

Four Corner Scrimmage Play

Category: Scrimmage Drill

Difficulty: Intermediate

Drill of the Week #6

Four Corner Scrimmage Play



Goal: The aim is to build up in a four-player structure. You do not want the attackers to end up in the side pockets, but to offer themselves as sharply as possible to take care of possession at the T and the sweet spots in the circle.

Skill emphasis: Competitive play with a heads-up on your front foot mentality and QUICK restarts.

Drill:

1. The field has four zones in all four corners of the field. Each of the four red zones contains a pile of balls. The players are not allowed to enter here with a pass or while tracking.
2. If the ball goes out of bounds in 1 of the four corners of the field zones, the team that is allowed to take out the ball takes the ball in any of the four corners as quickly as possible with the aim of getting the ball out of the corner as quickly as possible to gain advantage.
3. This drill can be directional or teams can be allowed to score in either cage.