MEN’S MAKING A BREAK DRILL

DRILL SPECS:

Drill Theme: Transition  
Field Location: Half Field  
Time Needed: 10 Min  
Drill Style: Game  
Field Position: Offense, Defense, Midfield  
Skill Level: Intermediate

OBJECTIVE:
To recognize and execute the slow break in game situations.

DRILL DESCRIPTION:
Plat 5v4 with a goalie in cage. Set up three attack and three defense players inside the box, with three midfielders at midfield (two on offense, one on defense). Begin play by rolling the ball to one of the offensive players at midfield. Once the ball has been picked up, the defensive players run downfield, cutting off the fast-break opportunity and forcing the offense to run a slow break. Award one point to the offense for each goal and one point to the defense for every stop.

SKILLS PRACTICED:
• Slow Break Transition  
• Number advantages/disadvantages  
• Offensive and Defensive Transition  
• Ball Movement

VARIATIONS:
Periodically hold the defensive midfielder to create a 5v3 situation. A second defensive midfielder delays and sprint into the defensive area, creating a 5v5.