

# RETIREMENT DRILL

## OBJECTIVE

To practice the spacing, timing, and communication in a 5-man defensive rotation.

## SPACE/EQUIPMENT

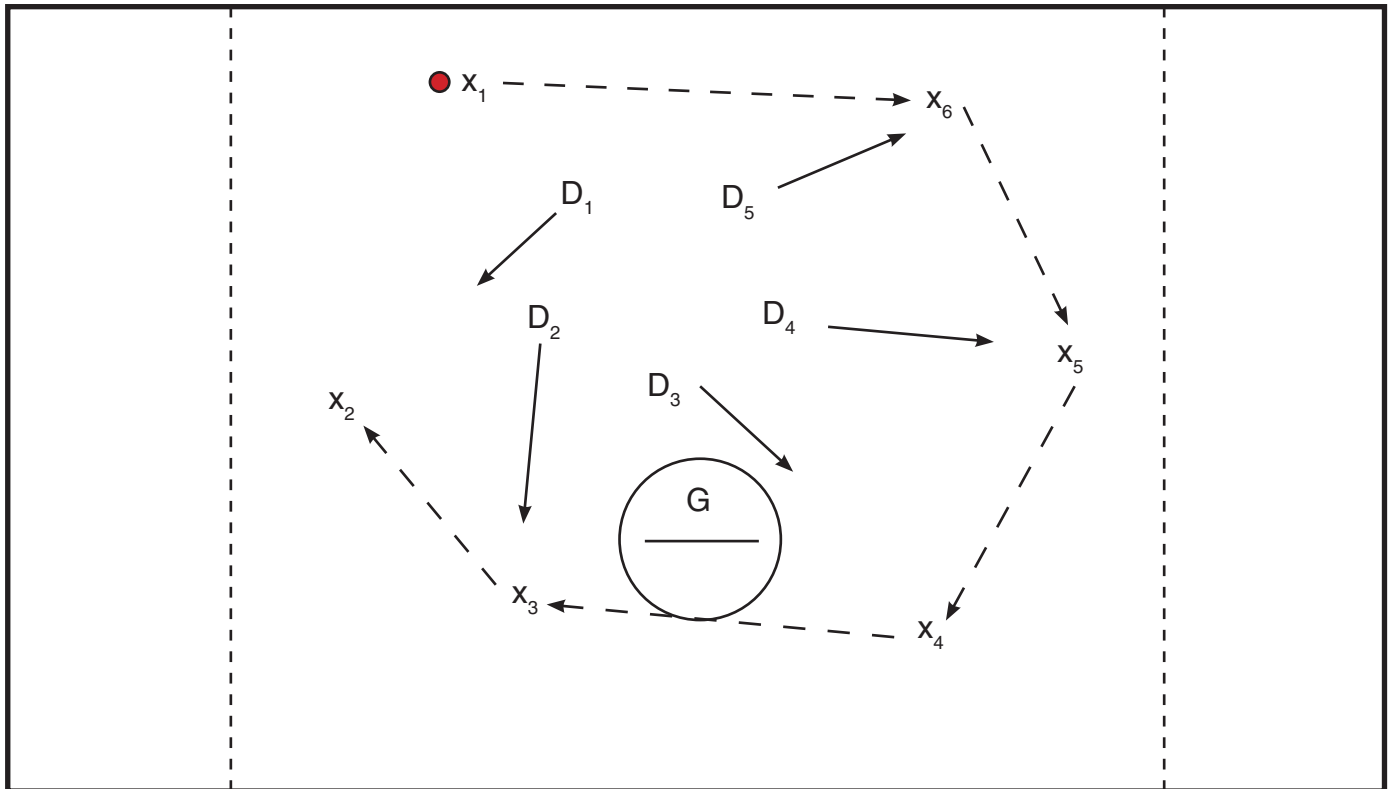
- Half-field
- Balls

## PLAYERS NEEDED

No more than 16-18 players, plus a goalie, can participate in this drill at one time.

Start six offensive players around the perimeter in the shape of a Circle offense, and start five defenders inside of them in the shape of a pentagon (like a stop sign). On a coach's whistle, the offensive players begin to pass the ball around perimeter (passing in one direction and only to the adjacent player). As they move the ball, the defenders must communicate the ball movement and rotate their positions to defend it appropriately. Have the two groups play out the 6-on-5 situation for a prescribed amount of time (30 seconds, 60 seconds, etc.).

## DRILL-EXECUTION



## SKILLS PRACTICED

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- Defensive communication
- 5-man defensive rotation

To increase the difficulty of the drill, increase the time that the offense must pass the ball. To make it more realistic, allow offensive players to change the direction of the ball's movement and to make "skip" passes (i.e., to players other than those adjacent to them). To make it more game-like, allow offensive players to shoot when they get open scoring opportunities. And, to make it more competitive, keep score – a goal is a point for the offense, and a turnover or non-shot is a point for the defense.

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## VARIATIONS/PROGRESSION

### GOALIE INVOLVEMENT

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Full

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## RELATED DRILLS

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No Skips  
Touch the Cone

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