



JAIL BREAK

DRILL SPECS:

Drill Theme: Clear

Field Location: Goal Circle

Time Needed: 5-10 Min

Drill Style: Game

Field Position: All

Skill Level: Basic, Can be progressed

OBJECTIVE:

This objective of this game is to help teach clearing, movement without the ball to open space and communication to support teammates in a constraints-based manner.

DRILL DESCRIPTION:

- 7 players start in the goal circle
- Coach shoots ball or rolls it to goalie
- Players break out and goalie clears to player on goal line extended
- Players break into spots and pass ball to next player up field
- Goalie follows play by 10-15 yards in middle of field. Follow as far as comfort level
- Finish at opposite goal or half field
- How quickly can they get the ball to the goal
- How many passes can they complete in a row

DRILL PROGRESSIONS:

1. Must go to a different spot each break
2. Must make a back pass and switch fields at least once
3. Layer in defenders (start with 4 and add)
4. Defenders must cover a different player on each break out

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:

