MEN’S FIRECRACKER DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Offense, Defense  
Drill Style: Skills

Field Location: Full Field  
Field Position: Offense, Midfield, Defense

Time Needed: 15 Min  
Skill Level: Advanced

OBJECTIVE:

To work on making a strong dodge towards the goal. Also focuses on groundballs, clearing, and shooting.

DRILL DESCRIPTION:

Start by setting up a 6 v 6 with a goalie in the cage. Also, the coach is behind the goal with 6 balls in his stick. The offense must work the ball around one time and at a random time the coach will blow the whistle and whichever attacker has the ball must dodge their defender. Once there is a turnover or a shot the coach will yell firecracker and throw all six balls out towards the players. The players must now fight for a groundball against the defender they were previously on. If the defender gets the ball they must clear the ball over the restraining line. If the attacker gets the ball they must dodge on cage and get a shot off.

SKILLS PRACTICED:

• Stick Work
• Defense
• Dodging
• Shooting
• Clearing
• Ground Balls

VARIATIONS:

You can alter the number of players on the field at once by adding or subtracting players from both sides, or just one and creating a man down situation.
DRILL DIAGRAM:

(for drill diagram, please see image)