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

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: