

# BOX DRILL

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## Objectives:

- Basic defense & communication
  - Short passes with control
  - Disguised conditioning
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## Skills practiced:

- Ball movement, Commands, man down defense, rotating defense
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## Space/Equipment:

- Half field, cones, at least 2 balls, Stop 90 sec
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## Players needed:

- Minimum of 5 players; up to 30 +
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## Description:

3 offensive players are positioned outside the box. Two defensive players are inside trying to cover ball and the pass. One player plays the ball and the other positions in the middle (so they are stacked). On the pass the other defender approaches the ball, and yells "Ball" and the other defender who played the ball before recovers to the middle, yelling "Pass" and keeps his stick up to the middle. On the outside the players have to make sure that the player with the ball always has a left and right option and that they always change their hand by turning to the outside.

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## Variations:

- Longer times with different passing directions
  - 4 on 3, in a star like arrangement, with allowed skip passes
  - Smaller (harder for offense) or bigger (more difficult for defense) box
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### COACHING TIPS:

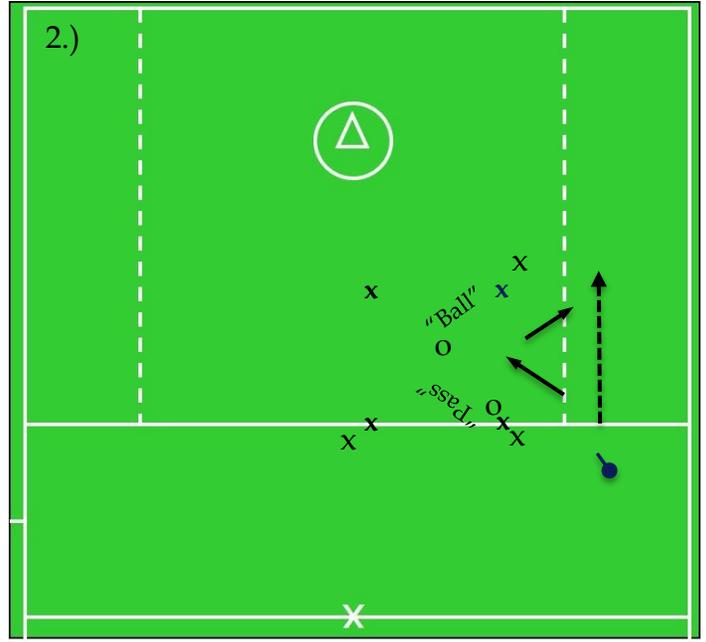
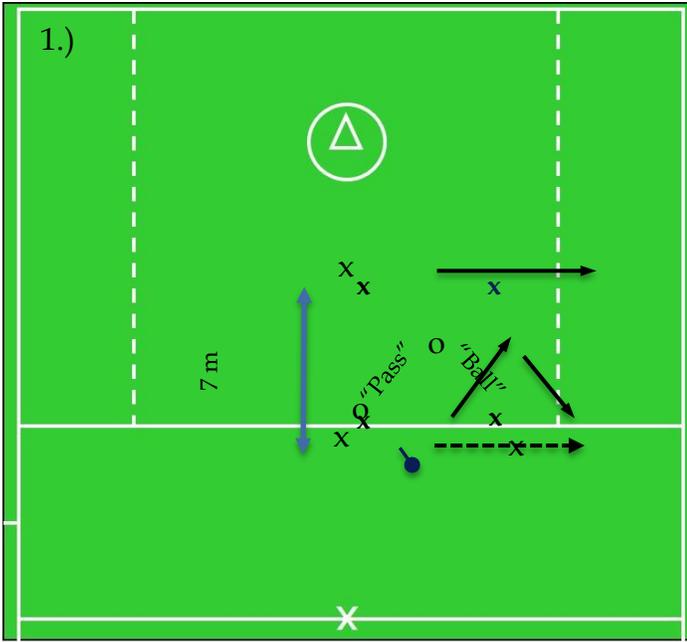
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**Offense:** Turn to the outside and move your feet when you catch and pass.

**Defense:** Use commands "Ball" and "Pass". When approaching the ball go into the "defensive stance". When recovering to the middle keep your stick up towards the middle and turn with the ball.

**Playercoach:** Have a stopwatch at the side. Begin to keep the time. Then you can give the task to somebody else who is resting. Have the other players with spare balls ready around the box.

# Drill of the Week



Your notes: