MEN’S RUN THE ARC DRILL

AUTHOR INFORMATION:
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Author School: 

DRILL SPECS:
Drill Theme: Defensive Drills
Field Location: Attack Zone
Time Needed: 5 Min

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

OBJECTIVE:
To develop footwork necessary for successful defense and teaching defensive holds.

DRILL DESCRIPTION:
Offense player has a ball and “run the arc” trying to get about the goal line extended. The defender must maintain proper position and holds to turn the offensive player back behind the goal line extended.

SKILLS PRACTICED:
• Quick Change of Direction
• Defensive Footwork
• Dodging
• Defensive Positioning

VARIATIONS:
Add an extra offense player as an outlet pass to the dodger. Attack the goal from multiple locations. Allow it to become a 1v1 with the offensive player shooting should he beat the defender.

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DRILL DIAGRAM: