MEN’S KEEP AWAY 5V4 DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Numbers Advantages/Disadvantages
Field Position: Offense, Defense, Midfield
Time Needed: 10 Min

Drill Style: Game, Skill
Field Location: Half Field
Skill Level: Intermediate

OBJECTIVE:
To improve ball movement in close quarters with pressure.

DRILL DESCRIPTION:
Midfielder (M) starts with a ball in the middle. He, along with the other midfielders (M) plays keep away from the defensive midfielders (X). Players may not go below the cones or above the restraining line. Cones should be set approximately 10 yards inside the restraining line.

SKILLS PRACTICED:
• Passing and Catching with Pressure
• Communication
• Riding and Clearing
• Long Passes

VARIATIONS:
Set a time limit for the clearing team to retain possession. After time expires introduce a fifth player or remove a clearing player. Allow it to become a 4v5 to the goal if the riding team gains possession. Can also be run between restraining boxes to allow more space for players to work within or to add additional players into the drill.
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