



Odd Number Keep Away

Appropriate Age Group: 8-18

Skill(s) Practiced: Dodging, Cradling, Stick Protection

Drill Duration: 5 minutes

Resources: Balls, Multiple cones

Description: Set up field as shown, with cones 10-15yds. apart. For one minute intervals the team with more players must keep possession of the ball. Defenders (**D**) may use any age-appropriate legal tactics to try and gain possession of the ball. The Offense (**O**) receives one point for keeping possession and the Defense receives a point for either forcing an **O** outside of the box or acquiring the ball.

Progression(s): Alternate top hands on the stick. Have players use different dodge types. Defense can check or use other age appropriate defensive tactics.

Drill Diagram:

