

FULL FIELD 54s

OBJECTIVE

To practice offensive and defensive spacing and positioning in a 5-on-4 situation.

SPACE/EQUIPMENT

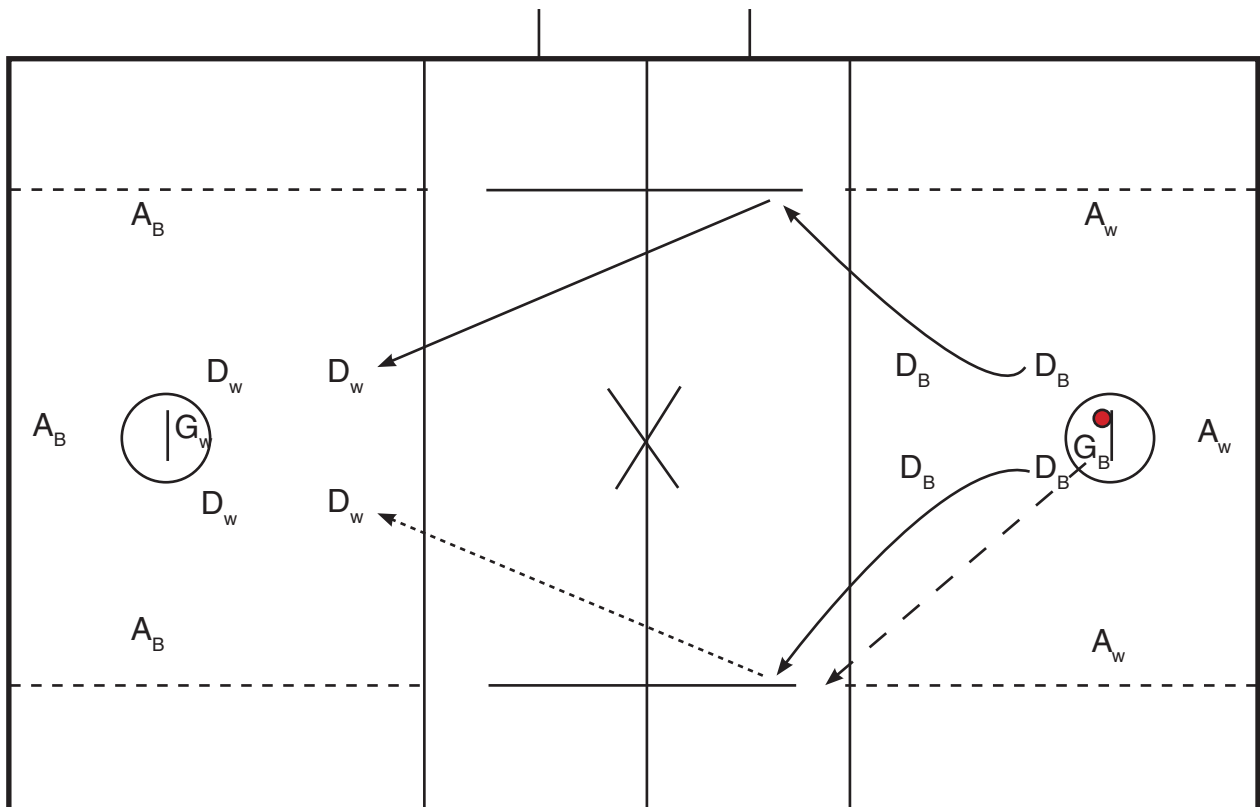
- Full-field
- Balls

PLAYERS NEEDED

An entire team of 25-30 players, including two goalies, can participate in this drill simultaneously.

At each end, start three attackmen (one on each wing and one at X), as well as four defenders (both midfielders and defensemen) in a box-shape, and one goalie in the cage. The drill starts with the top two defenders from one end breaking up and out towards the midfield line where one of them receives a pass from the goalie. They continue into their offensive end of the field and play out a 5-on-4 on the goal. When the ball is shot or turned over, the top two defenders break out, and the goalie outlets a new ball to one of them. They then play out a 5-on-4 on their offensive end of the field. Each time two defenders break up the field, two new ones replace them from the lines of extra players behind the goal.

DRILL-EXECUTION



SKILLS PRACTICED

- Defensive positioning, rotating (4-man), and communication in a 5-on-4
- Offensive spacing, cutting, and passing in a 5-on-4
- Conditioning

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

To make the drill more challenging for the offense, give them a time within which they must shoot the ball. To make it more competitive, keep score between the blue and white teams.

Full

RELATED DRILLS

No Skips
Touch the Cone
Retirement Drill