MEN’S HAWK HIGH DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Slides and Crashing
Field Location: Defense
Time Needed: 5 Min
Drill Style: Skill, Conditioning
Field Position: Attack Zone
Skill Level: Basic

OBJECTIVE:
To work on defensive positioning in the attack zone.

DRILL DESCRIPTION:
Defensive players are in one line starting on the bottom left cone. At the coach’s signal, they approach the top cone and address coach as if he were a dodger. The players then recover to the crease cone.

SKILLS PRACTICED:
• Defensive Positioning
• Defensive Recovery
• Defensive Footwork

VARIATIONS:
Allow attackman and midfielders to participate to simulate the encounter with dodgers (ie: riding for attackman). Increase speed of drill as players become better at positioning. Approach from both sides to simulate defensive sliding from multiple angles.
DRILL DIAGRAM: