MEN’S 2-MAN DRILL

AUTHOR INFORMATION:

Author Name: Jeremy Mattoon  
Author School: Hood College

DRILL SPECS:

Drill Theme: Ball Movement  
Field Location: Offense  
Time Needed: 15 Min

Drill Style: Skill  
Field Position: Offense, Midfield  
Skill Level: Intermediate

OBJECTIVE:

To work on cutting towards ball, picking for the ball, and breaking out to receive a pass.

DRILL DESCRIPTION:

Start by setting up a line at the restraining line and a line at goal line extended. The player at the restraining line will pass the ball down to the player at goal line extended. Once the pass is made that player will cut inside, then back out to set a pick for the player that just received the pass. The player that received the pass will wait for the pick to come, then make a hard move off the pick, making sure his shoulder touches the shoulder of the player setting a pick. This creates no space in between the two players and locks off the defense. Once the ball carrier is off the pick the other player will open up towards the ball carrier and down step towards the goal. The ball carrier now has the option to pass the ball or take a shot on cage.

SKILLS PRACTICED:

• Ball Movement
• Cutting
• Passing
• Picking
• 2 Man Game

VARIATIONS:

You can add additional lines around the goal allowing players to pass, catch, and shoot with both hands. In addition, the players can alternate who starts with the ball, making the pick either an up-pick or a down-pick.