



Run the Arc

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. 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.

Progression(s): Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Add a defender to double team. Start with a ground ball instead of possession.

Drill Diagram:

