

Midfield Add In Drill

Skills Practiced & Equipment Needed

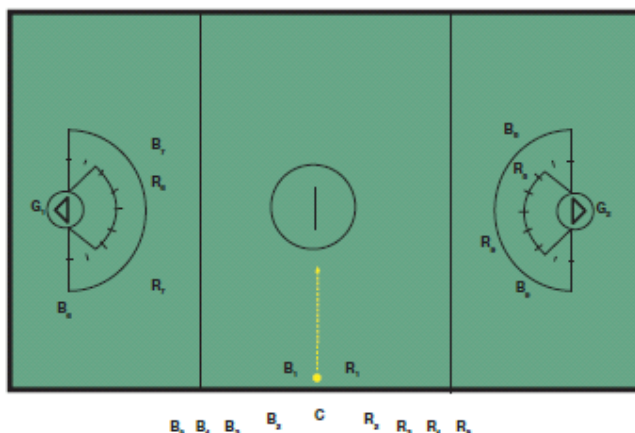
Cutting to space, transitioning the ball down field, seeing and showing for the ball, breaking into open passing lanes and recovering defensively.

- Lacrosse balls

The Midfield Add In Drill focuses on transitioning the ball down the field and pushing the fast break. This is a great fitness drill. The midfielders transitioning the ball and recovering on defense will get tired. The drill reinforces that players need to concentrate on making good decisions with the ball when they get tired.

Drill Description

Divide the players into two teams, Red and Blue. Two players from each team will be set up below the restraining line. These players can only operate below the restraining line. R6 and R7 are defenders in their end while B6 and B7 are attackers. R8 and R9 are attackers and B8 and B9 are defenders. The remaining players take on their respective roles when they cross the restraining line as attackers or defenders. The drill begins when the coach rolls the ball in to R1 who picks up the ground ball and transitions into their offensive end for a 3v2. Once a goal is scored, a shot goes wide and/or out of bounds, the goalie makes a save, or there is a turn over, the coach rolls a new ground ball out for B1 who picks it up and transitions into her offensive end. R1 has to hustle back and recover to help in her defensive end as quickly as possible. Once R1 has pushed the fast break, and then hustled back to play defense – she stays on her defensive side of the field for the next pair so the drill can build to a 7v7. Now the coach rolls a ball out to R2 and B1 has to hustle back to play defense. B1 then stays on her defensive end, and so on. The drill keeps building to a 7v7. Coaches need to alternate the fast break side so the drill remains balanced as you build to a 7v7 on either end.



Keys to the Drill:

- Push the fast break.
- Hustle back to slow down the fast break and get in defensively.
- Make good decisions when fatigued.
- Execute man-up and man-down situations throughout the drill.
- Communicate!
- Attackers must take advantage of the fast break and move the ball quickly to get a good shot off before the defense can recover.

Coaching Tip

This drill can be time consuming if your players are not throwing and catching well. Stay positive and constructive and feel free to adjust the amount of goals the team needs to score to make it more or less challenging. You could end up doing this drill for your entire practice, but it will be worth it!

Making the Save

Goalies are used in this game-like drill. If you want to add a clear after a save you can have the goalie pass the ball out to a coach or designated player who is out by the restraining line.

Inside the Drill

The transitioning players will get tired in this drill and as a result they will begin to make mistakes. Encourage your players to focus on maintaining ball control and making good decisions when they are tired. This drill will help your team get fit to compete for 60 minutes.