

FORCED SLIDE DRILL

OBJECTIVE

To practice offensive spacing, dodging, and feeding in a Circle offense.

SPACE/EQUIPMENT

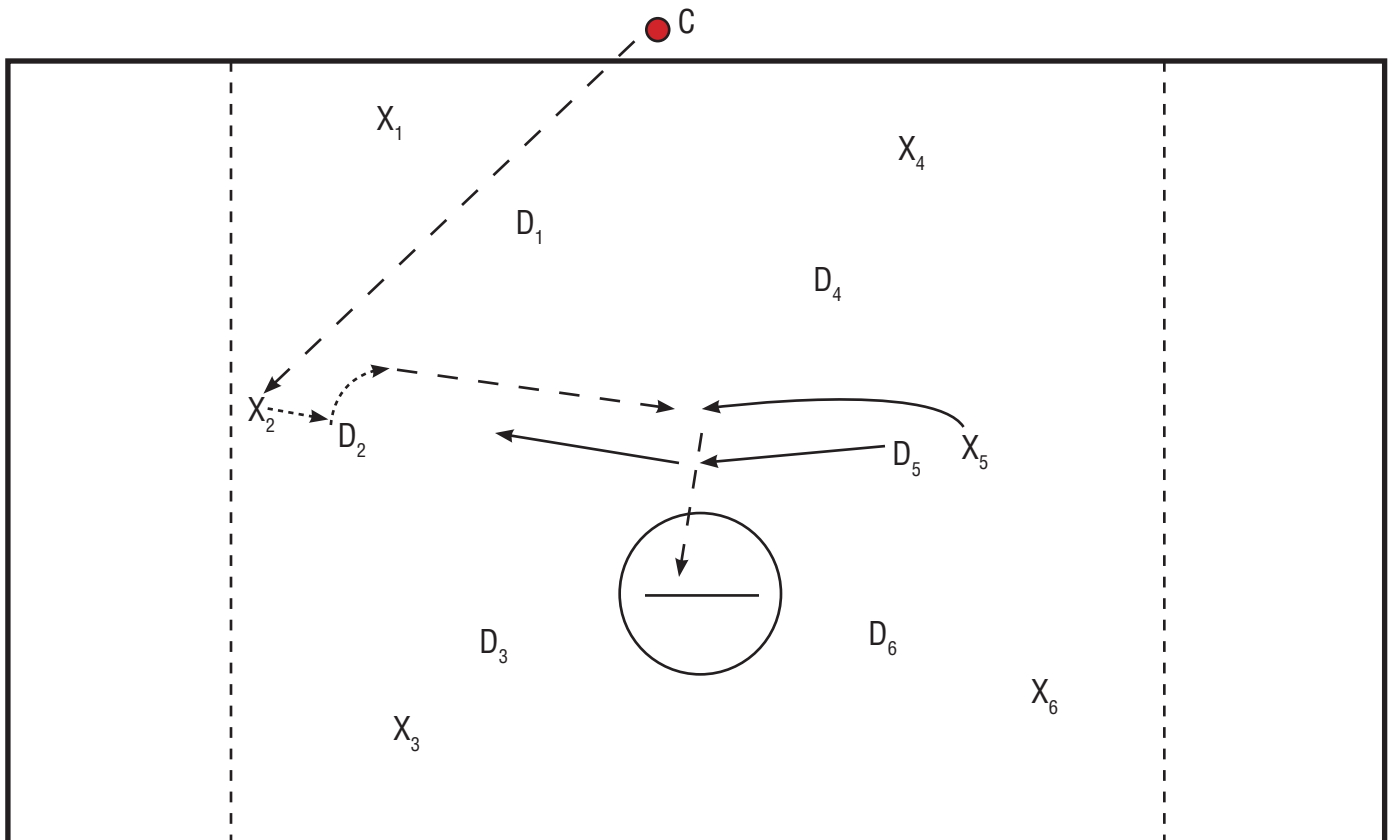
- Balls
- Goal
- Half-field

PLAYERS NEEDED

For this drill to work best, 12 players (six on offense and six on defense), as well as a goalie, should participate at a time.

Set the six offensive players up around the goal in the shape of a Circle offense. Position one defender about 3-5 yards inside of them. A coach throws a ball to an offensive player, who immediately dodges by his defender and goes to the goal (the defender applies only token defense). The defensive player opposite him slides to meet the ballcarrier, and the offensive player opposite him cuts to the goal to create a passing lane. The ballcarrier moves the ball to his open teammate who shoots on the goal. The coach then starts the next ball with a different offensive player.

DRILL-EXECUTION



SKILLS PRACTICED

- Off-ball spacing, positioning, and cutting in a Circle offense
- Dodging to shoot and feed

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

To make the drill more game-like, allow the defenders to increase the intensity of their defense. To make it more challenging to the offense, give them a time limit in which to generate a shot or a confined area in which to dodge. This drill can also be modified to fit other offensive sets (i.e., 2-2-2, 1-3-2, 1-4-1, etc.) by changing the dodging positions and starting the “opposite” offensive player on the crease.

Full

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