WOMEN’S MAN UP/MAN DOWN TRANSITION DRILL

DRILL SPECS:

- **Drill Theme:** Transitions
- **Field Location:** Half Field
- **Time Needed:** 15 Min
- **Drill Style:** Game, Skill
- **Field Position:** Offense, Defense, Midfield
- **Skill Level:** Intermediate

OBJECTIVE:

To work on offensive fast breaks and defensive slowing down the ball.

DRILL DESCRIPTION:

Need offensive and defensive players starting from half field. Create game-like situations positioning offensive players in typical transition areas. Place defensive players in recovery or anticipatory positions in order to create game-like situations. Begin with an attacker in possession of the ball at midfield. 2 attackers are below the restraining line with defenders guarding them. Defenders must slide to cover a fast break and use a lot of communication. Add more midfielders and attackers to build the drill to a 7v6 man up/man down situation.

SKILLS PRACTICED:

- Number Advantages
- Transition Offense
- Fast Breaks

VARIATIONS:

Add a recovery defender or time limit to increase pressure on the attacking unit.
DRILL DIAGRAM: