



MEN'S UMASS DRILL

AUTHOR INFORMATION:

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Author School:

DRILL SPECS:

Drill Theme: Transition

Drill Style: Skill

Field Location: Offense, Defense, Midfield

Field Position: Half Field

Time Needed: 10 Min

Skill Level: Advanced

OBJECTIVE:

Getting goalies and defenders to their "break out" spots quickly.

DRILL DESCRIPTION:

Goalie starts with the ball, then makes a pass to one of the two defenders (D) that are breaking out from the crease area. Defenders must make "high and away" cross field pass to one of the three midfielders (1 or 3). The midfielders immediately attack the goal in a 3v2 situation.

SKILLS PRACTICED:

- Passing and Catching
- Long Passes
- Transition Offense and Defense

VARIATIONS:

Allow all players to play all positions. The last midfielder to touch the ball is out while the other two stay and become the new defenders. Run drill at both ends of the field to maximize player involvement. After a set time, if the offense does not score, add a defensive player.

DRILL DIAGRAM:

