MEN’S RAIDER DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Ball Movement  
Field Location: Half Field  
Time Needed: 10 Min  
Drill Style: Skills, Game  
Field Position: Offense, Defense, Midfield  
Skill Level: Intermediate

OBJECTIVE:
To increase individual stick skills and ball movement

DRILL DESCRIPTION:
Players are stationed with extra balls at 4 locations inside the restraining boxes. Drill begins with line 1 throwing a pass to a player breaking out of line 2. Line 2 player then passes to the goalie. Goalie passes back to player from line2. Player from line2 then makes another pass to line 4. Line 4 passes to line 3, and the drill continues back the opposite way. Players always go to the line they make a pass to (except for the goalie).

SKILLS PRACTICED:
• Passing and Catching  
• Ball Movement  
• Strong and Weak Hand Play

VARIATIONS:
You can increase intensity by adding extra balls into play. Change hands and direction of passes, and use ground balls instead of passes.

DRILL DIAGRAM: