



MEN'S CRADLING GAME DRILL

DRILL SPECS:

Drill Theme: Stick Work
Field Location: Attack Zone
Time Needed: 5 Min

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

OBJECTIVE:

To work on cradling skills.

DRILL DESCRIPTION:

Play 1v1 in a 15-by-15 yard box. Several boxes can be set up within the penalty box to enable four groups to work at the same time. Start the game by tossing the ball to one of the players. He is to protect the ball by running and cradling. He must work to keep his stick to the outside, with his body between the defender and the ball. Award one point if the player is able to cradle the ball for 10 seconds without dropping it.

SKILLS PRACTICED:

- 1 v 1 defense and attack
 - Cradling
 - Stick Work
 - Stick Protection
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VARIATIONS:

You can make the box area bigger. You can require the defender to play without a stick. Also you can make the ball carrier switch to his non-dominant hand.

DRILL DIAGRAM:

