MEN’S SHOW TIME DRILL

DRILL SPECS:

| Drill Theme: Cradling and Dodging | Drill Style: Warm-Up, Skills |
| Field Location: Attack Zone | Field Position: Offense, Defense, Midfield |
| Time Needed: 5 Min | Skill Level: Basic |

OBJECTIVE:

To develop ball-handling and dodging skills without a defender.

DRILL DESCRIPTION:

Position all players in the penalty area, giving each player a ball. As players cradle and move throughout the penalty area, they execute one or more dodges indicated by the coach. Players must keep their heads up and not look at the ball in their sticks. The players must successfully cradle the ball and execute the dodge without dropping the ball or they are out.

SKILLS PRACTICED:

- Cradling and Dodging
- Maintaining Possession
- Stick Protection
- Strong and Weak Hand Play

VARIATIONS:

Vary the locations where the cones are set up. Also add defenders at the cones for added pressure.