

BOX RIDING

OBJECTIVE

To develop effective riding and communication techniques in attackmen.

SPACE/EQUIPMENT

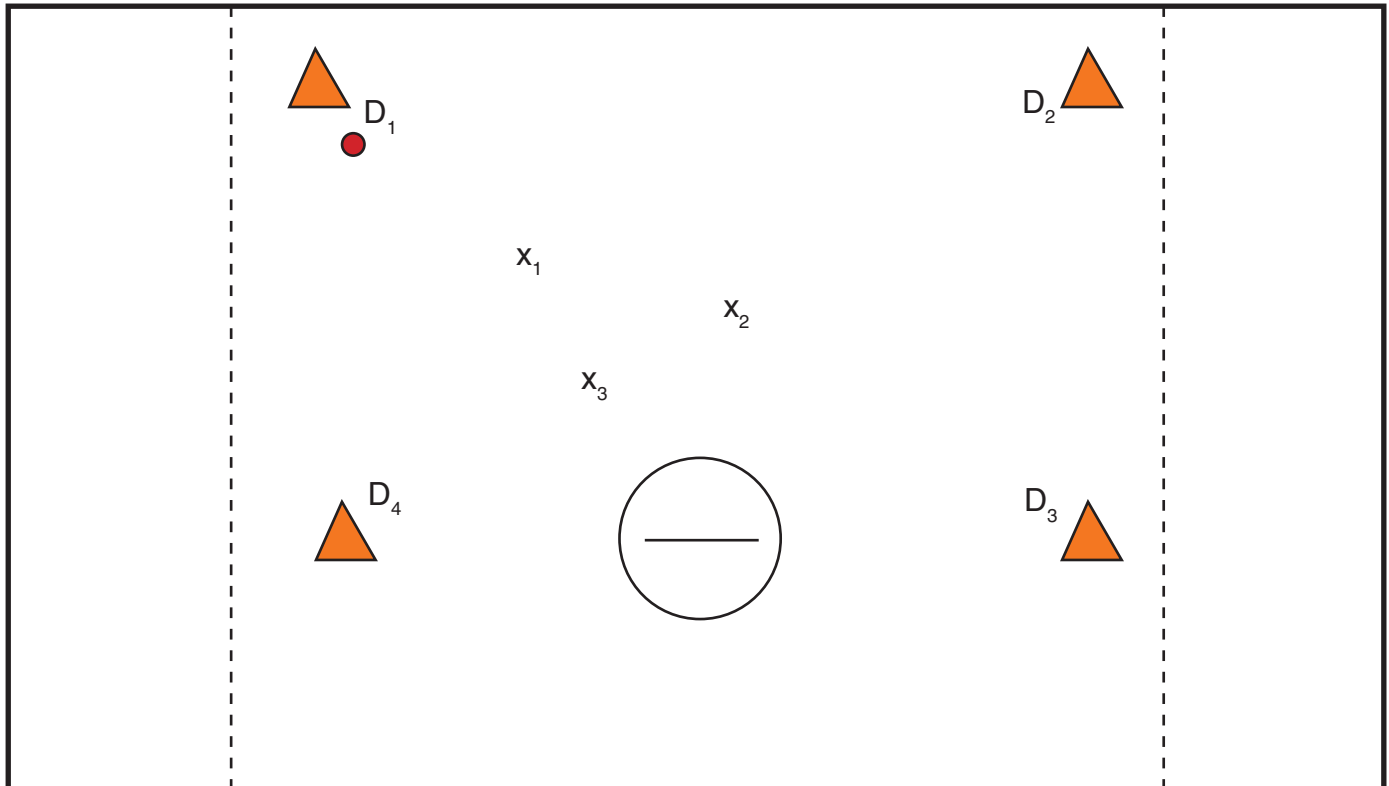
- Half-field
- Balls
- Cones

PLAYERS NEEDED

No more than 15-18 players should participate in this drill at one time.

Set four cones in a box that is approximately 15-yards long on each side. Start one defenseman by each cone, and start three attackmen in a triangle inside of the defenders. On a coach's whistle, the defensemen (who are not allowed to move from their cone) begin to pass the ball around the box. The attackmen inside of the box try to knock down and intercept passes, and to force the defensemen "out-of-bounds." Once a ball goes out-of-bounds or is turned over, the players rotate positions.

DRILL-EXECUTION



SKILLS PRACTICED

- Riding positioning, spacing, and communication
- Hustle

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

To increase the challenge for the riding attackmen, make the box bigger (to reduce their challenge, shrink it). To make it more game-like, allow the defenseman with the ball to take a few steps with it. To add competitiveness to the drill, allow attackmen to attack the goal if they force a turnover.

None

RELATED DRILLS

3-on-2 Clears
1-on-1s Up the Wing
Pass Patterns
Scramble Drill
