

## Drill Name: DOUBLE TEAM DRILL

Stage of Activity	Learn to Train, Train to Train, Train to Compete
Skills	Double Teams, Footwork, Communication, Dodging from Double Treat
Equipment	2 Pylons as the Goal, Balls, one Stick per Player
Time	10+ Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> <li>● Use the Draw Circle to perform this drill.</li> <li>● Divide teams into 2 groups. Half start on offence at the top of the draw circle, other half is on defence and split up into 2 groups, with each group on either side of the draw circle.</li> <li>● Coach has a bucket of balls and stands on the outside of the draw circle around the 30 yard line.</li> <li>● Drill starts with the Coach passing the ball to the offensive player. Offensive player should receive the ball before they start to run.</li> <li>● Object of the drill is for the offensive player to “score a goal/point” by getting through the defenders and through the cones (goal) at the opposite end of the draw circle.</li> <li>● Offensive player must remain in the circle at all times. The play is over when the player drops the ball, is forced outside the circle, a goal/point is scored or when the coach blows it dead.</li> </ul> <p><i>Key Points:</i></p> <ul style="list-style-type: none"> <li>● <i>Offense – dodge with speed, use change of pace and direction, protect the stick with the body, and be creative.</i></li> <li>● <i>Defence – communicate, don’t over commit too soon, trust teammate to perform their job and force the ball carrier towards the help which is you, don’t slide underneath your teammate which can cause you to pick your own teammate and then leaves the backside open for dodger to go in that direction, slowly close the gap, keep contact once contact has been initiated.</i></li> </ul>
Modifications	<ul style="list-style-type: none"> <li>● Start with no sticks – focus on solid body position</li> <li>● Add sticks, but no stick checking – still focus on proper body mechanics.</li> <li>● Add sticks and allow stick checking – don’t get caught going for the ball, slowly close the gap with great body position and the stick check will present itself.</li> </ul>

