

Riding Drills

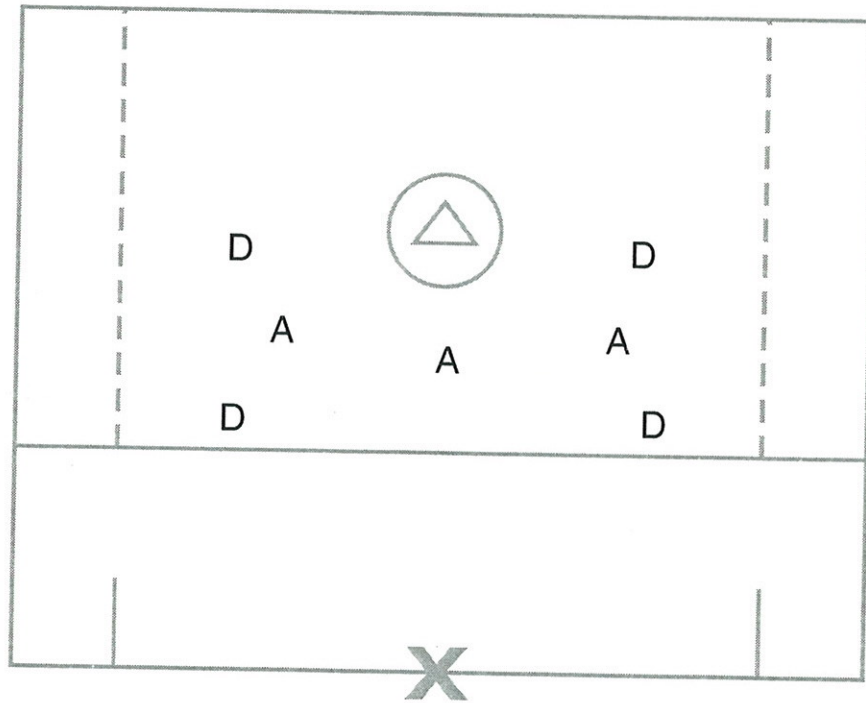
Box Riding

These drills are designed to assist attackmen in developing consistent and effective riding skills. Too often, little emphasis is placed on riding in practice.

Concept: This drill employs three attackmen and 4 longpole defensemen. It emphasizes communication, favoring the most dangerous receiver, splitting offside people and intelligent distances.

1. The four clearing defensemen form a box in the attack/goal area.
2. The three attack must force clearers out of box.
3. Defenders can move only when they have the ball or can move only a short distance to meet

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Riding Drills

Pitch and Pursuit

Concept: This drill teaches attackmen to utilize the sideline. Two lines of defense; two lines of attack.

1. Goalie in goal. Extra attack behind goal.
2. Two attackmen position themselves 4-5 yards above crease, slightly wider than the crease.
3. Defense lines are position at goal line extended.
4. Coach shoots ball at goalie who saves and pitches ball to either side defensemen.
5. As pass is made, defender receives pass and tries to beat riding attack up sideline.
6. Attack must use sideline.
 - a. do not go behind defender
 - b. do not over commit
 - c. do not give defender inside
7. Defense must stay within alley formed by sideline.
8. Goalie should randomly alternate side he pitches to.

