



Hawk Hi/ Hawk Lo

Appropriate Age Group: 11-19

Skill(s) Practiced: Defensive Approach Angles

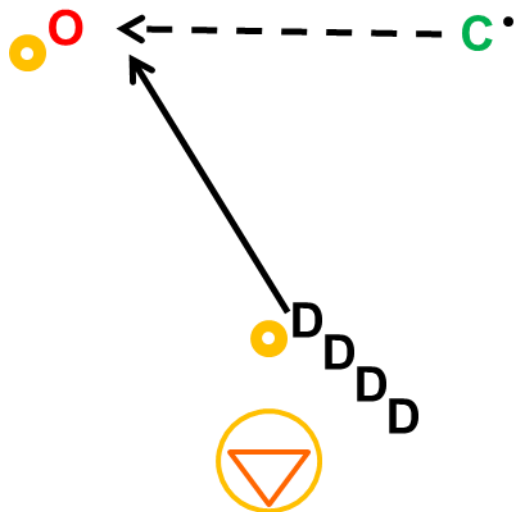
Drill Duration: 5-10 minutes

Resources: Balls, Goal, Cones

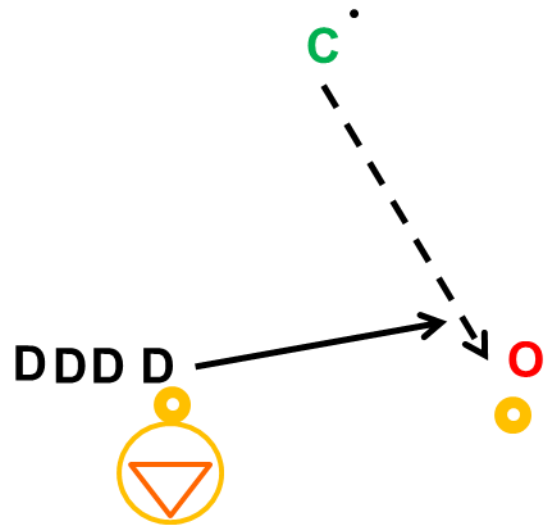
Description: The coach will pass to the O player. As the ball is in flight, the D player leaves his cone, approaches, and breaks down on the O player. Coaches should stress the importance of taking "something away" from the O player and approaching under control.

Progression(s): Add O players and have them move the ball, forcing the D to extend and recover accordingly. Vary the locations of the O player receiving the pass.

Drill Diagram(s):



Hawk High



Hawk Lo