

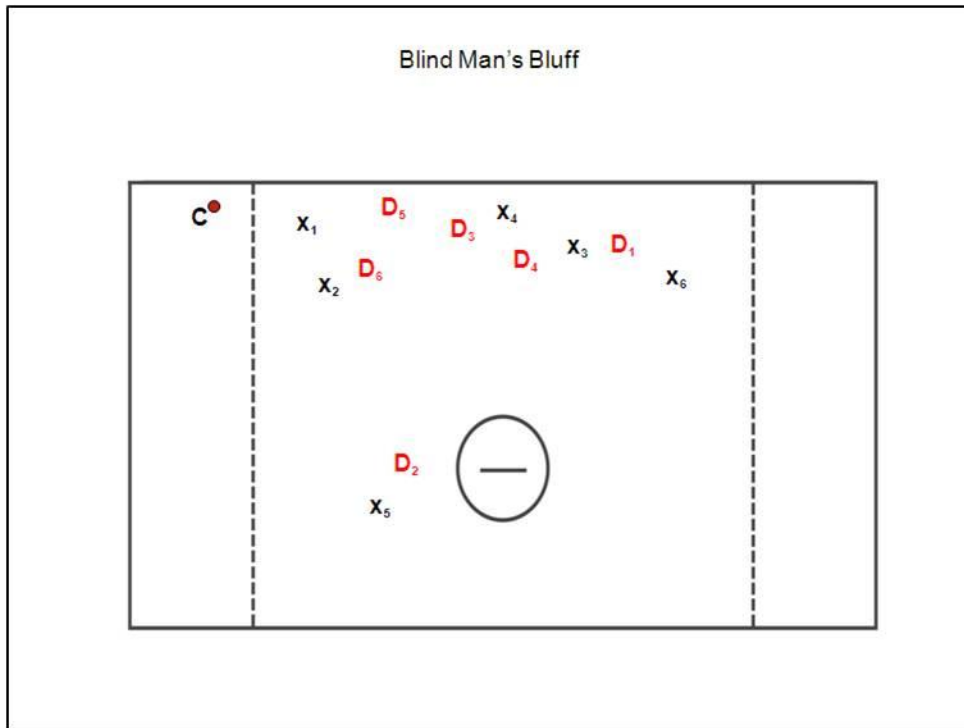
Blind Man's Bluff

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Drill Specs **Drill Theme:** Ground Ball **Drill Style:** Game **Field Location:** Half Field
Field Position: Offense, Defense **Time Needed:** 15 Min **Skill Level:** Intermediate

Objective To improve communications and field awareness during unsettled situations.

Drill Description Coaches choose a random number of offensive and defensive players to simulate a transition/unsettled situation (4 v 3, 3 v 3, 4 v 2, 3 v 5, etc). They then have these players walk with their eyes closed until the coach yells STOP! While the players remain standing with their eyes closed, the coach rolls the ball out and yells "Ball down"! The players can then open their eyes and play out the unsettled situation.



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Blind Man's Bluff, Continued

Skills Practiced

- Communication (both offensive & defensive players)
 - Field awareness
 - Defensive formations
 - Moving without the ball on offense
 - Quick decision making
 - Adapting on the fly
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Variations

Coaches can walk the players around with their eyes closed to ensure that they are randomly dispersed. Also, additional players can be sent in on the fly once play has started.
