



MEN'S 4 CORNER BOX DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Ball Movement

Drill Style: Game

Field Location: Half Field

Field Position: Offense, Midfield, Defense

Time Needed: 15 Min

Skill Level: Intermediate

OBJECTIVE:

To have players work ball movement and possession during a shut off situation.

DRILL DESCRIPTION:

Set up a 4 on 4 inside the attack zone. The players on offense must make 3 passes while being guarded by the defense that is in a TOTAL shut-off inside the box. Once the offense completes 3 passes they can attack the goal, and the defense drops into a good help side defense. If the offense does not make 3 passes they must go again against a fresh defense.

SKILLS PRACTICED:

- V Cut
 - Picks
 - Backdoors
 - Ball Movement
 - Decision Making Under Pressure
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VARIATIONS:

Change the number of passes, add an extra defender and work on a chasing double team, or vary the number of player on offense and work a stall for a set time period.

DRILL DIAGRAM:

