MEN’S PALM TREE DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Defensive Breakdown  
Field Location: Defense  
Time Needed: 10 Min  

Drill Style: Defensive Skill  
Field Position: Defense  
Skill Level: Basic

OBJECTIVE:

To work on getting out to your attacker, breaking down, then coming back in and touching the bag.

DRILL DESCRIPTION:

Start by setting up 6 cones in a palm tree formation. A defender will come out and stand in front of the first cone. The coach will then call out cone positions and the defender will have to run to the cone that the coach calls out. The defender must sprint to each cone and when they get there they must break down into a good defensive stance, throw a couple checks, and get their stick in the passing lane. The defender must then sprint to get back in front of the first cone. The player must work his way around to every cone.

SKILLS PRACTICED:

• Communication
• Defensive Breakdown
• Conditioning
• Footwork

VARIATIONS:

You can require that when the defender goes to each cone they sprint, back pedal, or side shuffle back into the goal. In addition, you can require the defender to break down at a cone and then scoop up a ground ball and put it in the goal when they comes back in.
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