RED RAIDER

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme:</th>
<th>Sliding &amp; Crashing</th>
<th>Drill Style:</th>
<th>Game</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Location:</td>
<td>Anywhere</td>
<td>Field Position:</td>
<td>All</td>
</tr>
<tr>
<td>Time Needed:</td>
<td>5-10 Min</td>
<td>Skill Level:</td>
<td>Basic, Can be progressed</td>
</tr>
</tbody>
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OBJECTIVE:

This objective of this game is to help teach defensive shift, sliding, movement and communication to support teammates and deploying double teams when appropriate in a constraints-based manner. The game can also be used to teach breaking slide patterns and avoiding or breaking double teams.

DRILL DESCRIPTION:

- 4 attackers at each cone outside the box
- 4 defenders at each cone inside the box
- Attackers pass the ball around the outside of the cones. They must stay within 5 yards of the cones
- Defenders communicate as ball moves
- Attack may drive to cone after 4 passes. Score when get to cone by driving only.
- Defenders crash and shift to prevent attack from getting to cone
- No skip passing, no cutting, no defending the pass
- Focuses on the crash, defensive communication and reset
- Core Principles:
  - Shift as ball moves
  - See ball, see player
  - Move and communicate while ball is in the air
  - Crash on drive
  - Once over, reset to closest attacker

DRILL PROGRESSIONS:

1. Allow skip passing and cutting
2. Remove a defender
3. 4v3 Adjacents must be covered.
4. Adjust box size
5. Add sticks and balls
6. Around goal cage
7. Goalies—in middle on cone communicating to teammates
The game can be played with or without sticks. Try using a mini soccer ball or football to focus on movement and positioning without the worry of dropping passes.

DRILL DIAGRAM: