MEN’S DIAMOND 4 CORNERS DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Man Up/Down Situations  Drill Style: Game, Skill
Field Location: Half Field  Field Position: Offense, Defense, Midfield
Time Needed: 10 Min  Skill Level: Advanced

OBJECTIVE:
Teach offensive players to attack with extra players from different areas of the field. Teach defensive players to rotate on defense with one less player.

DRILL DESCRIPTION:
Players are released from the stations 1-4 one at a time, creating a 4v3 each time, this variable release system changes the geometry from a standard 4v3 and forces players to adapt and rotate on both offense and defense. If a player (A3) is released from Line #3 he stays in the drill until #4, #1, #2 have all had a turn. When it is back to line #3 then “A3” leaves the drill and goes to the next line in his rotation. Thus players are involved in 4 separate 4v3 drills before they substitute. Defensive players can rotate every 4 sets as well. Offensive players should change lines often.

SKILLS PRACTICED:
• Unsettled Play
• Communication
• Ball Movement

VARIATIONS:
Notice the “limbo” line drawn through X. This is the point where the offensive player can lurk in order to “hang” his defenseman on the crease. If the defenseman sits on the “front” pipe then the offensive player should subtly retreat across the limbo line so that he catches the ball on the “back” side of the goal. This creates issues for defense and is a good practice for both O and D. There are also 4 cones drawn around the crease in an effort to create an area for D to recover to. D should try to have two players on cones as often as possible. Recover speed must be twice the speed of extend speed. Defensive players must play the ball when it is at X. This drill can be
run with youth players using a basketball instead of a lacrosse ball and sticks to pass around the perimeter.

DRILL DIAGRAM: