

KING OF THE CREASE

OBJECTIVE _____ To improve the timing and movement of defensive adjacent slides.

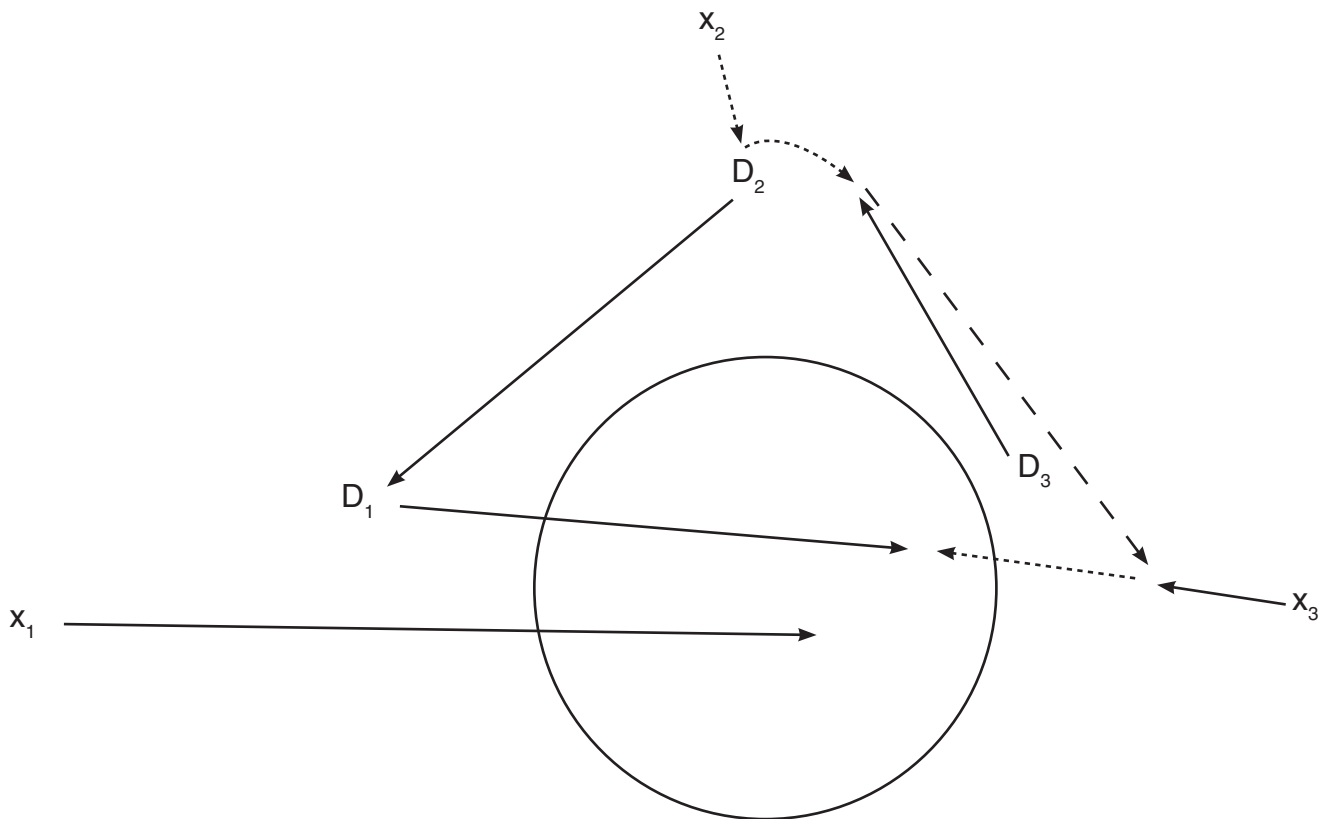
SPACE/EQUIPMENT _____
PLAYERS NEEDED _____

- Balls
- Crease

Only 12-15 players should participate in this drill at a time.

Remove the goal from a crease and set three offensive players around it with three defenders covering them. A coach rolls or throws a ball to one of the offensive players, and they begin to play a live three-on-three. The goal for the offense is to carry the ball into the crease (much like a rushing touchdown in football), and the goal for the defense is to stop them. Offensive players should use clear-throughs, picks, etc. to get open and create space. Defensive players must adjust to this and slide, switch, etc. to prevent them from "scoring."

DRILL-EXECUTION _____



SKILLS PRACTICED

- On and off-ball defensive positioning
- Communication
- Adjacent sliding

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

To increase the challenge for the defense, make all defenders use short sticks (or “stubbies,” handles with no heads), or no sticks at all (hands behind their backs). To make it more game-like, give the offense a time limit or a confined space in which to dodge. To make it more competitive, keep score (two points per touchdown, one point per defensive stop).

None

RELATED DRILLS

Lead the Blind
Reverse Numbers Drill
“Thud” Slide Drill
Out of Dodge