

LEAD THE BLIND

OBJECTIVE

To improve basic defensive positioning and communications skills.

SPACE/EQUIPMENT

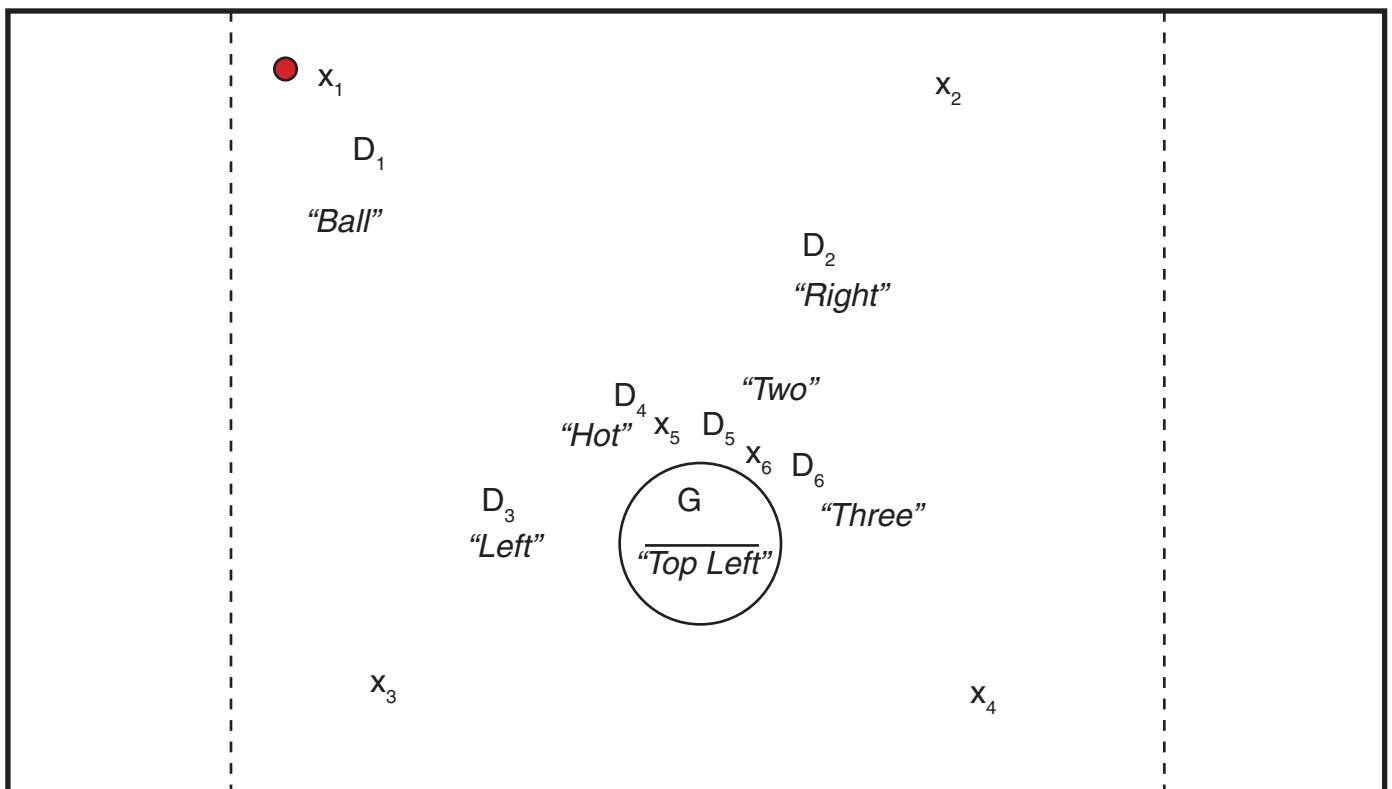
- Half-field
- Goal

PLAYERS NEEDED

Only 10-15 defensive players should participate in this drill at one time.

Set six "dummy" players in the positions of a particular offensive formation (2-2-2, 1-3-2, etc.). Start six defenders in position to defend this formation, and blindfold them (or have them close their eyes). Ask the offense to pass the ball around the perimeter (they should hold it for several seconds allowing the defense to adjust before they pass it again). As the ball moves around, the goalie (who has his eyes open and on the ball) announces its position to the defenders (i.e., top-right, top-center, top-left, etc.). Each time he announces a new position, the defenders must 1) adjust their position accordingly, and 2) call out their new position relative to the ball (i.e., ball, left, right, hot, etc.). After the ball as cycled through all of offensive spots, players rotate.

DRILL-EXECUTION



SKILLS PRACTICED

- Defensive positioning and communication

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

To increase the difficulty of the drill, shorten the amount of time that each offensive player holds the ball or allow for skip passes (i.e., passes not to the adjacent offensive players).

Full

RELATED DRILLS

Reverse Numbers Drill
4-on-3 Fastbreaks With Trailer