

6 on 5

Goal:

This drill forces midfielders to condition, defensemen to react to the hole, and attack to recognize the unfolding unsettled transition situation.

Description:

- Midfielders are at one restraining line.
- Attack inside opposite box.
- 5 defensemen clustered at midfield, with an additional trailer behind midfielders.
- Coach initiates drill by rolling ball to midfielders; defense must get into the hole, attack must recognize situation (4 on 3, 4 on 4, 5 on 4, etc.).
- On shot, goalie must clear ball; nest group goes when ball is returned to coach.

- Work on recognizing situations both on offense and defense.
- Maintain good communication.

Equipment:

Plenty of balls.

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