MEN’S MIDFIELD DEATH DRILL

DRILL SPECS:

- **Drill Theme:** Conditioning
- **Field Location:** Full Field
- **Time Needed:** 15 Min

- **Drill Style:** Conditioning
- **Field Position:** Offense, Defense, Midfield
- **Skill Level:** Intermediate

OBJECTIVE:

This conditioning drill focuses on running, stick handling, defense, dodging and scoring while tired.

DRILL DESCRIPTION:

Pair up players of equal ability; offensive men versus defensive men. Players are lined up at the midfield lines, two lines can work simultaneously. The offensive player breaks downfield on the outside, defensive player on the inside. When the offensive player reaches goal line extended they should dodge and go to goal in a 1 v 1. Both players will come up the opposite side of the field, defensive player on the outside and offensive player on the inside. The defensive player must clear the ball via a zig-zag. As players get to the midfield they should reverse positions and continue to the opposite goal.

SKILLS PRACTICED:

- Conditioning
- Dodging and scoring while tired

VARIATIONS:

Add a goalie and have them clear to the defender clearing the ball up the opposite side.
DRILL DIAGRAM:

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