

4 on 4 Pressure Drill

Objective Drill that forces pressure as passes are made. Once the shot, goal, or save is made the goalie always clears out to teach players to break into transition.

Drill Description See below:

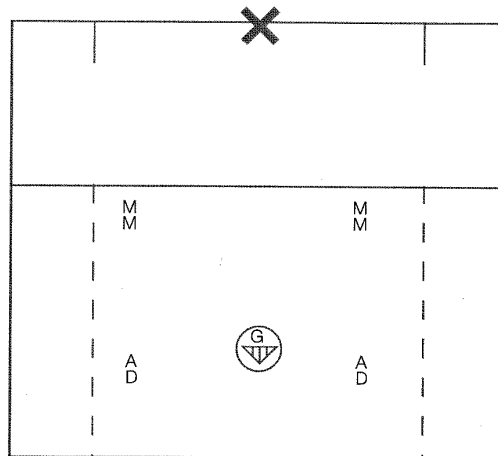
Pressure Drills

4-on-4 Pressure

Concept: This drill involves four midfielders, two attackmen, two defensemen and goalie.

Keys:

1. Offense has the ball in the box and must make four passes against adjacent shutoff pressure.
2. Once four passes have been completed, offense may press for a score as defense drops into a soft man to man.
3. With each shot, goal or not, goalie clears the ball.
4. Once cleared, offense becomes defense as defense becomes offense.
 - a. forces long poles to be involved in transition game
 - b. forces attackmen to play defense
 - c. with any loose ball or loss of possession, four passes must be completed



Variation Have your teams with extra man on offense or defense. Use 4v3 or 3v4 to add pressure or subtract pressure.