

# MARATHON MIDDIES

## OBJECTIVE

To practice offensive and defensive recognition in even and uneven transition situations.

## SPACE/EQUIPMENT

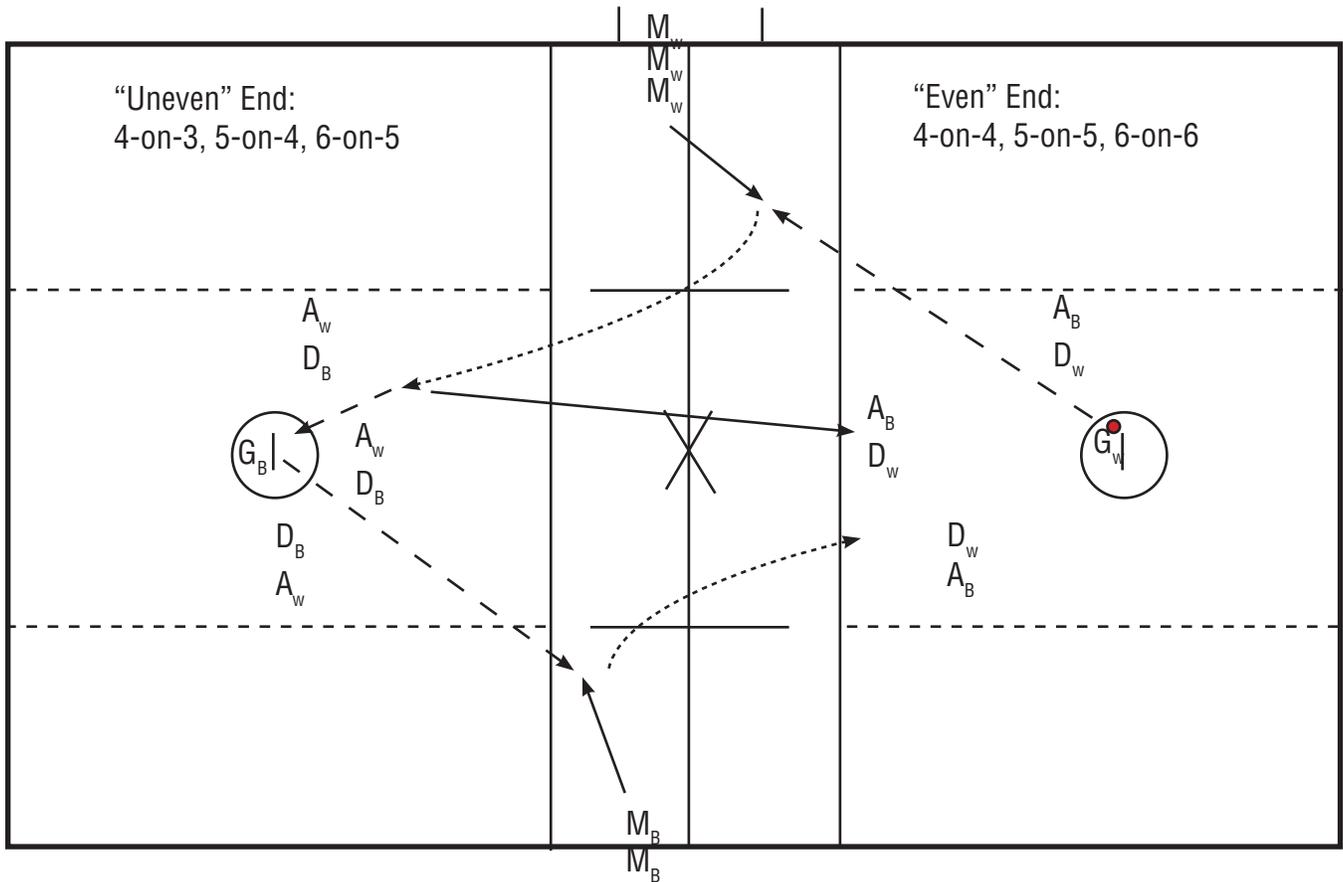
- Full-field
- Balls

## PLAYERS NEEDED

This drill requires at least six attackmen, six defensemen, and 8-12 midfielders, as well as two goalies.

Divide the team into two even groups (white and blue). Start three white attackmen, three blue defensemen, and a blue goalie at one Goal Line Extended, and three blue attackmen, three white defensemen, and a white goalie at the other GLE. Start a line of blue midfielders on one sideline at the midfield, and start a line of white midfielders on the other sideline at the midfield. The white goalie starts with a ball and outlets it to a white midfielder who breaks up-field towards the other goal where they play out a 4-on-3 against the blue defense. After a shot is taken, the ball is turned over, or it goes out of bounds, the blue goalie outlets the ball to a blue midfielder who breaks up-field towards the opposite goal. The first white midfielder sprints back to that end of the field, where they play out a 4-on-4 on the goal. After a shot is taken, the ball is turned over, or it goes out of bounds, the white goalie outlets the ball to a second white midfielder who breaks up-field towards the opposite goal. Both the first white midfielder and the first blue midfielder sprint back to that end of the field, where they play out a 5-on-4 on the goal. This pattern continues (adding one midfielder at a time, and playing uneven situations at one end and even situations at the other) until you reach a full 6-on-6. After that play ends, you reset the drill and players rotate positions.

## DRILL-EXECUTION



**SKILLS PRACTICED**

- Offensive and defensive awareness
- Transition and unsettled offense and defense
- Conditioning

**VARIATIONS/PROGRESSION  
GOALIE INVOLVEMENT**

To increase the conditioning level, challenge attackmen and defensemen to sprint to the midfield line each time the ball goes to the opposite end of the field. To increase the competitiveness, keep score.

Full

**RELATED DRILLS**

Numbers Drill  
West Genesee