

Box Riding

Goal:

For attackman to effectively force the defense out of the box and have a successful ride.

Description:

Four clearing defensemen will form a box in the goal area (or within the box). Three attackmen must force the clearers out of the box. The defense can only move when they have the ball or they are moving to receive a pass.

- Do not over commit on the ride
- Do not give the defense the inside Portion of the field.

Equipment:

One ball

Box Riding

