



MEN'S BREAK OUT TO FAST BREAK SHOOTING DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Position: Offense
Time Needed: 10 Min

Drill Style: Skill
Field Location: Half Field
Skill Level: Advanced

OBJECTIVE:

This drill is excellent for teaching players ball movement, positioning, and hustle. The objective is to get every player a touch as you clear the ball, and then reverse the play back into the zone for a fast break where everyone touches the ball before a finish.

DRILL DESCRIPTION:

Set up 4 lines behind the cage, 3 attack lines and 1 midfield lines. On the whistle the attack players will move the ball on a clear out and get all 3 attack players a touch before feeding the midfielder breaking down field. Be sure to keep the clearing passes away from the middle of the field.

After the midfielder gains possession of the ball outside of the attack box, they will immediately turn around and drive in on a fast break. That midfielder will pass to the closest attack player, who looks to feed a skip pass across the field. The receiving attack player will pass "One More" to the final attack player that will finish with a shot on goal.

Have those 4 players return to the lines and the next 4 break out.

SKILLS PRACTICED:

- Off Ball Movement
 - Ball Movement
 - Feeding
 - Shooting
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VARIATIONS:

To vary the drill, be sure to change sides of where the clear and fast break occur. You may also designate the final shooter each time, or even add defense to the drill to make things harder.

DRILL DIAGRAM:

