MEN’S PROTECT THE PAINT DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Defensive Drills
Field Location: Half Field
Time Needed: 10 Min

Drill Style: Skill, Conditioning
Field Position: Defense
Skill Level: Basic

OBJECTIVE:
To teach players defensive positioning and recovery skills.

DRILL DESCRIPTION:
Four offensive players (X) are set up in a box shape in front of the goal. A line of defenders (D) is positioned outside the box. The first player in line corners to the center cone and comes to meet the ball using correct technique. The player with the ball passes it to an adjacent offensive player, while the defensive player recovers to the cone and then re-addresses the new ball carrier. Each defensive player goes thru the four positions, then a new player comes into the center.

SKILLS PRACTICED:
• Defensive Footwork
• Defensive Body Positioning
• Sliding
• Stick Positioning

VARIATIONS:
This drill can be run with youth players using a basketball instead of a lacrosse ball and sticks to pass around the perimeter.

DRILL DIAGRAM: