



MEN'S NUMBERS IN MOTION DRILL

AUTHOR INFORMATION:

Author Name: John Pirie

Author School: The Governors School

DRILL SPECS:

Drill Theme: Man Up/Down Situations

Drill Style: Game

Field Position: Offense, Defense, Midfield

Field Location: Half Field

Time Needed: 10 Min

Skill Level: Intermediate

OBJECTIVE:

To teach defensive players to attack with extra players from different areas of the field. Also to teach defensive players to defend with one less player from different areas of the field.

DRILL DESCRIPTION:

Players are divided into two separate teams by pinnie color with each team comprised of one goalie, and an even split of the other 3 positions. One team is on offense for a period of time or a number of opportunities. Once the number has been reached then the other team is on offense. Each team has a coach and that coach is responsible for introducing the ball into the drill in a way that his team does not receive an unfair advantage. The offensive coach calls out a number immediately prior to rolling out the ball. The defensive team responds by sending one less player than the number called out. Both teams are walking around the outside perimeter of the box as the drill continues so that the players become used to attacking and defending from different locations and angles.

SKILLS PRACTICED:

- Ground Balls
 - Passing
 - Shooting
 - Unsettled Offense and Defense
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VARIATIONS:

Players are encouraged to be competitive and score can be kept. Each team's goalie plays goal when their team is on defense and offense when their team is on offense. Coaches can control the length of these situations with a predetermined count; for example a 10 second count to score or get a shot off. Drill can be run at both ends of the field to maximize "touches" for all players.

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DRILL DIAGRAM:

