WOMEN’S RIDE AND BLOCK DRILL 2

DRILL SPECS:

Drill Theme: Blocking - Forcing  
Field Location: Attack Zone  
Time Needed: 15 Min  

Drill Style: Games, Skills  
Field Position: Offense, Defense  
Skill Level: Basic

OBJECTIVE:

To practice defensive positioning and forcing when playing a ball carrier from up top to direct ball carrier down the alley, or to the backline (GLE). Blocking is added as the ball carrier shoots on goal.

DRILL DESCRIPTION:

Have two cones set up above the 12-meter arc. Each cone will have a set of offense and defense. The player on offense takes the ball and drives to goal. The defender is focused on riding the player down the alley and forcing them to a low angle shot. Blocking comes into play when the ball carrier goes to shoot on goal; the defender wants to extend their stick to block the shot on goal.

Have two lines of this drill going at a time.

SKILLS PRACTICED:

- Defensive Positioning  
- Defensive Footwork  
- Blocking

VARIATIONS:

To increase the difficulty for defenders, challenge them to perform the same drill without sticks or by starting on one knee – to force them to sprint to catch up to the player on offense.
The main focus of this drill is for the defense, to stay goal-side at all costs, to force the attack out wide for a poor angle shot:

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

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE