MEN’S EXTEND AND RECOVER DRILL

DRILL SPECS:

Drill Theme: Defense
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Skills, Conditioning
Field Position: Defense
Skill Level: Basic

OBJECTIVE:

To improve on ball & off ball defensive positioning, including approaching ball carrier & recovering to ‘hole’ in good ‘help’ position after a pass is made.

DRILL DESCRIPTION:

Start as modified 2v2, with 2 offensive players moving the ball back & forth forcing the defensive players to move into correct position – when your man is receiving the ball you should ‘extend’ to ball, break down, and check his bottom hand. When your man passes the ball you should drop step, turn in the direction of the pass/ball, with your stick up & in passing land while quickly ‘recovering’ to a good ‘help’ position in the hole. When playing off-ball you should maintain the “man-you-ball” triangle.

D is playing ball carrier X1. When X1 passes to X2, D1 drop steps, turns toward ball and recovers to help position in the hole. D2 simultaneously extends to play X2 receiving the pass.

SKILLS PRACTICED:

• Off Ball Defense
• Defensive Positioning
• Defensive Footwork
• Conditioning

VARIATIONS:

This drill can be expanded to 4v4 where 4 defensive players are in constant motion moving to ‘on-ball’ or ‘off-ball’ positions as the ball is passed around perimeter. To add increased difficulty and communication see "Defend the Hole drill".

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

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