

## Stick Protection Pivot Drill

### Goal:

For offensive players to effectively protect their sticks from defensive players.

### Description:

Use any straight line for this drill. Offensive player has his offside foot on the line. (such as Right hand = left foot and vice versa).

The offensive player cannot pivot on foot but cannot lift foot either. The defensive player then tries to dislodge the ball from the offensive player, the defensive player may move however they wish.

- Do several people/groups at a time, switch players to drill after a set amount of time.

### Equipment:

Several Balls

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Offense tries to protect the ball while the defense tries to pry it loose with their sticks

