

Attack Drills

From X

Transitions

Footwork

Horsey Attacking From X

Here we're going to talk about the mindset of an attackmen as we attack the cage from behind at X. When you're attacking from X, there's two things you want to try and do mainly. The first thing is you want to try and **GO AS FAST** as you can and get to the island as fast as you can and in a straight line. The second part is **GETTING to the "ISLAND"** The island which is five yards above the cage and five yards outside of the crease. So, if I want to beat my defender and be the most efficient attackmen possible I'm going to quickly give him either a split or roll and go as fast as I can in a straight line if possible to get to the island. I stay big with my arms and my shoulders and once I get to the island now I have some good options. I have the option to either roll to shoot, roll to pass back to X or step away and let the mid-east player up top.

Horsey Attacking From X

Part 2

As attackmen we want to be efficient as possible in getting to the **FRONT of the CAGE** or getting to the **ISLAND**. The best way to beat a defender is to **ATTACK his HIPS** or **ATTACK** him going **NORTH SOUTH**.

Here's a good drill as an individual to just work on that speed, getting that speed and building up that base of how to run full speed north south, split dodge and get to the island.

Here the player is going to start in from a standstill, stick is in his right hand. When he gets to the first cone he's going to split to his left hand and run through the cone which is at the island. As he goes we're working on how to be efficient and getting there as fast as possible. As the player gets to the cone to do his split dodge the coach wants to focus on a couple things.

- First, want to make sure his base is underneath his body.
- Second, we don't want our offensive player to stutter when he's doing a split dodge. We're going to plant hard with our right foot, push off, and go towards the island. When we get to the first cone there is no stutter with our feet.
- It's a quick run, plant, push off and get to X or get to the island.
- Set, go, plant, go!.

That's the most efficient way of dodging from behind.

Horsesey Attacking From X

Part 2

We're going to do the same individual drill from behind. When we get to the first cone make a move and then sprint through the island. This time instead of doing a split dodge we're going to do a roll at the first cone. We're going to go from a dead stop. When I say go he's going to sprint and get to the cone, roll keeping the stick between his shoulder blades from his right hand to his left hand and sprint through the island. As he goes again keeping his hands and his stick in between his shoulder blades when he switches hands and working on getting to the island.

Horsey Attacking Against Various Checks

What to do as an attackmen against a defender when he throws different types of checks. The two checks I'm going to talk about first are the **OVER-the-HEAD** check and the WRAP check.

With the **OVER-the-HEAD** check, as an attackmen we're taught once the stick disappears to do one of two things:

Either roll into the defender's body protecting the stick and getting to the goal as quickly as possible

Step away from the defender not allowing him to use his stick to check my stick and I roll away and move the ball back to X.

The second part is if he's constantly throwing **WRAP** checks. Defenders want to try and time up their checks so as an attackmen I have to keep that timing off. So, what I want to do:

- Move my feet so as I dodge
- Step in
- Step away
- Step in
- Step away

If he's constantly throwing wrap checks once I step in and I step away I roll away from that pressure and now attack the cage or attack X.

Horsey Attackmen Above GLE Options

As an attackmen what do you do once you get above goal line and the defender gets you into a V-hold? Here are a couple tips for you to get out of this pressure.

First, once a defensemen engages my body, I'm going to do one of two things.

- First I want to either step in, step away from his body to the head of his stick then run through the head of his stick to the cage.
- Second what you could do is as you step in he gets you in this hold, I want to body up into him and then drop step and get a wide base, I need to do a nice inside roll to the cage or now I can get away from pressure and go back towards X.

As an attackmen once you're engaged by a defender and you want to inside roll him, you want to take a nice big **DROP STEP** and what you're trying to do with this drop step is similar to boxing out in basketball. I want to:

- Get him on my back
- Protect my stick by keeping the head of my stick in between my shoulder blades
- Step towards the back of his heel

Now as I attack the cage he's trailing me to the goal, I keep my stick in between my shoulder blades and shoot from here.

Horsey Attackmen Split Dodge Hashmark Drill

Here's a good drill to teach attackmen or midfielders how to split dodge. It's going to show them what the feeling should be like in their feet when they change direction. You'll want to use the hash marks on the football field. You can use two cones, you could use a ladder, whatever is going to help them to go back and forth. His right foot is going to start on the line. He's going to go back and forth. You're going to go line to line so his right foot touches the right line, and his left foot touches the left line. You go for about 30 seconds to 40 seconds and stop. Now that feeling that he has going back and forth is what you should feel when he split dodges.

Horsey Attackmen Split Dodge Hashmark Drill

Now take this drill and use it as if we were split dodging. We're going to go from a run in place to a bang, bang split dodge. So, when you go right to left you're going to switch hands. Run in place and split. Knees up. We do this drill from a running in place we have good pressure and boom, boom it's quick movement. You could either have them switch hands or stay in the same hand and if you switch hands here, do it quickly while moving your feet.

