



**Coaches' Education Program
Level 1 Online Course Reference Section
Drill and Game Supplement**

Alley Drill

Objective:

To improve individual riding and defensive footwork, body position, and checking skills.

Suggested space needed/equipment:

The alley between the sideline and the Defensive Area or any 10 yard by 35 yard area marked by cones. 5-10 balls.

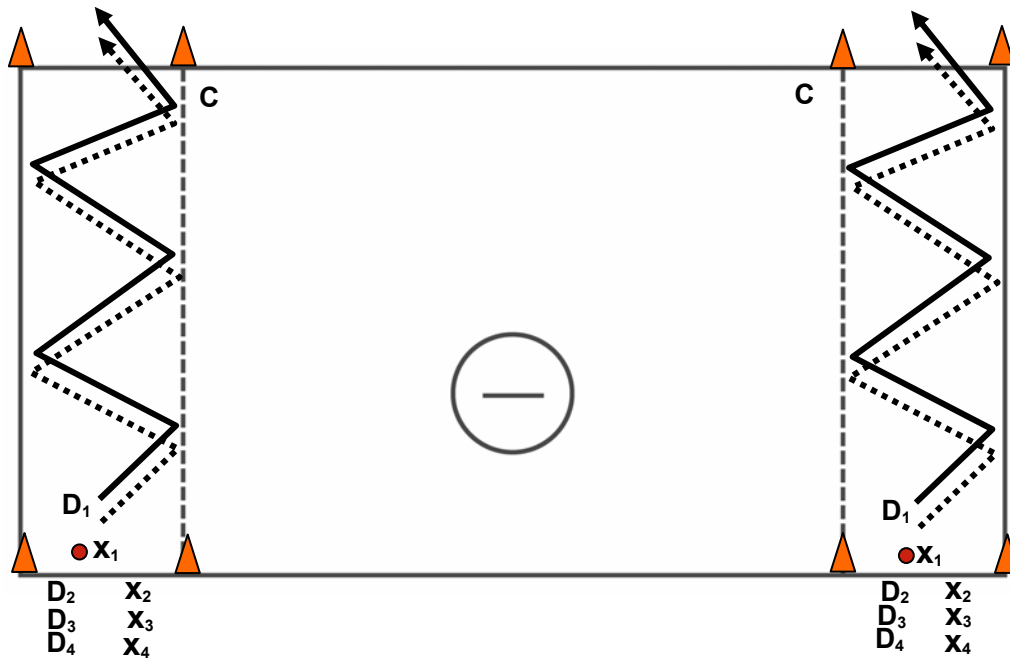
Players needed:

6-12 players are needed. A field has 4 alley areas, if you have enough players and coaches they can get a lot of reps quickly.

Description of Drill-Execution:

Two lines of players line up behind the end line. Player X starts with a ball just inside the end line while Player D starts five yards up field facing Player X. On the whistle Player X attempts to run or dodge past Player D, staying inside the alley. Player D tries to defend or keep Player X from getting past him. Coach should whistle the drill dead when the ball is dropped, Player X runs past Player D, Player X steps outside of the alley, or both players reach the restraining line. After the whistle both players should jog back to their lines.

Drill diagram



Points to emphasize:

1. Staying in front of the offensive player.
2. Keeping a low center of gravity and maintaining balance.
3. Keeping holds and checks low- hip/hand level.
4. Avoid chasing the head of the offensive players stick. Focus on his butt end.
5. Giving ground to maintain an up field position. 1 step up -2 steps back.
6. Running or dodging at speed.

Skills practiced

1. Defensive footwork and checking
2. Body position
3. Dodging and Stick protection

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)

1. Begin drill with defenders playing without their sticks to focus on footwork and body position.
2. Add sticks but only allow defenders to use holds, no checks.
3. Allow checks.
4. Allow players to alternate lines.
5. Add incentives.
6. Widen alley area 5yards with cones.

Goalie involvement:

This is a great drill for goalies to improve their footwork and work on their confidence handling the ball outside of the crease.

Related drills:

3 vs. 2 Clearing