MEN’S CUT AND PICK DRILL

DRILL SPECS:

| Drill Theme: Cutting-Feeding-Picks | Drill Style: Game |
| Field Location: Attack Zone       | Field Position: Offense, Defense, Midfield |
| Time Needed: 10 Min               | Skill Level: Intermediate |

OBJECTIVE:

To learn proper cutting and picking when the ball is behind the goal.

DRILL DESCRIPTION:

Play 4v4 inside the box with a goalie in the cage. One attacker and one defender are behind the goal, and the other players are in front of the goal. The three offensive players in front of the goal pick for each other and cut to get open to receive a pass from the attacker behind, who is trying to get open to feed the ball. Restart play by throwing the ball to the attacker behind the goal.

SKILLS PRACTICED:

- Picks
- Communication – where to force the attacker with the ball
- Cuts
- Timing
- Feeding

VARIATIONS:

Play 4v3 leaving the attacker behind the goal unguarded.

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