MEN’S 3 MINUTE DRILL

DRILL SPECS:

Drill Theme: Conditioning
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Game, Conditioning
Field Position: Offense, Defense, Midfield, Goalie
Skill Level: Intermediate

OBJECTIVE:

To have the players set a goal and then achieve that standard through conditioning.

DRILL DESCRIPTION:

Offense must hold the ball for 3 minutes before shooting-running their regular offense. If the team fails, they must sprint to the opposite goal line. When they return, they hold it again for 3 minutes.

SKILLS PRACTICED:

- Conditioning
- Maintaining possession when tired

VARIATIONS:

Try this drill in man down situations, on both defense and offense.
FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE