Run the Arc +2

Appropriate Age Group: 10-18

Skill(s) Practiced: Defensive Positioning, Checks, Holds

Drill Duration: 5-7 minutes

Resources: Balls, Cones, Goal

Description: One offense (**O**) and one defense (**D**) player will start behind the goal. A second defender is added as shown. On the first whistle, the offense player will drive one direction at 50% speed. When he reaches GLE, the defender will turn the offense back and the offense will now attack the other direction at 50%. Once the defender turns the attacker back a second time, it becomes a live 1v1 from behind the goal. The offense must get above the cones before a shot is permitted. The second defender should slide to help the on-ball defender turn the attacking player back. The second attacker should move into a space where a pass can be made for a scoring opportunity, while the original on-ball defender tries to recover and deny the pass.

Progression(s): Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Start with a ground ball instead of possession. Vary the positioning of the off-ball defender and attacker.

Drill Diagram: