

REVERSE NUMBERS DRILL

OBJECTIVE

To improve the timing of defensive slides and double-teaming the ball once a slide is made.

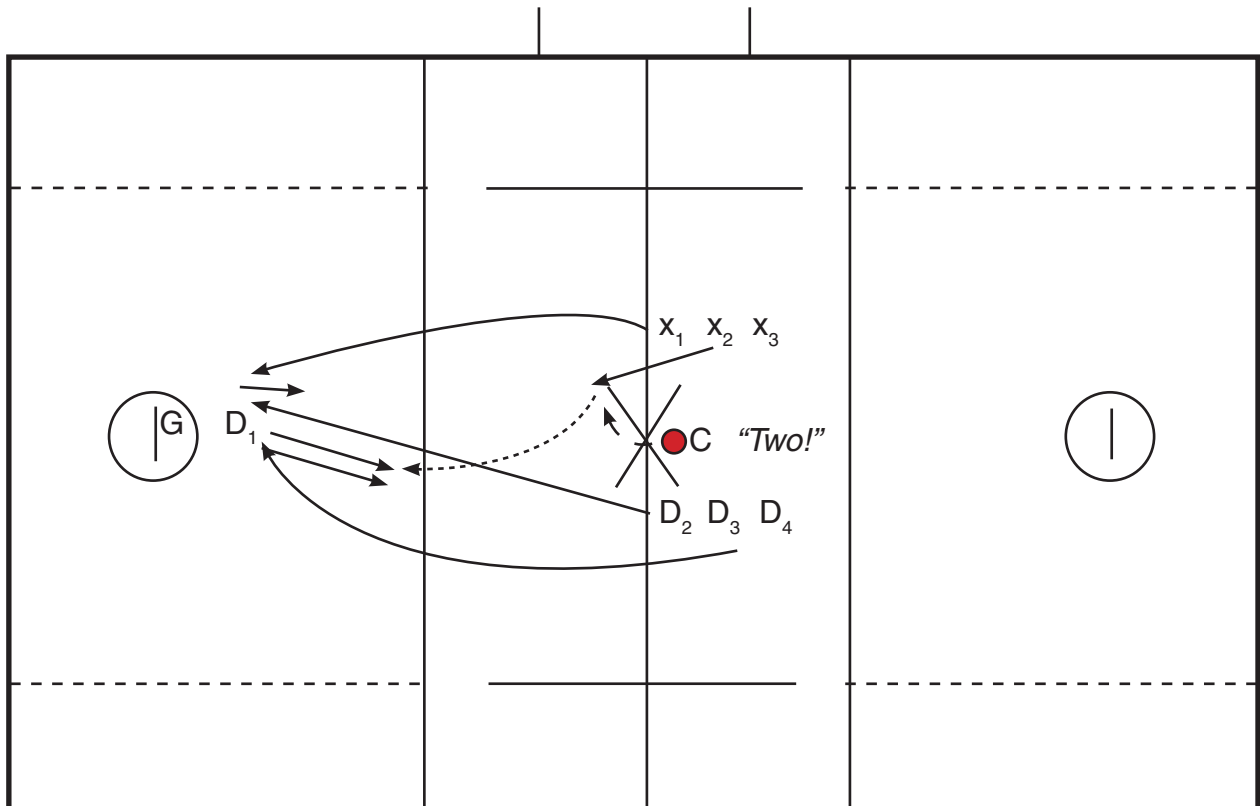
SPACE/EQUIPMENT PLAYERS NEEDED

- Half-field
- Balls
- Goal

Only 15-20 should participate in this drill at a time.

Start one line of offensive players and one line of defensive players at the midfield line, and one defender on the crease. As a coach rolls a ball out, he calls out a number between one and six – this number indicates the number of offensive players who will join the play (the defense will have this same number plus the one defender who starts on the crease). The offense should then pick up the ball and attack the goal. The defense sets up in good position, and plays out the situation. When a ballcarrier attacks the goal, the defender on the crease slides to meet him. As he slides, the other defenders push out on their players to make outlet passes more difficult. Once the ball is shot or turned over, the players jog to the back of the line and a new group goes in.

DRILL-EXECUTION



SKILLS PRACTICED

- Defensive positioning and communication
- Defensive sliding and extending on adjacent passes
- Double-teaming the ballcarrier

VARIATIONS/PROGRESSION

To challenge the defense, make all defenders use short sticks.

GOALIE INVOLVEMENT

Full

RELATED DRILLS

Lead the Blind
"Thud" Slide Drill
King of the Crease