MEN’S SLIDE/RECOVER AWARENESS DRILL

AUTHOR INFORMATION:
Author Name: Joe Ernst  
Author School: Southwestern University (TX)

DRILL SPECS:
Drill Theme: Sliding and Crashing  
Drill Style: Skill, Game
Field Location: Defense  
Field Position: Half Field
Time Needed: 10 Min  
Skill Level: Intermediate

OBJECTIVE:
Work on sliding, recycling back to appropriate area, and facilitate communication while recycling between back side and recover man.

DRILL DESCRIPTION:
Offensive player dodges from top down either side. Slide comes from crease and original defender recovers. Based on what man with ball does, backside defender can keep recover man at crease or send him through to pick up backside offensive player. Player with ball looks to feed crease or roll and feed far offensive man, depending on what’s open.

SKILLS PRACTICED:
• Sliding
• Communication
• Field presence/awareness

VARIATIONS:
Dodge either side or add double crease to increase confusion.

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