

1-ON-1s UP THE WING

OBJECTIVE

To improve positioning, footwork, and timing of riding attackmen.

SPACE/EQUIPMENT

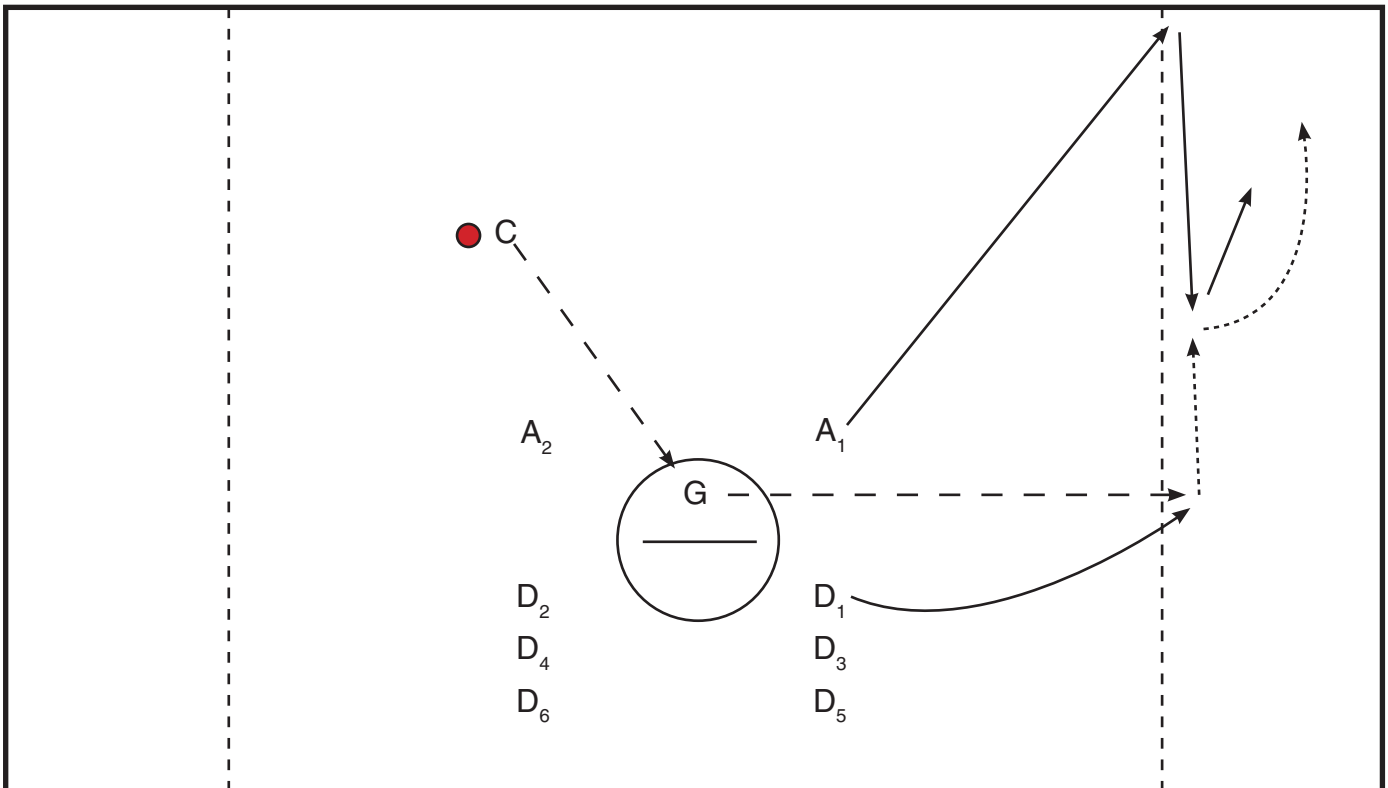
- Half-field
- Balls

PLAYERS NEEDED

Only 12-16 players, plus a goalie, should participate in this drill at a time.

Start one line of defensemen on each side of the crease, and one line of attackmen about eight yards above each. A coach starts the drill by shooting a ball at the goalie in the cage. The goalie saves the ball and outlets it to the defenseman on one side of the goal who has broken out to the wing. As the pass is in the air, the attackman on that side sprints to the top corner of the restraining line and then approaches the defenseman and begins to apply pressure. The defenseman must clear the ball past the top restraining line while staying between the sideline and the side of the restraining box. Once the ball is successfully cleared or turned over, the drill starts again on the other side.

DRILL-EXECUTION



SKILLS PRACTICED

- Attack drop back and approach on a ride
- Breakouts and outlet passes
- Clearing and riding

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

To increase the competitiveness and game-like feel, allow offensive players to attack the goal if the ball is turned over or the defenseman steps “out of bounds.”

Full

RELATED DRILLS

Box Riding
Pass Patterns
Full-field Clearing
Breakout Drill
Scramble Drill
