MEN’S 4 CORNER BOX DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Ball Movement
Field Location: Midfield
Time Needed: 10 Min

Drill Style: Skills, Warm-Up
Field Position: Offense, Midfield, Defense
Skill Level: Basic

OBJECTIVE:

To work on cutting towards the ball while improving on stick work and ball movement throughout the field.

DRILL DESCRIPTION:

Start by putting down 4 cones each about 25 yards apart to create a box. Within the 25 yard box have another 4 cones in a box 5 yards in. Players are lined up on each cone on the outside box. The drill starts with line 2 passing to line 1. The 1st player in line one will time his cut to the inside cone and receive a pass from the first player in line 2. The player with then catch turn to the outside while switching to the outside hand and pass the ball to the next cutter. The drill continues in a box.

SKILLS PRACTICED:

- Ball Movement
- Passing on the Move
- Cutting

VARIATIONS:

You can switch the direction the ball is moving to us both hands.
DRILL DIAGRAM:

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