



MEN'S HUB DRILL

DRILL SPECS:

Drill Theme: Transition, Conditioning

Field Location: Full Field

Time Needed: 15 Min

Drill Style: Game, Conditioning

Field Position: Offense, Defense, Midfield

Skill Level: Intermediate

OBJECTIVE:

This drill forces players to play 6 v 6 and to ride after a save is made.

DRILL DESCRIPTION:

Start with defense and offensive midfielders on one side of the midfield. Have attack and defensive midfielders on the other side. The coach begins the drill by rolling a ball out toward one end of the field. All six players recognize the situation and take advantage of offensive and defensive situations as they unfold. Upon a shot, score, or loss of bounds or change of possession, the offensive team will ride the clear attempt. Have another group of 6 doing the same thing at the opposite end of the field.

SKILLS PRACTICED:

- Transition
 - Riding After a Save
 - Conditioning
-

VARIATIONS:

Keep score of goals made by the attack and successful clears made by the defense.

DRILL DIAGRAM:

