



## MEN'S BOX RIDING DRILL

### DRILL SPECS:

**Drill Theme:** Rides

**Field Position:** Offense, Defense

**Time Needed:** 15 Min

**Drill Style:** Game, Skills

**Field Location:** Attack Zone

**Skill Level:** Intermediate

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### OBJECTIVE:

This drill is designed to assist attackers in developing consistent and effective riding skills. Too often, little emphasis is placed on riding in practice.

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### DRILL DESCRIPTION:

Start with 3 attackers and 4 long pole defensemen. Have the 4, clearing defensemen form a box in the attack area. The 3 attackers must force clearers out of the box. The defenders can move only when they have the ball or only a short distance to meet the pass.

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### SKILLS PRACTICED:

- Communication on the ride
- Favoring most dangerous receiver
- Splitting offside players

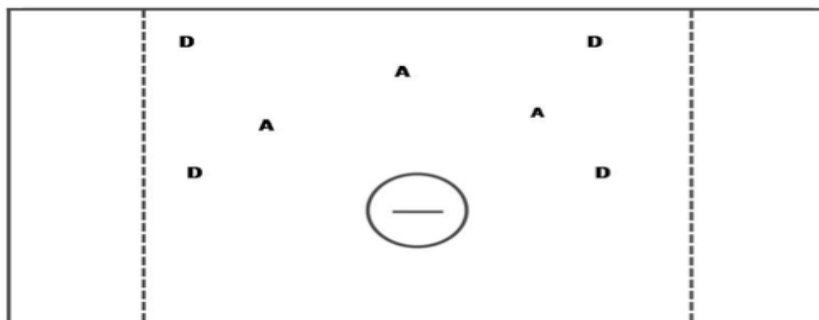
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### VARIATIONS:

Allow attackers to move freely in the box.

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### DRILL DIAGRAM:



FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](http://USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE)



## MEN'S PITCH AND PURSUIT DRILL

### DRILL SPECS:

**Drill Theme:** Rides

**Field Position:** Offense, Defense

**Time Needed:** 10 Min

**Drill Style:** Skills

**Field Location:** Half Field

**Skill Level:** Intermediate

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### OBJECTIVE:

Riding long poles to the alley and forcing long passes or turnover opportunities in transition.

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### DRILL DESCRIPTION:

This drill teaches attackmen to utilize the sideline. Two lines of defense; two lines of attack.

1. Goalie in goal. Extra attack behind goal
  2. Two attackmen position themselves four to five yards above crease, slightly wider than the crease.
  3. Defense lines are positioned at the goal line extended.
  4. Coach shoots ball at goalie who saves and passes the ball to either side defenseman.
  5. As pass is made, defender receives the ball and tries to beat riding up sideline.
  6. Attack must use sideline
    - a. Do not go behind defender
    - b. Do not over commit
    - c. Do not give defender inside
  7. Defense must stay within alley formed by sideline.
  8. Goalie should randomly alternate sides for his outlet pass.
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### SKILLS PRACTICED:

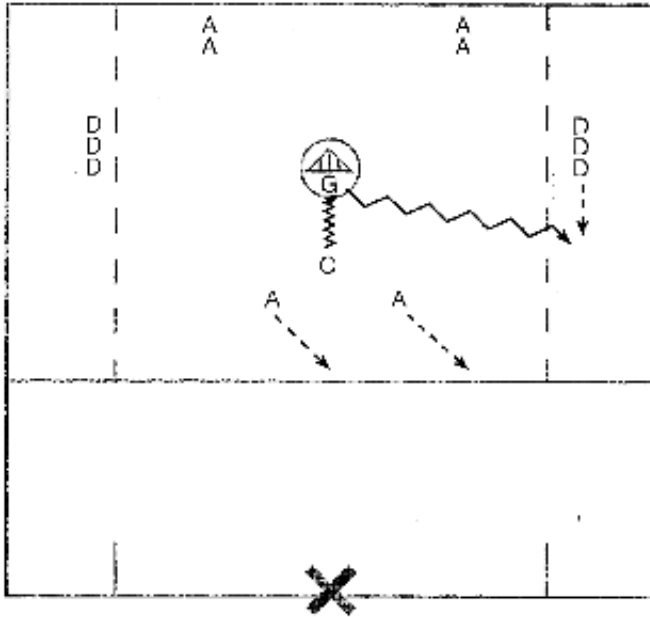
- Defensive Position
  - Riding
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### VARIATIONS:

Add both the defenders at the same time and allow the poles to throw the long pass over the heads of the attack players. This is a great way to show a trap or an adjusting ride with attack players.

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**DRILL DIAGRAM:**





## MEN'S RIDING DRILL: 2-1-3 V RIDE DEAD BALL OFF SIDELINE

### DRILL SPECS:

**Drill Theme:** Rides

**Field Position:** Offense, Defense

**Time Needed:** 20 Min

**Drill Style:** Skills

**Field Location:** Full Field

**Skill Level:** Basic

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### OBJECTIVE:

Improve your team's ability to ride the clearing team after a dead ball on the sideline.

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### DRILL DESCRIPTION:

This is a drill/play set up to have a standard ride after a ball goes out on the sideline. The goal is to have your players locked on the attack and midfield of the other team. The next step is to play a 3 man zone with your attack that will be splitting the clearing teams' goalie and 3 defensive players. The goal is to overload the ball side and force the clearing team to throw long passes or passes into traffic.

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### SKILLS PRACTICED:

- Riding
- Clearing
- Defensive Positioning

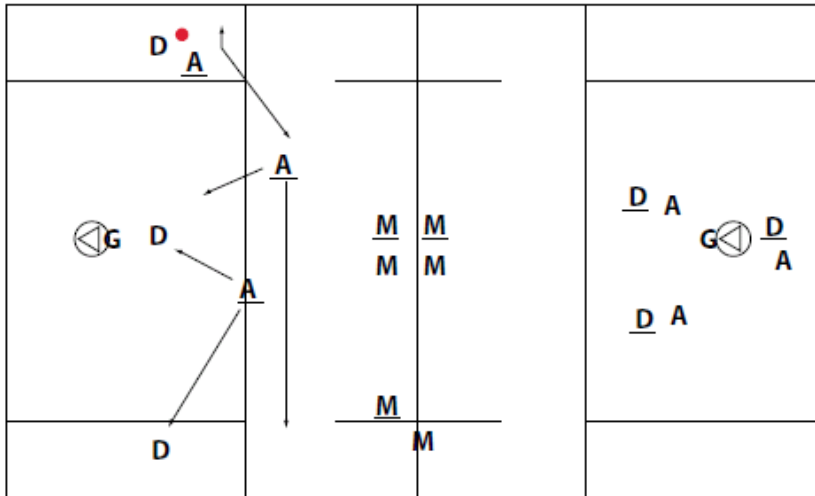
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### VARIATIONS:

Add a stronger clear for the offensive team and practice forcing turnovers in situation play.

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**DRILL DIAGRAM:**





## MEN'S RIDING DRILL: 2-1-3 V RIDE DEAD BALL OFF SHOT

### DRILL SPECS:

**Drill Theme:** Rides

**Field Position:** Offense, Defense

**Time Needed:** 20 Min

**Drill Style:** Skills

**Field Location:** Full Field

**Skill Level:** Intermediate

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### OBJECTIVE:

Improve your team's ability to ride the clearing team after a dead ball on a shot.

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### DRILL DESCRIPTION:

This is a drill/play set up to have a standard ride after a ball goes out on the end line after a shot. The goal is to have your players locked on the attack and midfield of the other team. The next step is to play a 3 man zone with your attack that will be splitting the clearing teams' goalie and 3 defensive players. The goal is to drop your 3 attack players back and have them attack the first pass of the clearing team, which will then force the clearing team to throw long passes or passes into traffic.

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### SKILLS PRACTICED:

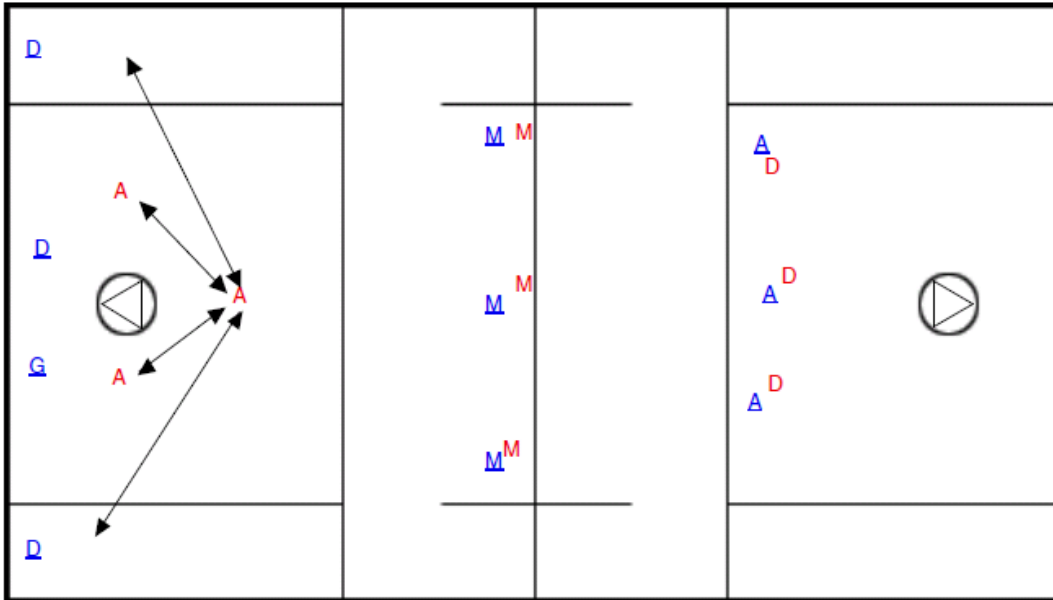
- Riding
  - Clearing
  - Defensive Positioning
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### VARIATIONS:

Add a stronger clear for the offensive team and practice forcing turnovers in situation play.

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**DRILL DIAGRAM:**





## **MEN'S RIDING DRILL: RIDING AFTER A SHOT ON GOAL**

### **DRILL SPECS:**

**Drill Theme:** Rides

**Field Position:** Offense, Defense

**Time Needed:** 15 Min

**Drill Style:** Skills

**Field Location:** Full Field

**Skill Level:** Basic

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### **OBJECTIVE:**

Improve your team's ability to ride the clearing team after a shot on goal.

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### **DRILL DESCRIPTION:**

This is a drill/play set up to have a standard ride after a shot. The goal is to have your players get back on defense and pick up the players as they set up to clear. Notice your defense is locked on the attack, and your midfielders are getting back to midfield before the clearing team. This is to prevent the fast break by the clearing team.

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### **SKILLS PRACTICED:**

- Riding
- Clearing
- Defensive Positioning

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### **VARIATIONS:**

Add a stronger clear for the offensive team and practice forcing turnovers in situation play.

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**DRILL DIAGRAM:**

