

NO SKIPS

OBJECTIVE

To improve Man Down Defense positioning, communication, and orientation.

SPACE/EQUIPMENT

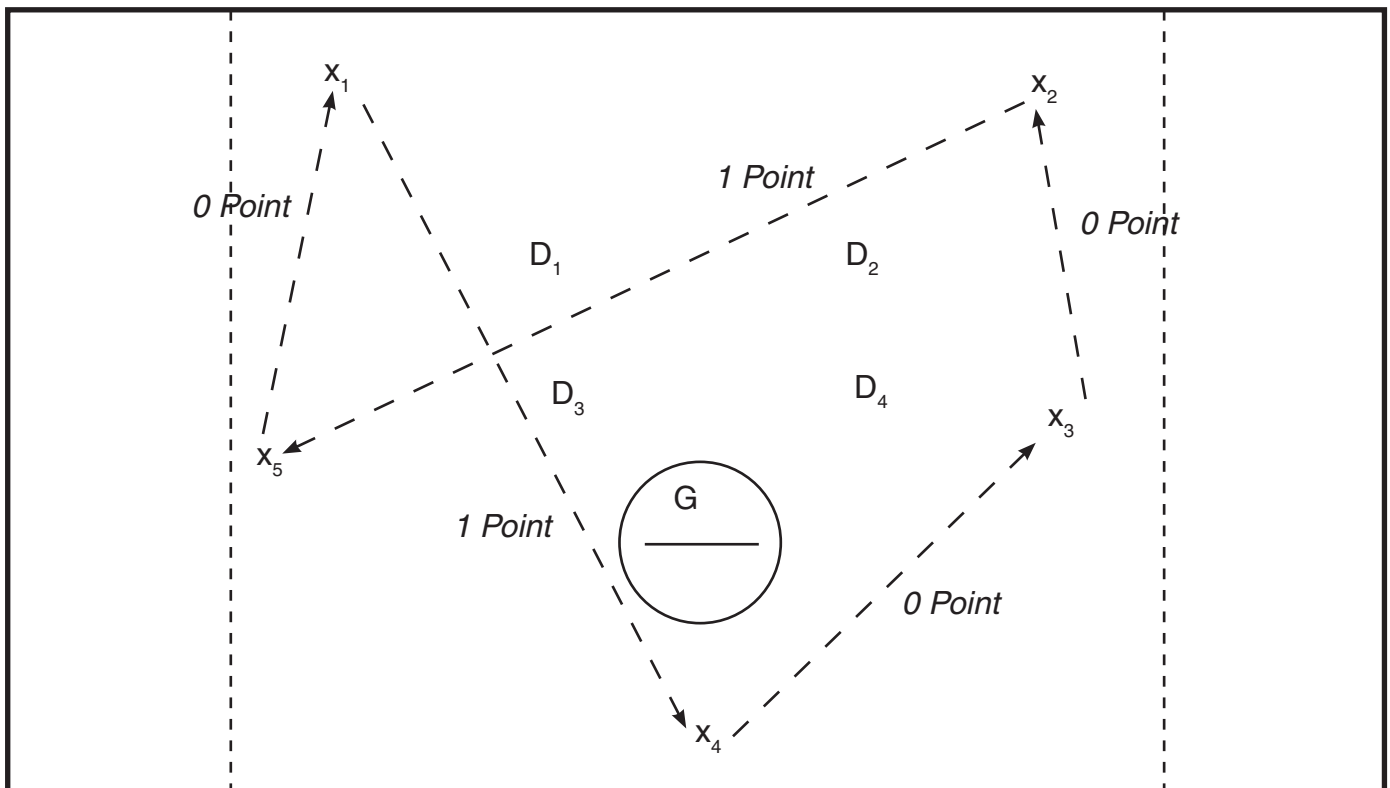
- Half-field
- Balls
- Goals

PLAYERS NEEDED

No more than 12-15 players can participate in this drill at one time.

Start five offensive players in the perimeter positions of a 1-3-2 offense (i.e., X, right wing, top-right, top-left, and left wing) and start four defenders with a goalie in a box shape inside of them. On a coach's whistle, the offensive players work the ball around the perimeter – they “score” a point each time they successfully make a skip pass (i.e., to a player not adjacent to the ballcarrier) and the defense scores each time they knock down or intercept one of these passes. See how many points teams can rack up in a 30-second or 1-minute penalty.

DRILL-EXECUTION



SKILLS PRACTICED

- Interior MDD positioning
- Blocking of passing lanes

VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

To make it more difficult for the defense, challenge them to use short sticks. To make it more realistic, allow the offense to shoot on goal once they successfully complete a skip pass.

Full

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