

SHADOW DRILL

OBJECTIVE _____ To improve defensive positioning, and cultivate a mentality of forcing the issue defensively.

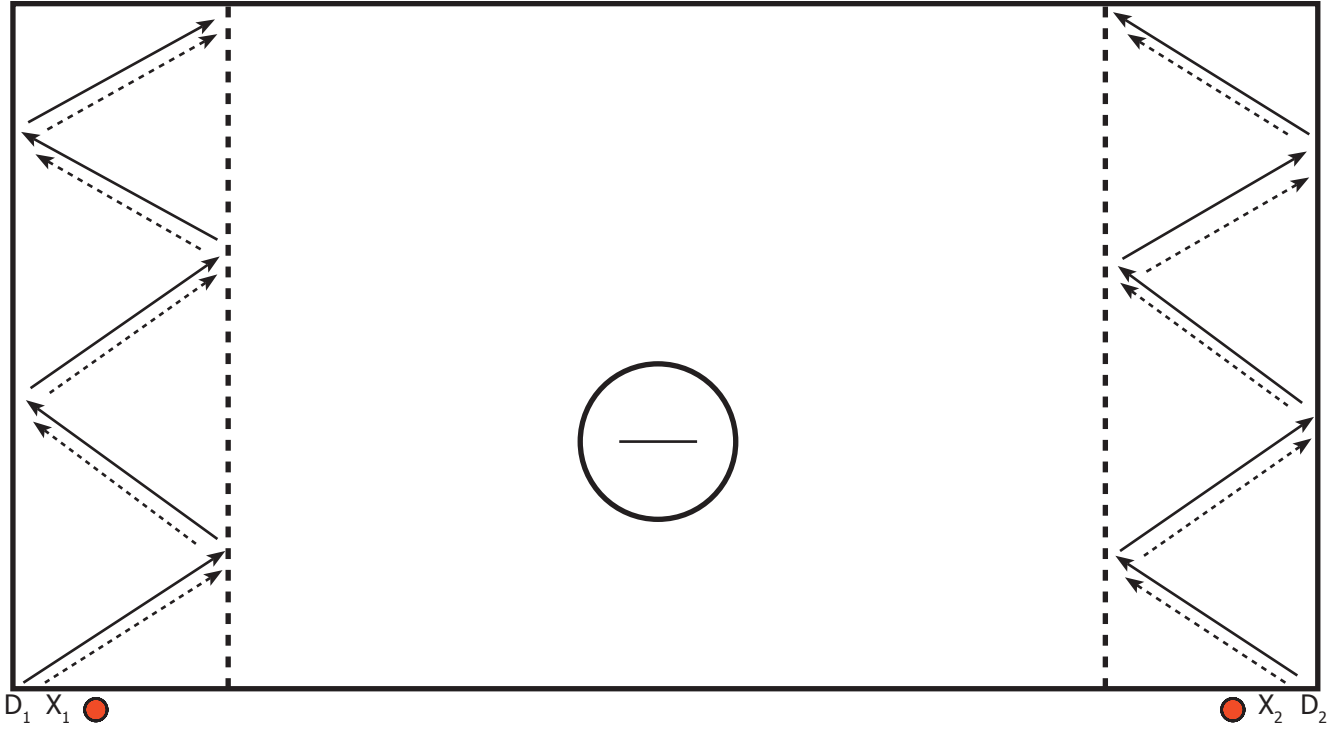
SPACE/EQUIPMENT _____ • Quarter-field

PLAYERS NEEDED _____ All players can participate in this drill simultaneously, but it is best to have an even number (no more than 8-10) in each group.

Partner players up and start the pairs in the back-right and left corners of the field. One player in each group will be the defender, and one will be the "dummy" offensive player. The dummies must stay between the sideline and the restraining box, and their object is to progress up the field in a zigzag motion to the restraining line. The defenders shadow the dummies, and as the dummies approach the sidelines, the defenders beat them to a spot, wheel their hips around, and force the dummies to turn in the opposite direction. Once every group has gone through, players reverse roles and return to the original starting point.

DRILL-EXECUTION _____

Drill diagram:



SKILLS PRACTICED

- Defensive positioning and footwork
- Hand and footwork on defensive holds

VARIATIONS/PROGRESSION

To increase the difficulty, challenge defenders turn to go through the drill using no sticks or using just short sticks. To increase the difficulty further, increase the pace of the offensive players (up from 50% effort to 75%, etc.).

GOALIE INVOLVEMENT

None

RELATED DRILLS

Step Into It
Run the Arc