MEN’S ADD FILL DRILL

AUTHOR INFORMATION:

Author Name: Matt Hogan
Author School: Annapolis Hawks

DRILL SPECS:

Drill Theme: Sliding and Crashing
Field Location: Defense
Time Needed: 5 Min

Drill Style: Game, Skill
Field Position: Attack Zone
Skill Level: Intermediate

OBJECTIVE:
To improve the defensive approach above the goal line extended.

DRILL DESCRIPTION:
Player X starts with a ball and one defender positioned to take away the center of the field. On the coach’s whistle, X will attempt to dodge D1, who is trying to take away the middle of the field and force X down the alley. D2 will “slide” to assist D1 and force the dodger away from the goal. As D2 goes and meets the ball carrier, D3 “fills” from the backside and D1 recovers to the crease or to the man that D3 left when going to fill.

SKILLS PRACTICED:
• Defensive forcing
• Communication
• Sliding and Crashing
• Defensive Footwork

VARIATIONS:
Allow attackman and midfielders to participate to simulate the situations they encounter with dodgers (ie: riding for attackman). Increase speed of the drill as players become better at positioning. Approach from both sides to simulate defensive sliding from multiple angles.
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