



MEN'S TURN IT OVER DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Half Field

Time Needed: 10 Min

Drill Style: Skill

Field Position: Offense, Defense, Midfield

Skill Level: Intermediate

OBJECTIVE:

To develop defensive checking skills (poke and slap).

DRILL DESCRIPTION:

Play 3v3 with the goalie in the cage. The offense works for a shot and the defender tries to force a turnover by using one of the two basic checks. Award the offense one point for a goal and the defense two points for each check that results in a turnover.

SKILLS PRACTICED:

- Communication – where to force the attacker with the ball
 - Legal Checks (Poke, Slap)
 - Denying cuts and passes defensively
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VARIATIONS:

Remove the goalie and shooting option. Have the offense try to maintain possession in the attack box while the defense tries to force a turnover.

DRILL DIAGRAM:

