MEN’S MIDFIELD 4V3 ALLEY DRILL

DRILL SPECS:

Drill Theme: Number Advantages
Field Location: Full Field
Time Needed: 15 Min

Drill Style: Skills
Field Position: Offense, Defense
Skill Level: Intermediate

OBJECTIVE:
Work the clears down the sidelines and force a long slide out of the defense.

DRILL DESCRIPTION:

This drill utilizes a long pole at the midfield line, who tries to bait or run with a midfielder who initiates the drill from the corner.
1. Goalie outlets to M1, who races upfield
2. Long pole at midfield, either feathers or baits M1
3. M1 passes to M2, who tries to force defensive side for unsettled situation
4. Upon a shot, goal or losing the ball G2 releases the ball to M3 who races upfield in opposite direction
5. Long pole, if beaten badly should go to hole and then check backside pipe.

SKILLS PRACTICED:

• Transition
• Ball Movement
• Defensive Position

VARIATIONS:

Add additional trailers to the mix, or add additional defenders to the plays.
DRILL DIAGRAM:

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE