MEN’S DEFEND THE HOLE DRILL

DRILL SPECS:
- **Drill Theme:** Defense
- **Field Location:** Attack Zone
- **Time Needed:** 15 Min
- **Drill Style:** Games
- **Field Position:** Offense, Defense
- **Skill Level:** Intermediate

OBJECTIVE:
Practice backside defender sliding to & covering the hole. (Crease slide).

DRILL DESCRIPTION:
Set up 5 offensive players in a 1-3-1 vs 4 defenders playing the perimeter offensive players (leaving the crease offensive player undefended). Offense works ball around perimeter looking to feed the crease. As ball moves from point to point defensive players must constantly adjust position from off ball to on ball and backside defender must slough to crease to cover crease offensive player. **TIP:** defender who can see the ball when looking ‘through the crease’ is the player who must cover the crease.

SKILLS PRACTICED:
- Off Ball Defense
- Defensive Positioning
- Defensive Footwork
- Conditioning

VARIATIONS:
Add Defender on Crease (5v5) who will slide to dodging ball carrier.
Work drill as 6v5 with 2 offensive players on crease
Practice adjacent slide package from the 4 points of the ‘diamond’. Can eliminate crease play altogether (since crease D will lock on crease O) and just focus on adj slides from 4 points of the offensive ‘diamond’.

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