



4 V 3 JAIL BREAK GAME

DRILL SPECS:

Drill Theme: Clearing/Riding/Transition

Field Location: Restraining Box

Time Needed: 5-10 Min

Drill Style: Game/Drill

Field Position: All

Skill Level: Basic, Can be progressed

OBJECTIVE:

This objective of this game is to simulate riding and clearing scenarios using constraints-based progressions.

DRILL DESCRIPTION:

Divide the team into 2 groups, one group clearing and one group riding. 4 offensive/riding players and 3 defensive/clearing players will participate at one time.

Coach will throw a pass to one of the defensive players, who will then initiate the clear. The defense will attempt to clear ball to midfield line while the offense will attempt to prevent the clear. After either a successful or failed clear, next group of offense and defense will begin.

DRILL PROGRESSIONS:

This competitive game can be played on field, or in a gymnasium, and can be built up or reduced down as such: 5v4, 6v5 or 3v2.

The game can be played with or without sticks. Without sticks, use pinnies or flags attached to offensive players to pull as is the player was stopped or turned back. Try using a mini soccer ball or football to focus on movement and positioning without the worry of dropping passes.

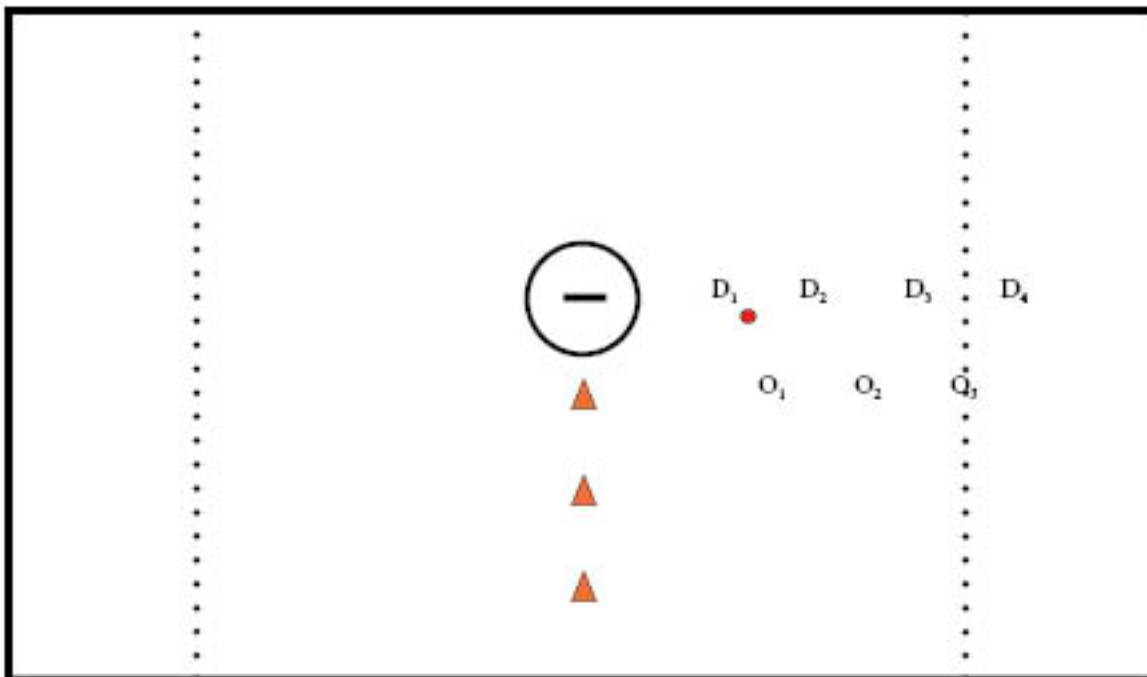
Introduce space and time constraints to progress or regress the game and to control the pace of the learning. Keep score and/or play to a desired to promote competition.



SKILLS PRACTICED:

- Defense/riding- Anticipation of ball movement
 - Proper positioning, turning back the ball carrier
 - Forcing east/west passes
 - Buying time
 - Forcing long, over passes
 - Man to man and zone coverage.
- Offense/clearing- Getting players to break out for quick outlet
 - Recognizing and/or creating the 2v1
 - Switching fields and passing back if needed
 - On-side responsibilities
 - Getting open, running routes.
- Conditioning!

DRILL DIAGRAM:



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