MEN’S 50 YARD FIGHT DRILL

DRILL SPECS:

**Drill Theme:** Cradling and Dodging  
**Field Location:** Half Field  
**Time Needed:** 20 Min

**Drill Style:** Warm Up, Skills, Conditioning  
**Field Position:** Offense, Defense  
**Skill Level:** Advanced

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 hole for a shot, or to defend in proper form and cause a turnover.

DRILL DESCRIPTION:

Set up a straight line of players on each side of the crease going all the way up to midfield. One line is designated offense, as the other line is designated defense. The two lines of players will restrict the area that the offensive player can dodge and go to goal.

The drill starts with the top player on offense stepping out and going 1 on 1 with the defensive player. The defensive player works on turning and forcing the offensive player from side to side until they get within the attack zone and then they go to goal and defend, looking for a shot on goal or a turnover.

This drill is rapid fire and once the top 2 players get to the attack box, the next 2 should go.

SKILLS PRACTICED:

- Dodging  
- Conditioning  
- Footwork  
- Shooting

VARIATIONS:

Vary the locations where the 1 on 1 will start. Designate one hand only, or two hand only cradling, you may also designate the only dodge allowed like roll dodges only, face dodges only, etc.
DRILL DIAGRAM:

Starting at midfield, one attacker dodges toward the goal while being defended, and the rest of the offense and defense creates boundaries of where the attacker can dodge. The offense and defense switch sides after each time.

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