MEN’S NEUTRAL KEEP AWAY DRILL

DRILL SPECS:

Drill Theme: Even Strength
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Games
Field Position: Offense, Defense, Midfield
Skill Level: Intermediate

OBJECTIVE:
To work on developing stick skills and ball movement.

DRILL DESCRIPTION:
Remove the goal from the attack box area and position two teams of 4 players each and a neutral player. The neutral player always plays offense, providing a 5v4 advantage to the team with the ball each team tries to maintain possession by running and passing the ball. The defensive team plays zone defense, with one player covering ball and the remaining three players splitting the four remaining offensive players. The offensive players spread the defense by moving to open areas.

SKILLS PRACTICED:
• Maintaining Possession
• Communication – where to force the attacker with the ball
• Clearing space offensively
• Ball Movement

VARIATIONS:
Set up a 4v4 neutral game on the other end of the field.