MEN’S BREAK AWAY DRILL

DRILL SPECS:

Drill Theme: Transition
Field Location: Half Field
Time Needed: 10 Min

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

OBJECTIVE:
To learn to recognize and execute the fast break in game situations.

DRILL DESCRIPTION:
Play 4v3 with a goalie in cage. Start the play by rolling the ball out to one of the offensive players between the restraining line and midline. The offensive player then uses the 4v3 advantage to attempt a goal. Award the offense one point for every goal and defense one point for every stop.

SKILLS PRACTICED:
• Fast break Defense and Offense
• Transition
• Number advantages/disadvantages

VARIATIONS:
You can add a recovering defender to put pressure on the fast break.
DRILL DIAGRAM: