MEN’S 5V4 OVER THE TOP DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Man Up/Down Situations  
Field Location: Half Field  
Time Needed: 15 Min  

Drill Style: Game, Conditioning  
Field Position: Offense, Defense, Midfield  
Skill Level: Advanced

OBJECTIVE:

Teach offensive players to attack with extra players from different areas of the field. Teach defensive players to rotate on defense with one less player.

DRILL DESCRIPTION:

Coach puts ball into play at position #1-#6. Defense should stay in “diamond” shape as long as possible, do not allow zoning unless you are trying to teach them a zone. Offense should try to “drag” their man out of position by carrying the ball and then passing back to force a rotation. They must move the ball quickly to force defense to rotate. If defense is able to “hold” and not rotate there is no advantage to offense.

SKILLS PRACTICED:

- Ground Balls
- Passing
- Shooting
- Defensive rotations
- Unsettled Offense/Defense

VARIATIONS:

Offensive players can move to crease but should only be there for 1-2 passes then slide out to one side or the other to create an overload (3v2) on one side. Players are encouraged to be competitive and score can be kept (goals for offense, clears for defense). Coaches can control the length of these situations with a predetermined count; for example a 10 second count to score or get to a good shot. Drill can be run at both ends of the field to maximize "touches" for all players.
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