MEN’S HANDLING DEFENSIVE PRESSURE

DRILL SPECS:

Drill Theme: Even Strength  Drill Style: Skill, Games
Field Location: Half Field  Field Position: Offense, Defense
Time Needed: 15 Min  Skill Level: Basic

OBJECTIVE:
To teach your players to work for the ball, handle pressure, or create turnovers in time sensitive manners.

DRILL DESCRIPTION:
Place your players in the attach zone, 6 v 6. Have the offense hold the ball for 6 minutes without going out of the box. After 45 seconds add a 7th pole and work to double team.

SKILLS PRACTICED:
• Stick Handling
• Ball Movement
• Defensive Positioning

VARIATIONS:
Make the zone smaller with cones, remove offensive players, utilize the goalie to double behind the cage.
DRILL DIAGRAM:

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