MEN’S HAWK LOW DRILL

AUTHOR INFORMATION:
Author Name: Matt Hogan  Author School: Annapolis Hawks

DRILL SPECS:
Drill Theme: Defensive Drills  Drill Style: Skill, Warm-Up
Field Location: Attack Zone  Field Position: Offense, Defense, Midfield
Time Needed: 15 Min  Skill Level: Intermediate

OBJECTIVE:
To work individual play moving into team play.

DRILL DESCRIPTION:
Defensive players are in two lines starting on the outside cones. At the coach’s signal, they approach the inside cone and address each other as if they other were a dodger. The players then recover to the next cone. Continue sequence through all cones.

SKILLS PRACTICED:
• Dodging
• Sliding and Crashing
• Defensive Footwork

VARIATIONS:
Allow attackman and midfielders to participate to simulate the situations they encounter with dodgers (ie: riding for attackman). Increase speed of drill as players become better at positioning.
DRILL DIAGRAM: