MEN’S WING FAST BREAK DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Ball Movement
Field Location: Full Field
Time Needed: 10 Min

Drill Style: Skill, Conditioning
Field Position: Offense, Defense, Midfield
Skill Level: Advanced

OBJECTIVE:

To practice transition offense and defense.

DRILL DESCRIPTION:

Coach rolls out a ground ball towards wing players M1 and M2. The winner of the ground ball looks for the break midfielder (M3) and passes the ball to him for a 4v3 fast break. After a set time or number of passes, the chaser (M4) is released and a 4v4 is played, M1 and M2 drop out of the drill after the first pass is made.

SKILLS PRACTICED:

• Ball Movement
• Passing and Catching
• Long Passes
• Sliding and Crashing
• Transition Offense and Defense

VARIATIONS:

Allow all players to play all positions. Run drill at both ends of the field to maximize player involvement. After a set time, if the offense does not score add a defensive player. Allow M1 and M2 to play creating a 5v4 to 5v5 situation. Allow one shot or set time for a shot before beginning a new group.
DRILL DIAGRAM: