



## MEN'S CANNONBALL END LINE RACE DRILL

### AUTHOR INFORMATION:

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### DRILL SPECS:

**Drill Theme:** Transition

**Drill Style:** Game

**Field Location:** Offense, Defense, Midfield

**Field Position:** Full Field

**Time Needed:** 10 Min

**Skill Level:** Advanced

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### OBJECTIVE:

To teach transition play creating a lot of ball movement between players.

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### DRILL DESCRIPTION:

Drill starts by having the players faceoff as in a game situation. The team that wins the face off attacks the appropriate end of the field in a 6v6 situation. Upon possession being determined, the coach at the end of the field not being used throws a ground ball towards the end line (end line race). The defense must come up with it and clear the ball from their defensive area.

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### SKILLS PRACTICED:

- Passing and Catching
  - Transition Offense and Defense
  - Settled Offense and Defense
  - Riding
  - Clearing
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### VARIATIONS:

Allow all players to play all positions (except goalie). In the "end line race" end of the field allow attack to play 3v3 if they gain possession.

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**DRILL DIAGRAM:**

