

# STEP INTO IT

**OBJECTIVE** \_\_\_\_\_ To improve fundamental hand and foot positioning for defensive holds.

**SPACE/EQUIPMENT** \_\_\_\_\_ • Half-field

**PLAYERS NEEDED** \_\_\_\_\_ All players can participate in this drill simultaneously, but it is best to use an even number of players.

**DRILL-EXECUTION** \_\_\_\_\_ Partner players up with one another and spread the pairs out across the Goal Line Extended. The group facing the endline will be the defenders and the group facing the midfield line will be the "dummy" offensive players (applying token pressure). Defenders start in a good defensive stance two yards from the dummies and on successive coach's whistles, make the following movements:

- 1) Establish contact (dummies lean in)
- 2) Wheel hips around
- 3) Turn/drive him back

After several repetitions, players reverse rolls.

**SKILLS PRACTICED** \_\_\_\_\_

- Defensive positioning
- Hand and footwork for defensive holds

**VARIATIONS/PROGRESSION** \_\_\_\_\_ This skill can – and should – be practiced on both sides of the goal, using the different holds (V-hold, Top/Bottom-hand hold, etc.) that your team employs. Also, the positioning and direction that the defenders force the dummies can be catered to match your overall defensive scheme and slide package. You can also use goalies to call out directions rather than relying on coach's whistles.

**GOALIE INVOLVEMENT** \_\_\_\_\_ None

**RELATED DRILLS** \_\_\_\_\_ Shadow Drill  
Run the Arc