



MEN'S ADD FILL DRILL

AUTHOR INFORMATION:

Author Name: Matt Hogan

Author School: Annapolis Hawks

DRILL SPECS:

Drill Theme: Sliding and Crashing

Field Location: Defense

Time Needed: 5 Min

Drill Style: Game, Skill

Field Position: Attack Zone

Skill Level: Intermediate

OBJECTIVE:

To improve the defensive approach above the goal line extended.

DRILL DESCRIPTION:

Player X starts with a ball and one defender positioned to take away the center of the field. On the coach's whistle, X will attempt to dodge D1, who is trying to take away the middle of the field and force X down the alley. D2 will "slide" to assist D1 and force the dodger away from the goal. As D2 goes and meets the ball carrier, D3 "fills" from the backside and D1 recovers to the crease or to the man that D3 left when going to fill.

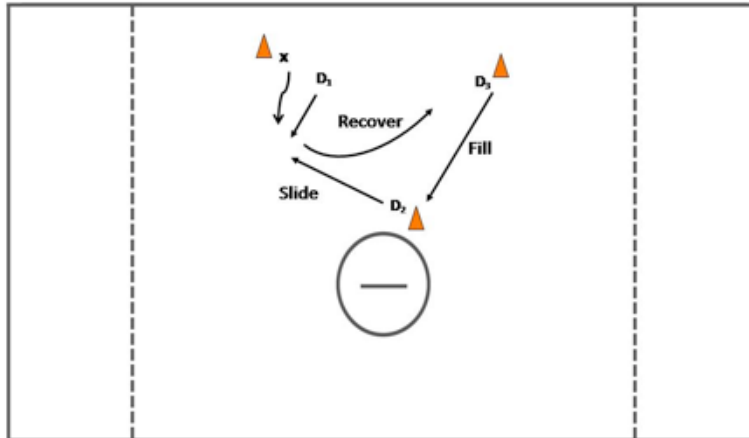
SKILLS PRACTICED:

- Defensive forcing
 - Communication
 - Sliding and Crashing
 - Defensive Footwork
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VARIATIONS:

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

DRILL DIAGRAM:





MEN'S HAWK HIGH DRILL

AUTHOR INFORMATION:

Author Name: Matt Hogan

Author School: Annapolis Hawks

DRILL SPECS:

Drill Theme: Slides and Crashing

Field Location: Defense

Time Needed: 5 Min

Drill Style: Skill, Conditioning

Field Position: Attack Zone

Skill Level: Basic

OBJECTIVE:

To work on defensive positioning in the attack zone.

DRILL DESCRIPTION:

Defensive players are in one line starting on the bottom left cone. At the coach's signal, they approach the top cone and address coach as if he were a dodger. The players then recover to the crease cone.

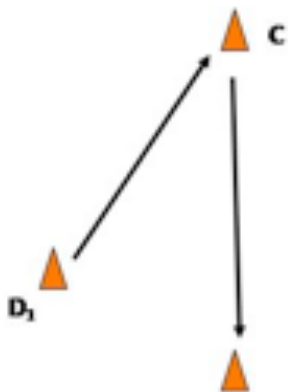
SKILLS PRACTICED:

- Defensive Positioning
 - Defensive Recovery
 - Defensive Footwork
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VARIATIONS:

Allow attackman and midfielders to participate to simulate the 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 SLIDE/RECOVER AWARENESS DRILL

AUTHOR INFORMATION:

Author Name: Joe Ernst

Author School: Southwestern University (TX)

DRILL SPECS:

Drill Theme: Sliding and Crashing

Field Location: Defense

Time Needed: 10 Min

Drill Style: Skill, Game

Field Position: Half Field

Skill Level: Intermediate

OBJECTIVE:

Work on sliding, recycling back to appropriate area, and facilitate communication while recycling between back side and recover man.

DRILL DESCRIPTION:

Offensive player dodges from top down either side. Slide comes from crease and original defender recovers. Based on what man with ball does, backside defender can keep recover man at crease or send him through to pick up backside offensive player. Player with ball looks to feed crease or roll and feed far offensive man, depending on what's open.

SKILLS PRACTICED:

- Sliding
 - Communication
 - Field presence/awareness
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VARIATIONS:

Dodge either side or add double crease to increase confusion.

DRILL DIAGRAM:

