MEN’S CANNONBALL END LINE RACE DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Transition  
Field Location: Offense, Defense, Midfield  
Time Needed: 10 Min  
Drill Style: Game  
Field Position: Full Field  
Skill Level: Advanced

OBJECTIVE:
To teach transition play creating a lot of ball movement between players.

DRILL DESCRIPTION:
Drill starts by having the players faceoff as in a game situation. The team that wins the face off attacks the appropriate end of the field in a 6v6 situation. Upon possession being determined, the coach at the end of the field not being used throws a ground ball towards the end line (end line race). The defense must come up with it and clear the ball from their defensive area.

SKILLS PRACTICED:
• Passing and Catching  
• Transition Offense and Defense  
• Settled Offense and Defense  
• Riding  
• Clearing

VARIATIONS:
Allow all players to play all positions (except goalie). In the “end line race” end of the field allow attack to play 3v3 if they gain possession.
DRILL DIAGRAM:

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