

Drill

Drill Name:	BG Defence - No Stick Gauntlet
Drawn Diagram:	
Purpose:	<p>Defenders without sticks try to use foot work and body position to get in front of ball carrier. Defenders focus on attacker's body, not stick/ball.</p> <p>Defenders do not reach out and grab, but instead get in front of ball carrier.</p>
Procedure:	<ol style="list-style-type: none"> 1. Pick 2 players as defenders and lay their sticks (plus 1 coach stick) on the floor 8-10 feet apart and approx 20 feet from the boards to create 2 GAUNTLET channels. Defenders stand between sticks (D1,D2). *option: use saucer pylons in place of sticks* 2. Attackers w/ balls create 2 lines with first ball carriers starting against boards (X1,X2). 3. Attackers run and cradle ball forward into a Gauntlet channel and dodge (face, bull, roll) around defender 4. Defender stays square and shuffle steps into body position to make contact with Attacker (try not to grab/hold with gloves). Object is not to stop or hold the attacker, but to get in front with body on body as long as possible. Attacker must stay confined to Gauntlet channel and has to always be continuing forward. 5. All Attackers run through, then change defenders.
Progressions:	Create longer Gauntlet channels and have 2 defenders stacked (w/ no sticks) and ball carrier must dodge through both
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 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