

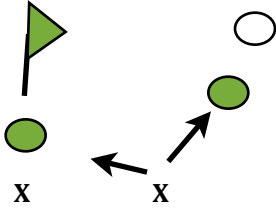
U9 – U11 Defense and Slide Drills

Body positioning
on ball

Knees bent, balls on of feet, stick out
Focus on hips and hands

Body Positioning
Off ball

Knees bent, stick up in passing lane
Body opened to see ball and your man
Open in V, sluff to help.



Simple Slide Techniques For U9

3v2

1st defender has ball, 2nd defender has 2
teaches sliding to ball, anticipation (hedging)
to slide quickly stick to hands followed
by body (breakdown)

Drill

	* has ball		* pass	0
	X1 – has ball		X1	X1 has two
	X2 – has two	X2		
0	0	0	Slide 0	0 X2* has ball

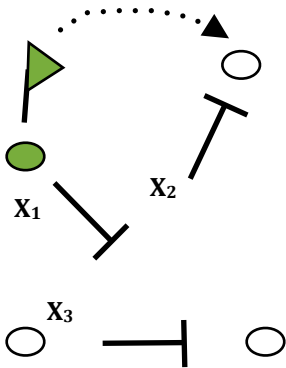
1. Be sure defender #1 opens to the ball
he slides with stick up in passing lane.
2. Note: Pass ball in 1 direction for a time then change,
then free lance.

Keys to watch

1. Body Positioning
2. Communication
3. Breakdown & poke with stick when sliding towards ball
4. Defender opens towards pass as he slides
NEVER TURN AWAY FROM THE BALL!!

U9 cont'd

4v3 Drill same as 3v2 but, more bodies, communication is key as we add people.



X1 - has ball
X2 - is help right
X3 - is help left and has two

As ball is passed

X2 - has ball
X3 - help right
X1 - help left has two

As ball is passed

X3 - has ball
X1 - help right
X2 - help left, has two

Notes: Off ball sluff to middle
Open to ball when sliding
Sticks in passing lane when sliding
Slide while running (DON'T SLIDE FEET)

As the kids get slide in 1 direction, change the other way, then free-lance.
Don't allow diagonal passing on offense!

ROTATION IS ALWAYS OPPOSITE BALL MOVEMENT

U9 cont'd

Slide From Crease Drill

“Go” call when sliding

have O1 beat X1

X2 to slide towards ball

(“go” call)

X3 slide over to cover

O2

X1 drops towards hole

opposite ball (open to

ball)

As you can see, the slides are the same as the drills

STRONG SIDE VS. THE WEAK SLIDE

U13- U15

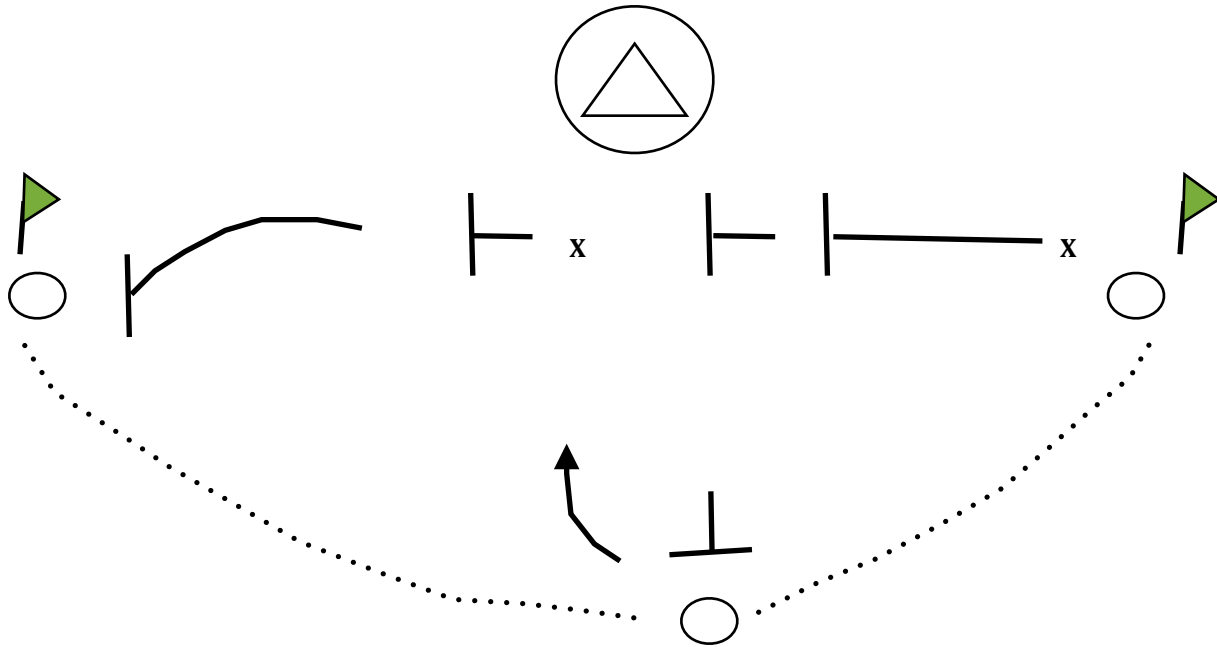
Start with the U9-U11 stuff then advance to this

1. Key Words

- weak side on "PIPE"
- weak side "SLUFF"
- adjacent player "HEDGE"
- 1st slide HOT #1 "GO"
- 2nd slide Fill "3 "GOOD TO GO"
- Double team "SMASH"
- Smother player "HEAVY"
- Heavy = Adjacent shut off

Drills:

Sluff Drill



Two Slide Packages

1. m to m crease slide "REGULAR"
2. m to m adjacent slide "AJ"

Rule:

If no crease "O" you are in "AJ"

Ally Dodge with wing D "AJ"

Rule: if you have crease "O" slide from crease "REGULAR"

*** COMMUNICATION IS KEY, STARTS WITH THE GOALIE***