MEN'S CHASE THE RABBIT DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Defensive  
Field Location: Defensive  
Time Needed: 10 Min
Drill Style: Defense  
Field Position: Offense, Defense  
Skill Level: Basic

OBJECTIVE:
To work on preventing the attacker to beat the defender behind the goal. Works on reducing the times the attacker can change directions.

DRILL DESCRIPTION:
Start by setting up a line of attackers behind the goal and a line of defenders directly behind the goal ready to play the attackmen. The attackmen starts by making a dodge from x on his defender. Once the attackman has made his dodge it is the defenders job to step out and play him. While this is happening the defender must maintain trailing his attacker. This prevents the defender from getting to far ahead of his attacker and allowing the attacker to change directions. While behind the attacker, the defender must maintain pressure on his back and push him towards the sidelines. This makes the defender dodge one way and get pushed away from the goal.

SKILLS PRACTICED:
• Defense from Behind
• Communication
• Decision Making
• Stopping the Change of Direction

VARIATIONS:
You can require that the dodge come from both sides of the field. This forces the defense to practice stopping the dodge on both sides of the field. In addition, you can add a goalie and require that he make the defensive call deciding when the defender should go out to his player and drive him sideways.

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