

RUN THE ARC

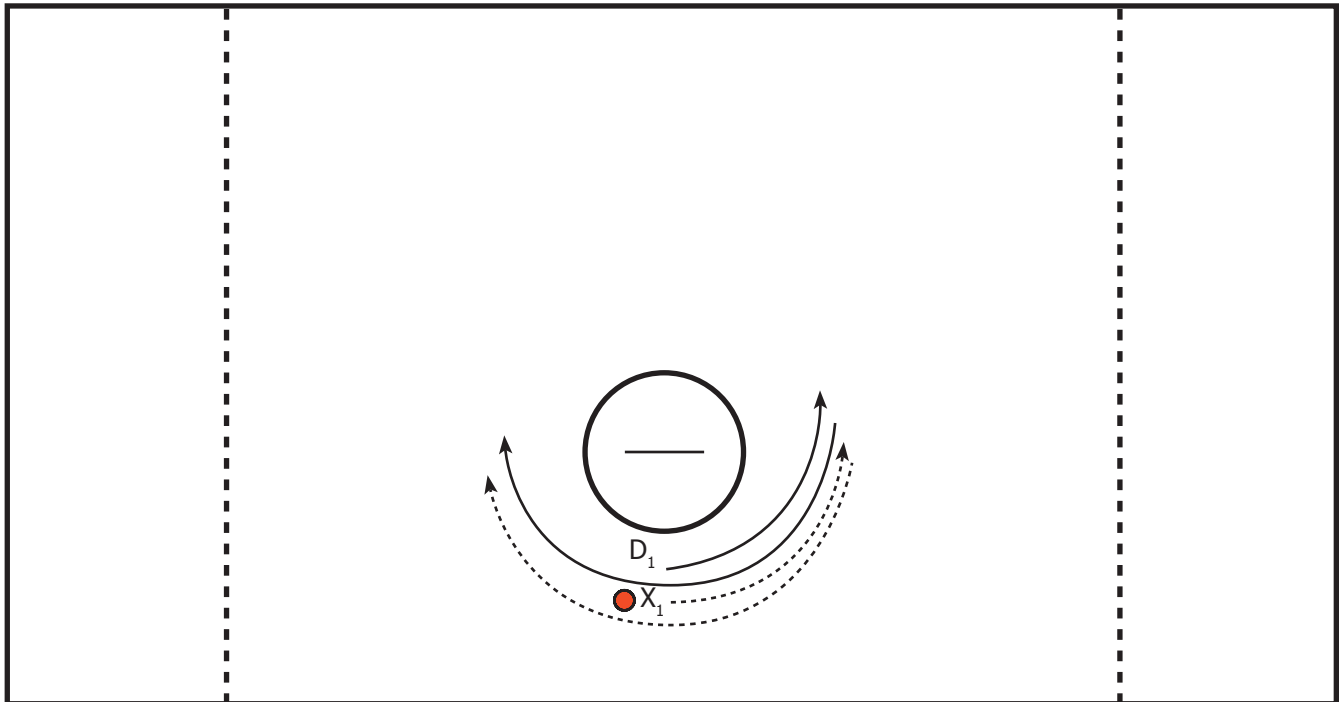
OBJECTIVE _____ To practice defensive positioning and holds at the Goal Line Extended.

SPACE/EQUIPMENT _____ • Half-field

PLAYERS NEEDED _____ All defensive players can participate in this drill simultaneously, but it is best to have an even number and to have no more than 6-8 in a group.

DRILL-EXECUTION _____ Start a line of defenders and a line of "dummy" attackmen on the endline behind the goal. On a coach's whistle, the first attacker drives in his right hand towards the right side of the goal. The first defender beats him to a spot at the GLE, wheels his hips around, and turns him back towards X. The attacker rolls back, goes through X, and then drives in his left hand towards the left side of the goal. Again, the defender beats him to a spot at the GLE, wheels his hips around, and turns him back towards X. This pattern repeats itself until the defender has successfully turned his man back twice on each side. Then, players rotate positions.

Drill diagram:



SKILLS PRACTICED

- Defensive positioning
- Hand and footwork for defensive holds

To increase the difficulty for defenders, challenge them to perform the same drill without sticks or with short sticks. To increase the difficulty further, increase the pace at which the dummy attackmen run. To increase the challenge even further, increase the time or number of repetitions that defenders play each time.

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

None

RELATED DRILLS

Step Into It
Shadow Drill