MEN’S HALF FIELD FAST BREAK DRILL

DRILL SPECS:

| Drill Theme: Transition          | Drill Style: Game         |
| Field Location: Attack Zone      | Field Position: Offense, Defense, Midfield |
| Time Needed: 15 Min              | Skill Level: Intermediate |

OBJECTIVE:

To work individual play moving into team play.

DRILL DESCRIPTION:

Players form two lines at the 50 yards line. One line of attackers and one line of defenders. Three defenders from these lines stand ready just outside the attack box. A line of midfielders stands just inside the midfield line. A goalie is optional for this game. Roll the ball for one player from the midfield line to scoop; then the player runs the 4v3 fast break. Remind the offense to get into a L formation as the fast break develops, the defense to form a triangle and both teams to watch the ball as they funnel toward goal.

SKILLS PRACTICED:

• Transition Offense and Defense
• Communication
• Ball Movement
• Number advantages/disadvantages

VARIATIONS:

The first player in the attacking line scoops up the ball; and the first player in the defensive line delays, then chases. This may end in a 4v4 situation.
DRILL DIAGRAM: