



## MEN'S OKLAHOMA DRILL

### AUTHOR INFORMATION:

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### DRILL SPECS:

**Drill Theme:** Fast Break Defense

**Drill Style:** Fast Break

**Field Location:** Defense

**Field Position:** Offense, Defense

**Time Needed:** 10 Min

**Skill Level:** Basic

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### OBJECTIVE:

To work on taking away the sweep on a fast break. Practiced proper defensive technique when running the point on a fast break on defense.

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### DRILL DESCRIPTION:

Start by setting up a line of defensive players at the 5 and 5 mark. Set an additional line of offensive players about 10 yards in front of the defensive line. The offensive player carries the ball down as if he is on a fast break and the defensive player must go out and play him. While doing so the defender must make sure to take the sweep away. In order to do this the defender must exaggerate his left foot and stick up field in order to cut off the option of the sweep. After preventing the sweep the defender must continue to control the play and make sure that if the offensive player inside rolls that the defender down steps and continues to play strong defense on his player.

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### SKILLS PRACTICED:

- Fast break
  - Decision Making
  - Defensive Skills
  - Stopping the Sweep
  - Communication
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### VARIATIONS:

You can require that the fast break comes from both sides of the field. This forces the defense to practice stopping the break on both sides of the field. In addition, you can add a goalie and require that he make the defensive call deciding when the defender should go out to his player and drive him backwards.

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FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](http://USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE)

**DRILL DIAGRAM:**

