on their defense (riding) skills
- With any loose ball or change of possession, four passes must be completed.

SKILLS PRACTICED:

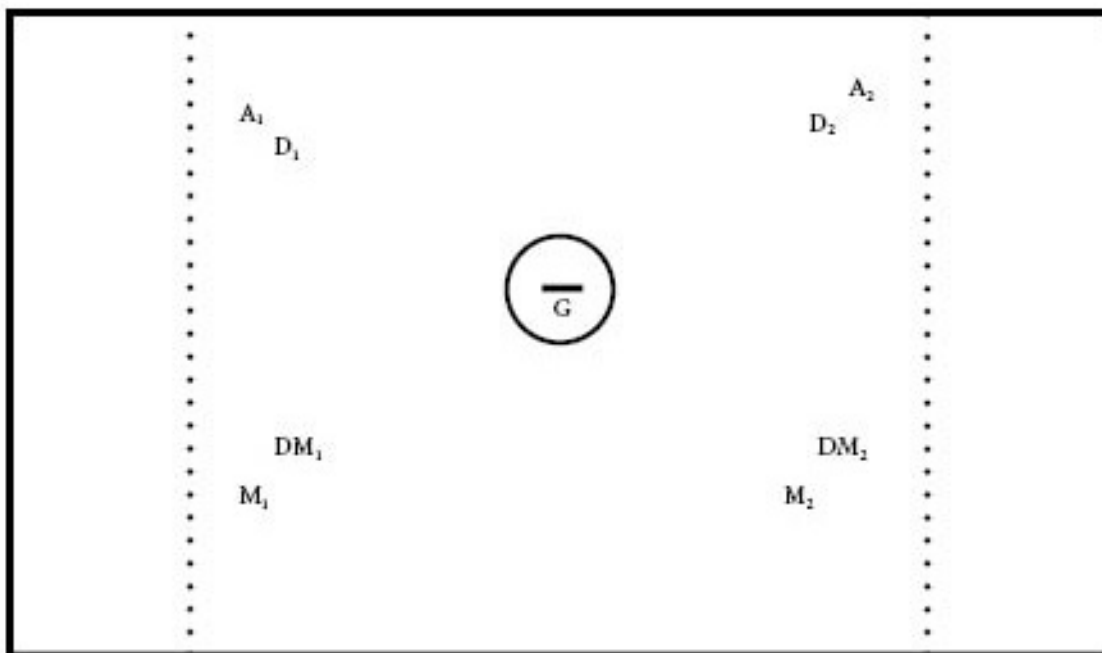
- Passing and catching under pressure
- Ability to get open under pressure
- Ball handling and awareness in small space
- Awareness in transition situations

VARIATIONS:

- Have your teams practice this with extra man on offense or defense. Use 4v3 or 3v4 to add or remove pressure.

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DRILL DIAGRAM:





MEN'S 4 ON 3 FOREVERS DRILL

AUTHOR INFORMATION:

Author Name: John Pirie

Author School: The Governors School

DRILL SPECS:

Drill Theme: Even Strength

Drill Style: Game, Conditioning

Field Location: Offense, Defense, Midfield

Field Position: Half Field

Time Needed: 15 Min

Skill Level: Intermediate

OBJECTIVE:

Switching from offense to defense after a turnover.

DRILL DESCRIPTION:

This drill is a continuous 4v3 drill. Players are placed into two groups regardless of position. Lines 1-4 (white pinnies) will attack as a 4v3. The player who shoots the ball is out regardless of whether or not he scores. The remaining three players will remain in the drill and defend against 4 new players from lines 5-8 (dark pinnies). Players should be encouraged to find the layup shots, not outside blasts.

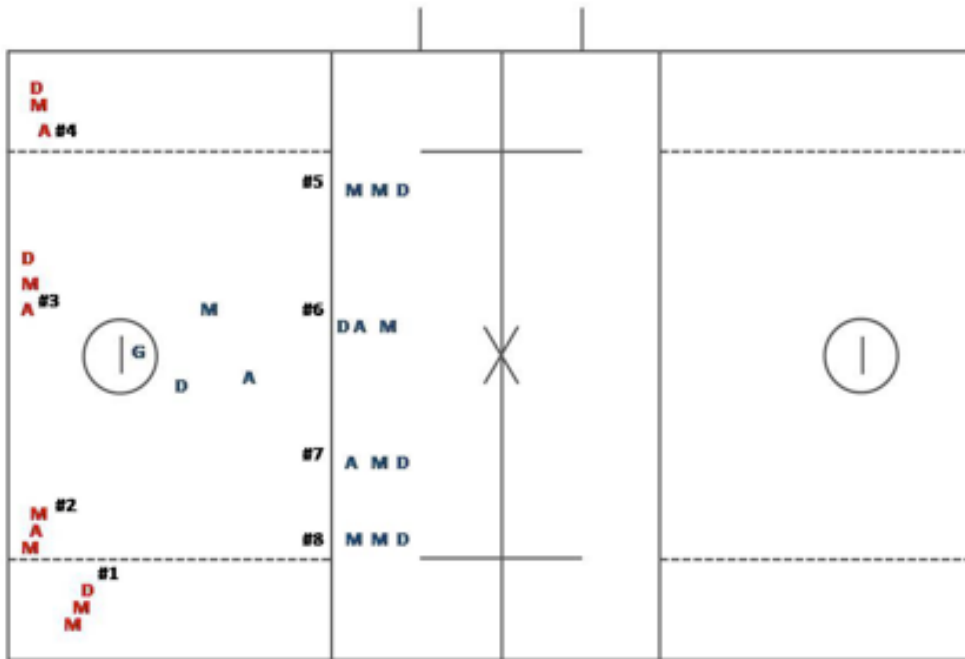
SKILLS PRACTICED:

- Unsettled situations
 - Transition from offense to defense
 - Ball Movement
 - Shooting
-

VARIATIONS:

This drill should last for 3-5 seconds for each group. You can increase intensity by shortening the time frame, or requiring dropped balls to be a turnover.

DRILL DIAGRAM:





MEN'S 3V3 DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Attack Zone

Time Needed: 15 Min

Drill Style: Games

Field Position: Offense, Defense

Skill Level: Basic

OBJECTIVE:

Drill that have players work 3 on 3 in the attack zone.

DRILL DESCRIPTION:

Have 3 players on offense go against 3 players on defense.

The coach can start the ball from a ground ball or a pass into the players.

Player go until there is a goal, save, clear or whistle.

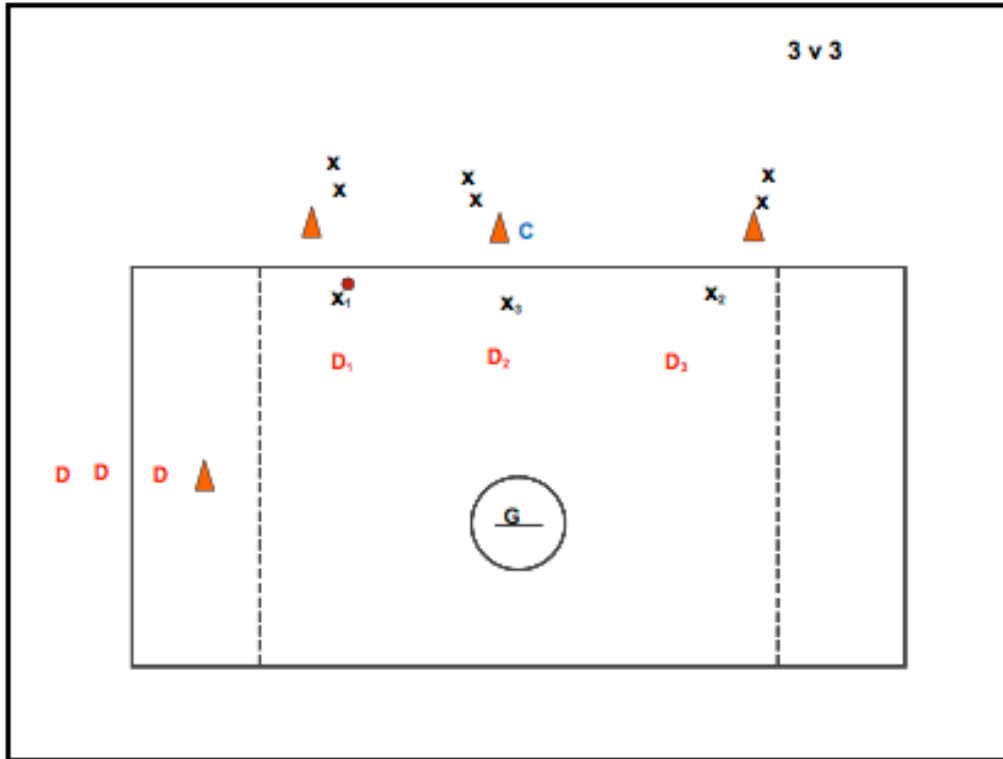
SKILLS PRACTICED:

- Stick Handling
 - Ball Movement
 - Defensive Positioning
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VARIATIONS:

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

DRILL DIAGRAM:





MEN'S 2V2 DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Attack Zone

Time Needed: 15 Min

Drill Style: Games

Field Position: Offense, Defense

Skill Level: Basic

OBJECTIVE:

Drill that have players work 2 on 2 in the attack zone.

DRILL DESCRIPTION:

Have 2 players on offense go against 2 players on defense.

The coach can start the ball from a ground ball or a pass into the players.

Player go until there is a goal, save, clear or whistle.

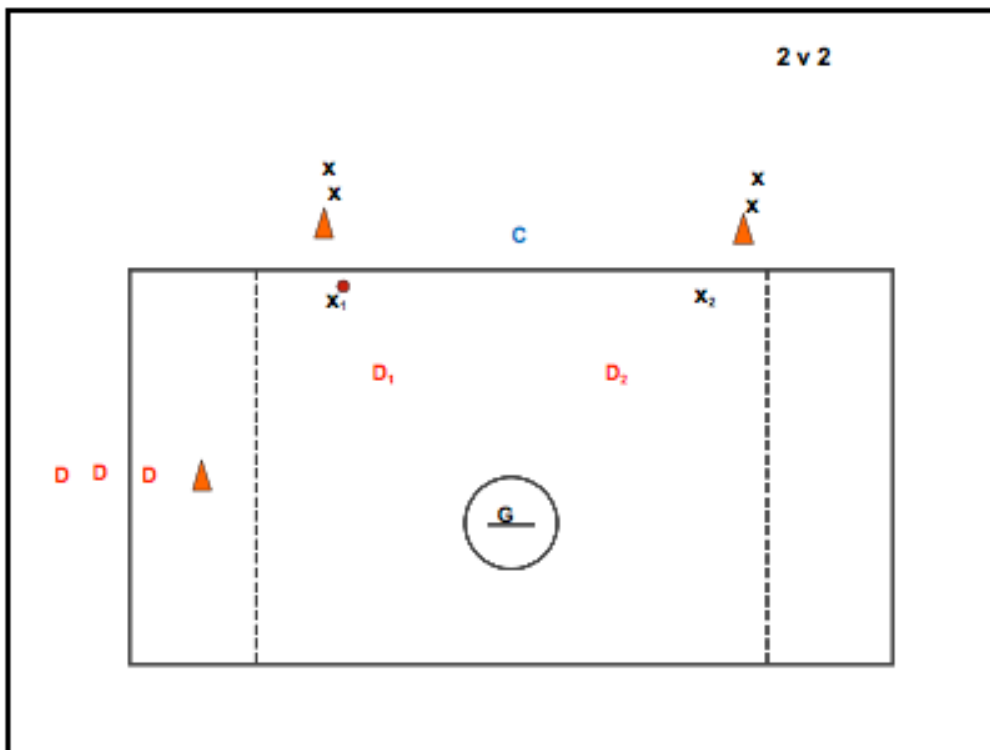
SKILLS PRACTICED:

- Stick Handling
 - Ball Movement
 - Defensive Positioning
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VARIATIONS:

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

DRILL DIAGRAM:





MEN'S 10V10 FULL FIELD DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Full Field

Time Needed: 20 Min

Drill Style: Games

Field Position: Offense, Defense, Midfield

Skill Level: Basic

OBJECTIVE:

Drill that have players work 10 on 10 in the full field.

DRILL DESCRIPTION:

Have 10 players on one team go against 10 players on another team.

The coach can start the ball from a ground ball, face off, or a pass into the players.

Players go until there is a goal, save, clear or whistle.

SKILLS PRACTICED:

- Stick Handling
 - Ball Movement
 - Defensive Positioning
-

VARIATIONS:

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

DRILL DIAGRAM:

