

"THUD" SLIDE DRILL

OBJECTIVE

To improve the timing and positioning of crease slides against a 2-2-2 offense.

SPACE/EQUIPMENT

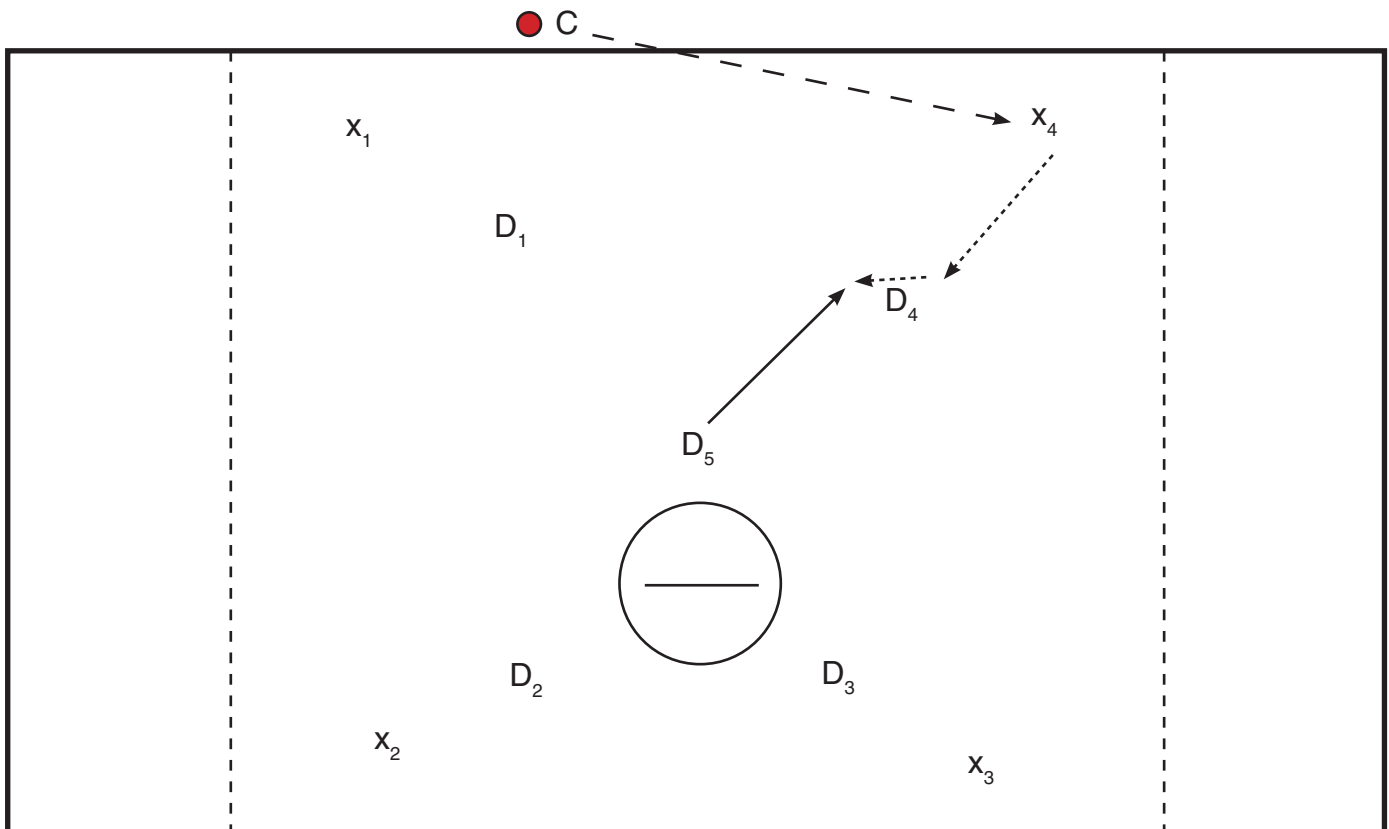
- Half-field
- Balls
- Goal

PLAYERS NEEDED

Approximately 12-15 players can participate in this drill simultaneously.

Start offensive players in the four perimeter dodging spots of a 2-2-2 offense (top-left, top-right, back-left, back-right) with a defender on each of them and a fifth defender on the crease. A coach passes the ball to an offensive player, who immediately tries to dodge his defender and go to the goal. As the ballcarrier reaches a shooting area, the crease defender should slide to meet him and stop his progress with a "thud" (solid contact, but not knocking him down) hit. The players reset, and the drill begins again when the coach moves the ball to a different offensive player.

DRILL-EXECUTION



SKILLS PRACTICED

- Defensive sliding and timing
- Communication

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

To make the drill more realistic, start fifth offensive player on the crease. When the crease defender slides to meet the ball-carrier, he curls to the ball to create a passing lane. As he does this, the far/opposite (i.e., top-left when the ball is back-right) must drop down to the crease to make a second slide.

Full

RELATED DRILLS

Lead the Blind
King of the Crease
Reverse Numbers Drill
Out of Dodge
