

ENTRY PASS DRILL

Objectives:

- Timing on Passing
 - Get the ball from Transition to Attack
 - Getting open through tight coverage
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Skills practiced:

- Transition, Passing in fullspeed, Catching under pressure, conditioning
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Space/Equipment:

- Half field and cones
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Players needed:

- Minimum of 6-8 players; up to 30 +
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Description:

M1 runs towards the goal as it should be in all transition drills. A1 and D1 stay at the crease with D1 being positioned between the goal and A1. As soon as M1 steps out towards the sideline A1 starts cutting also to the outside towards the ball (try to shake the defense men of, by for example stepping into him and then start your cut towards the ball). A1 tries to get open by sprinting 100% towards the ball, while D1 tries to cover him. If A1 catches, turn to the outside and carry the ball towards X. If A1 is not open, M1 does not pass and turns back to the outside.

Variations:

- Run it for a left- and right-handed clear
 - Switch attackmen and midfielders to change their perspective
 - Have a second attackmen on X who gets the pass from the catching attackmen
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COACHING TIPS:

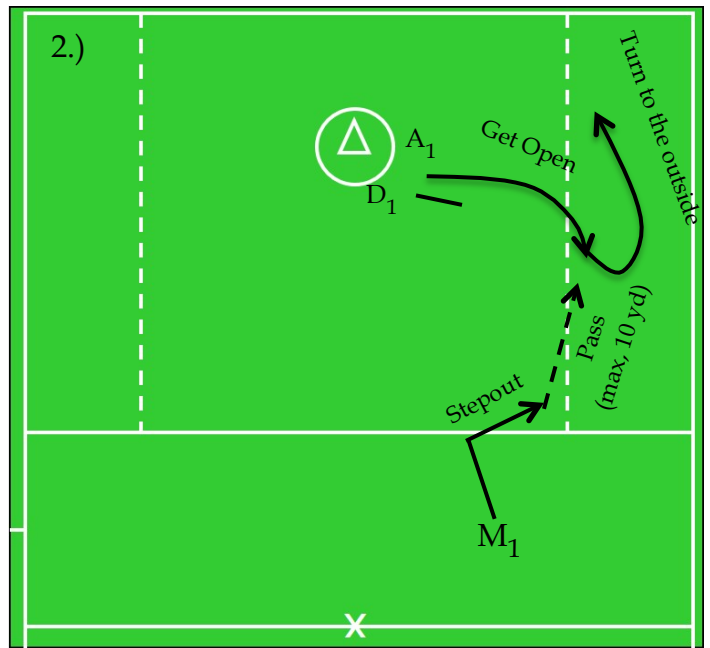
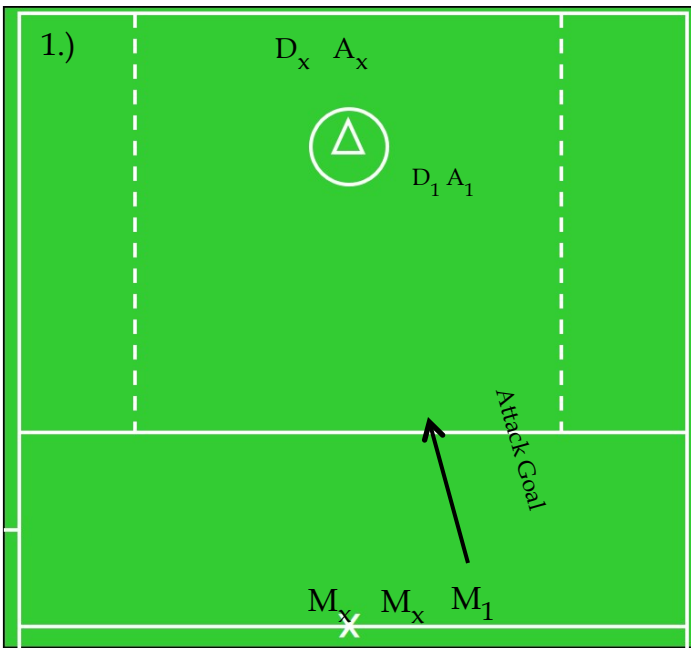
Middies drive to the goal and then step out to get your hands free.

Attack time your Cut to the ball until the middle steps out to gets his hands free. Turn to the outside

Defense stay on the Attack men and check when he is about to catch. Do not cheat play proper positioning

Player-coaches: As Attack take a break every two runs or check if the basics are done right. As Middle see

Drill of the Week



Your notes: