

BREAKDOWN DRILL

OBJECTIVE _____ To improve fundamental defensive stance and footwork.

SPACE/EQUIPMENT _____
• Half-field

PLAYERS NEEDED _____
All team players can participate in this drill simultaneously.

DRILL-EXECUTION _____
Spread players out in even lines about five yards apart (no more than six lines) facing the coach – they should not be within arm's reach of any other player. On a coach's whistle, players "breakdown" (slap the ground, assume a solid defensive stance, and begin quickly running in place). Players then follow the coach's stick – when he points to his right, they shuffle to their left (without crossing their feet); when he points forward, they backpedal; when he points to his left, they shuffle to their right; when he points his stick backwards, they sprint forwards; when he touches the ground, they breakdown.

SKILLS PRACTICED _____
• Defensive stance
• Defensive footwork

VARIATIONS/PROGRESSION _____
To make the drill more realistic, challenge players to throw poke checks as they shuffle side-to-side, and to raise their sticks up (as if to knock down a pass) as they move back and forth. To increase the conditioning component, make changes of direction less frequent. To increase the focus on agility and reaction time, make changes of direction more frequent. One variation of the drill would be to have players shuffle backwards on a 45 degree angle, rather than going side-to-side (this works on footwork and drop steps).

GOALIE INVOLVEMENT _____
None

RELATED DRILLS _____
Joystick Drill
Lob N' Dodge