

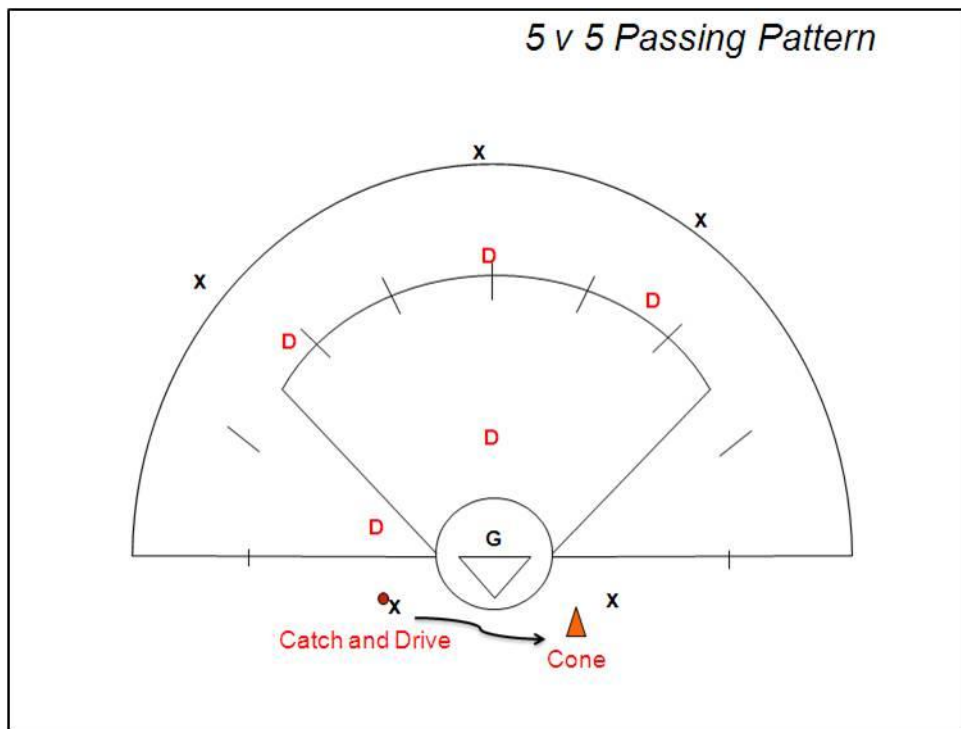
5 v 5 Passing Pattern Drill

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Drill Specs **Drill Theme:** Even Strength **Drill Style:** Game **Field Location:** Attack Zone
Field Position: Offense, Defense **Time Needed:** 15 Min **Skill Level:** Advanced

Objective Full field play so teams get draw, fast break, settled attack/defense, 8m, and clearing/re-defending practice all in a game environment in practice.

Drill Description The defense starts out stationary. Give the attacker a passing pattern – they can move slightly to catch and throw. The drill becomes live when the last attacker catches the ball and drives hard to the cone. The defense does not know the passing pattern...they are only to react when the attacker drives to the cone then live play starts. Attack should push tempo and D should quickly mark up.



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5 v 5 Passing Pattern Drill, Continued

Skills Practiced

Attack:

- Stickwork
- Ball movement
- Quick reaction
- Recognizing the situation/who is open, taking what the defense gives you

Defense:

- Quick reaction
 - Communication
 - Marking up
 - Sliding/hedging
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Variations

- Can add in or take out A/D players to create man-up. Man-down situations
 - Change the passing pattern and the location of the cone so that the point of attack changes
 - Change the position of the players around the 8/12
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