



## MEN'S GAUNTLET DRILL

### DRILL SPECS:

**Drill Theme:** Cradling and Dodging  
**Field Location:** Attack Zone  
**Time Needed:** 15 Min

**Drill Style:** Skills  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Basic

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### OBJECTIVE:

This drill is excellent for teaching players to dodge, use footwork, and keep control of the ball. The players will need to stay very text book when they go through their dodges and protect their sticks.

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### DRILL DESCRIPTION:

Have your players all get a ball and set up in a straight line. Set up 5 cones in a straight line about 5 yards apart from each other in front of your players. At each cone your players will need to execute a dodge. You may dictate what dodge they should do or allow them to choose on their own. After all players go through 2-3 times, add a defensive player at each cone that will play soft defense as players practice their dodges. Allow players to go through 1-2 times and then allow the defenders to check.

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### SKILLS PRACTICED:

- Dodging
- Conditioning
- Footwork
- Stick Protection

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### VARIATIONS:

Vary the locations where the cones are set up. You may also have players shoot on goal after they get past the last cone or defender.

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**DRILL DIAGRAM:**

