MEN’S HOT ROCK DRILL

DRILL SPECS:

Drill Theme: Ball Movement
Field Location: Midfield
Time Needed: 10 Min

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

OBJECTIVE:

To work on improving throwing skills.

DRILL DESCRIPTION:

Position three offensive players against two defensive players in a 20x20 yard box. The three offensive players pass and move within the box trying to maintain possession. The defense works together with one player covering the ball and the other defender splitting the remaining two offensive players. Several boxes can be set up to allow more players to play. All players should have an opportunity to play offense and defense.

SKILLS PRACTICED:

- Ball Movement
- Numbers Advantages/Disadvantages
- Communication
- Maintaining Possession

VARIATIONS:

Award a goal for four consecutive passes by the offense. Award a goal for an interception or for the defense gaining possession. Make it competitive.