

Dickinson Field Hockey

Target/Vision Player Drill



Team Weakness seen in film: Lack of Vision and Communication
Unfavorable Outcome: Poor Decision Making, ultimately loss of possession

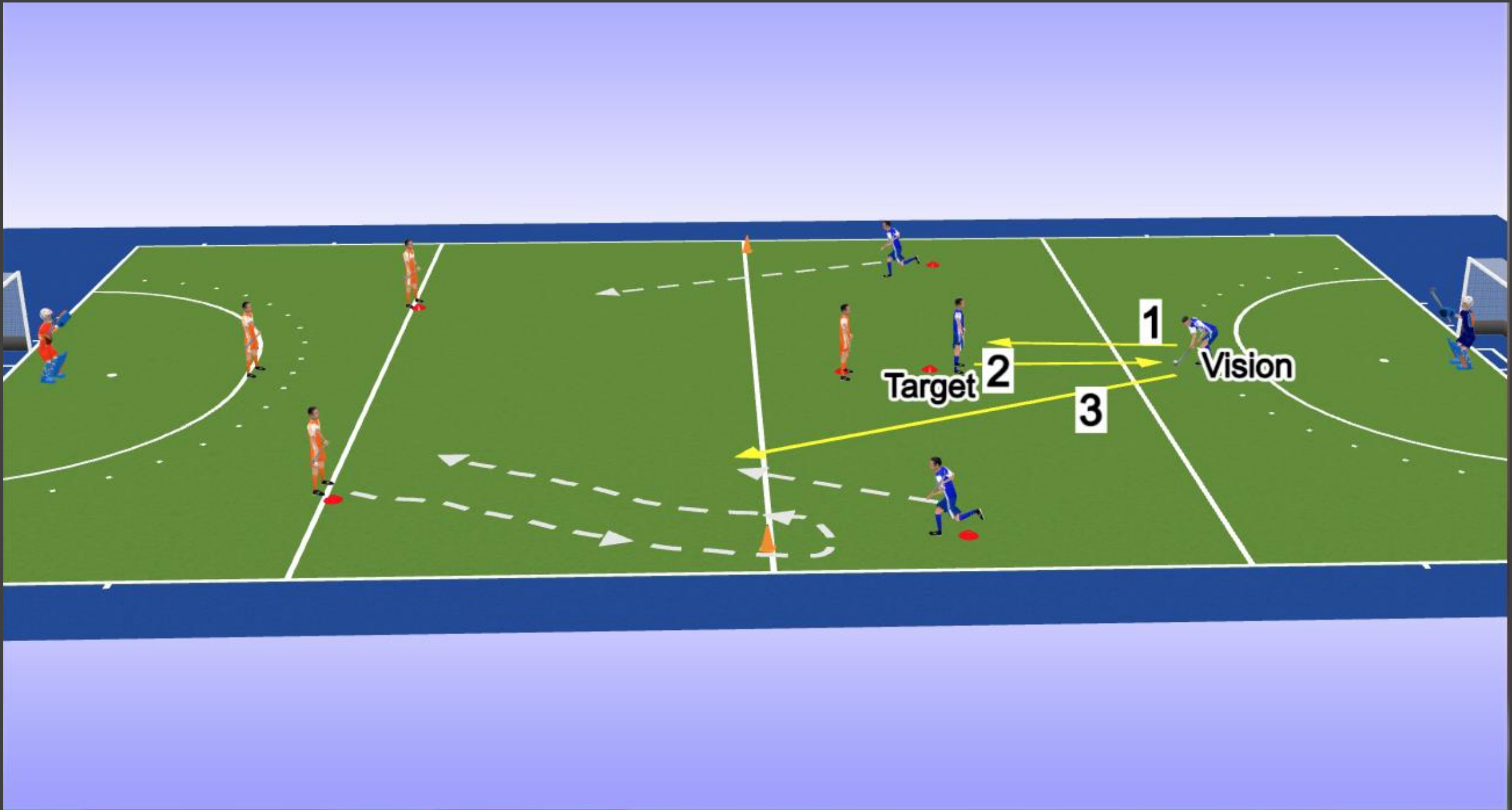




X
space

target

vision



Objective: This drill will reinforce the need for ball carriers to pre-scan and better utilize space and speed with minimal touches. For players off the ball, this drill will help them better understand how to create space and alleviate pressure on the ball carrier.

Skill Emphasis:

- Pre-scanning
- Vision
- Passing
- Spatial awareness and leading

Drill:

1. Set up to start with four defenders (orange) and four attackers (blue).
2. Recovery defenders start on the 25-yard line each have a cone to run around on the 50-yard line.
 - In each round, only ONE defender has to run around the cone to recover — they should decide each round who this person will be (switch up the order to throw off attack).
3. The **Vision Player** starts the drill with a pass to the **Target Player**.
4. As soon as the **Vision Player** makes the first pass, one of the recovery defenders must run around a cone (this opens space on one side of the field).
5. The **Vision Player** must quickly read the field to see which side the space is on, and with urgency demand the ball back from the **Target Player** to be able to attack on the open side of the field.
6. Play is live as soon as the first pass is made. Defenders may put pressure on any attacking player.

Recommended:

- Encourage the attackers to be creative with the open space, there are no limitations on how they move up the field.
- Additional players may be added on both attack and defense to increase game-like situations.
- Further modify the drill by having attackers positioned above the attacking 25-yard line, you could also add two or more defenders recovering on a side.
- This is great to utilize as a conditioning drill as well. Play can continue as normal until the coach stops it.