

Drill

Drill Name:	BG Defence - 1 vs 3 House Help
Drawn Diagram:	
Purpose:	Defender's learn to support & help each other when attacking ball carrier tries to penetrate scoring lane. Cover 1 1/2 attackers. Don't over commit and leave hole.
Procedure:	<ol style="list-style-type: none"> 1. Set up a line of attackers w/ balls outside top of house and 3 defenders in house. 2. X1 attacking ball carrier engages high defender then tries to roll/dodge to EITHER side & penetrate scoring lane for shot. 3. D1 steps out to challenge ball carrier the then pushes X1 attacker to outside one way or another where other defenders can help out. 4. ALWAYS CROSS CHECK, don't stick-to-stick check unless you have help. Stop the attacker from advancing forwards towards the goal with crosscheck and drive attacker to outside and low to corner.
Progressions:	<p>Add 5 on 5 and pass ball around outdie then try to penetrate House defence.</p> <p>Use attacking picks/rolls & pass to cutters for attackers</p>
Age Groups:	<input checked="" type="checkbox"/> Bantam <input checked="" type="checkbox"/> Junior <input checked="" type="checkbox"/> Midget <input checked="" type="checkbox"/> Mini Tyke <input checked="" type="checkbox"/> Novice <input checked="" type="checkbox"/> PeeWee <input checked="" type="checkbox"/> Senior <input checked="" type="checkbox"/> Tyke
Categories:	<input type="checkbox"/> Advanced <input checked="" type="checkbox"/> Checking / Body Checking <input type="checkbox"/> Cradling <input type="checkbox"/> Decision Drills <input checked="" type="checkbox"/> Defensive Drills <input type="checkbox"/> Dodging <input type="checkbox"/> Face-off Drills <input type="checkbox"/> Goaltender Drills <input type="checkbox"/> Intermediate <input type="checkbox"/> Novice <input type="checkbox"/> Offensive Drills <input type="checkbox"/> Passing / Catching <input type="checkbox"/> Pre-Game (Warm-up) <input type="checkbox"/> Running <input type="checkbox"/> Scooping <input type="checkbox"/> Shooting <input type="checkbox"/> Shooting Drills <input type="checkbox"/> Special Situation Drills <input type="checkbox"/> Special Team Drills <input type="checkbox"/> Transition Drills
Disciplines:	<input checked="" type="checkbox"/> Box Lacrosse <input type="checkbox"/> Men's Field Lacrosse <input type="checkbox"/> Women's Field Lacrosse

