MEN’S 4-POINT 1 V 1’S DRILL

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme:</th>
<th>1 v 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Location:</td>
<td>Attack Zone</td>
</tr>
<tr>
<td>Time Needed:</td>
<td>10 Min</td>
</tr>
<tr>
<td>Drill Style:</td>
<td>Skills</td>
</tr>
<tr>
<td>Field Position:</td>
<td>Offense, Defense</td>
</tr>
<tr>
<td>Skill Level:</td>
<td>Basic</td>
</tr>
</tbody>
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OBJECTIVE:

This drill is excellent for teaching players 1 v 1 tactics and skills on both offense and defense. The objective is to either beat your player to the whole for a shot, or to defend in proper form and cause a turn over or a low angle shot.

DRILL DESCRIPTION:

Set up 4 cones around the attack box, one at X (Behind the cage) and one at the top or Point. Then have 2 other cones out wide. Have a line of both offense and defense at each cone. The offensive player will be going 1 on 1 with the defender.

The coach starts each 1 on 1 by throwing the ball to the offensive player at each line, you may also roll the ball to start with a ground ball. The player will gather the ball and go to goal, taking the defender 1 on 1. The coach should give each 1 on 1 4 -5 second to develop into a shot or take away, after that a double whistle should blow and end the 1 on1.

After each 1 on 1, the coach will throw to another line and start that line. Have the players on offense rotate clockwise and the defense rotate counterclockwise, so that you get a different mix of players going 1 on 1 each time.

SKILLS PRACTICED:

- Dodging
- Cradling
- Defense Positioning
- 1v1

VARIATIONS:

Vary the locations where the 1 on 1 will start. You may also have the goalie clear out each save, or even clear each goal to a breaking defender. This can work on a re-break situation.

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE
DRILL DIAGRAM:

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