



MEN'S DEFENSIVE APPROACH DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Defense

Drill Style: Defensive

Field Location: Defensive

Field Position: Offense, Defense

Time Needed: 10 Min

Skill Level: Intermediate

OBJECTIVE:

To work on getting out to an attacker then back in. Also, to work on condition and dodging and shooting for the attacker.

DRILL DESCRIPTION:

Start by setting up 3 lines of midfielders at the restraining line and 3 lines of attack. Also, set up a line of defenders on the side of the field. The coach will stand at goal line extended and the first two defenders will come out, one playing the midfielders and one playing the attack men. The coach will throw the ball out to the first midfielder and they will dodge and try to get a shot off. Then the coach will throw a ball out to attack men and they will do the same. The coach will throw the ball to all three midfielders and attack men and the same defender has to play all 3 attackers and the other defender has to defend all 3 midfielders. Once the defender has played all three offensive players two new defenders will come out

SKILLS PRACTICED:

- Defensive Positioning
 - Breaking Down
 - Dodging
 - Shooting
 - Conditioning
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VARIATIONS:

You can alter the drill by rolling the ball out to each offensive player and making the offensive and defensive players battle for a ground ball before they go to the goal.

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DRILL DIAGRAM:

