# MEN’S 1V1 WITH A CENTER SLIDE DRILL

## DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme: 1v1</th>
<th>Drill Style: Games</th>
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</thead>
<tbody>
<tr>
<td>Field Location: Attack Zone</td>
<td>Field Position: Offense, Defense</td>
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<tr>
<td>Time Needed: 15 Min</td>
<td>Skill Level: Intermediate</td>
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</tbody>
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## OBJECTIVE:

This drill teaches players to dodge and recognize when to shoot and when to roll back and find the open player in a 1 v 1 situation. The drill also will allow your team to practice an inside slide towards a driving player.

## DRILL DESCRIPTION:

Have a line of offense and defense at both the top of the attack box and behind at X. Then have a third line of long poles off to the side of the field. The players at the point will go 1 v 1 from the top, while a long pole runs into the middle of the attack zone. If the coach yells slide the defender in the middle will try to slide on the 1 v 1, if there is no call the defender in the middle will stay at home. After the players at the top go, the man in the middle will be replaced and the group at X will go.

## SKILLS PRACTICED:

- 1 v 1
- Slides
- Communication

## VARIATIONS:

Vary the locations where the 1 on 1 will start. Also, add a player on offense to the middle area and make the defender slide off that player, while the driving 1 v 1 player will look to dump to where the slide came from on the play.

For more drills, visit USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE
DRILL DIAGRAM:

1 v 1 with a Center Slide

• X1 goes 1 on 1 with his defender
• D1 runs into the middle and will slide if the coach calls for the slide.
• X2 will go 1 on 1 with his player after X1 finishes and a new D will enter the middle
• X3’s line will go last and the rotation repeats