WOMEN’S RIDE AND BLOCK DRILL 1

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme: Blocking - Forcing</th>
<th>Drill Style: Games, Skills</th>
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<tbody>
<tr>
<td>Field Location: Attack Zone</td>
<td>Field Position: Defense</td>
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<tr>
<td>Time Needed: 10 Min</td>
<td>Skill Level: Intermediate</td>
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OBJECTIVE:

This drill is for defense to focus on staying goal-side at all costs and to force the attack out wide for a poor angle shot.

DRILL DESCRIPTION:

When the attacker goes to shoot, then the defender goes for the block. Defense must practice forcing the attack out on both sides. The defender is working to keep the attack out of the lane the whole time. Have the defense start on the inside and overplay the attacker. They should let their attacker go wide, but they must not get drawn out to go for a check, as the attacker will cut back inside.

SKILLS PRACTICED:

- 1 v 1 defense and attack
- Staying goal side on defense and forcing attack out wide
- Good Body Position on defense

VARIATIONS:

Have defenders play without sticks to keep the focus on maintaining good body position.
FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE