MEN’S FEED WHO? DRILL

AUTHOR INFORMATION:

Author Name: Ted Garber
Author School: 

DRILL SPECS:

Drill Theme: Feeding and Cutting
Field Location: Attack Zone
Time Needed: 5 Min

Drill Style: Skill, Warm-Up
Field Position: Offense, Midfield
Skill Level: Basic

OBJECTIVE:

To work on developing offensive recognition skills.

DRILL DESCRIPTION:

Player X1 starts with the ball and passes it to X3. After the pass X1 and X2 exchange sides while cutting in front of X4. X4 must choose who (X1 or X2) to cover and stay with them. X3 makes a feed to the open player. X4 then chases the ball. Player who now has the ball can shoot or pass depending on how well they are defended. They are NOT to dodge the defender, but should find the open man.

SKILLS PRACTICED:

• Stepping into the Passing Lane
• Finding Open Player
• Passing and Catching
• Cutting
• Denying cuts and passes defensively

VARIATIONS:

Add additional defenders to make X3 find the open man anywhere on the field. Have the defender(s) chase the ball. Add additional attackers/defenders to make it 3v2, 3v3, 4v3, 4v4 as the offense gets better. Start the ball in different locations. After the first shot, X5 can throw an additional ball into play anywhere so all players get another repetition. Only allow diagonal passes to X3.

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DRILL DIAGRAM: