MEN’S BOX RIDING DRILL

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme:</th>
<th>Rides</th>
<th>Drill Style:</th>
<th>Game, Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Position:</td>
<td>Offense, Defense</td>
<td>Field Location:</td>
<td>Attack Zone</td>
</tr>
<tr>
<td>Time Needed:</td>
<td>15 Min</td>
<td>Skill Level:</td>
<td>Intermediate</td>
</tr>
</tbody>
</table>

OBJECTIVE:

This drill is designed to assist attackers in developing consistent and effective riding skills. Too often, little emphasis is placed on riding in practice.

DRILL DESCRIPTION:

Start with 3 attackers and 4 long pole defensemen. Have the 4, clearing defensemen form a box in the attack area. The 3 attackers must force clearers out of the box. The defenders can move only when they have the ball or only a short distance to meet the pass.

SKILLS PRACTICED:

• Communication on the ride
• Favoring most dangerous receiver
• Splitting offside players

VARIATIONS:

Allow attackers to move freely in the box.

DRILL DIAGRAM: