MEN’S INSIDE OUT DRILL

AUTHOR INFORMATION:
Author Name: John Stevenson
Author School:

DRILL SPECS:
Drill Theme: Defensive Drills
Field Location: Attack Zone
Time Needed: 5 Min

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

OBJECTIVE:
To teach defensive extend and recovery.

DRILL DESCRIPTION:
Coach throws a lob pass to one of the two offensive players (X). The defenders (D) must correctly approach the ball and then recover to the inside once their man has passed the ball to another offensive player.

SKILLS PRACTICED:
• Defensive Footwork
• Communication
• Sliding and Crashing
• Forcing
• Denying cuts and passes defensively

VARIATIONS:
Add an extra offensive player as an outlet pass. Attack the goal from multiple locations. Allow it to become a 1v1 with the offensive player shooting should he beat the defender.
DRILL DIAGRAM: