



MEN'S SCRAMBLE DRILL

DRILL SPECS:

Drill Theme: Transition

Field Location: Attack Zone

Time Needed: 15 Min

Drill Style: Game

Field Position: Offense, Defense, Midfield

Skill Level: Intermediate

OBJECTIVE:

To develop offensive and defensive transitional skills and tactics.

DRILL DESCRIPTION:

All defensive players are outside of the attack box in a straight line at the goal line extended. The offensive players are diagonally opposite the defense, 15 yards outside the corner of the attack box. Call out a number from 2-6. The offense send out that number of players, and the defense sends out one less player. This always gives the offense a man-advantage situation. You can create a 2v1, 3v2, 4v3, or 5v4 situation. Rolling the ball out to the offense begins play. You can allow play to continue until a shot is taken, the defense or goalie gains possession, or the defense clears the ball out of the box.

SKILLS PRACTICED:

- Transitional Offense and Defense
 - Unsettled Situations
 - Communication – where to force the attacker with the ball
 - Number Advantages/Disadvantages
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VARIATIONS:

To practice moving from an unsettled to a settled situation, send in an additional defender to "even up" the situation after a specified number of passes or time.

DRILL DIAGRAM:

