

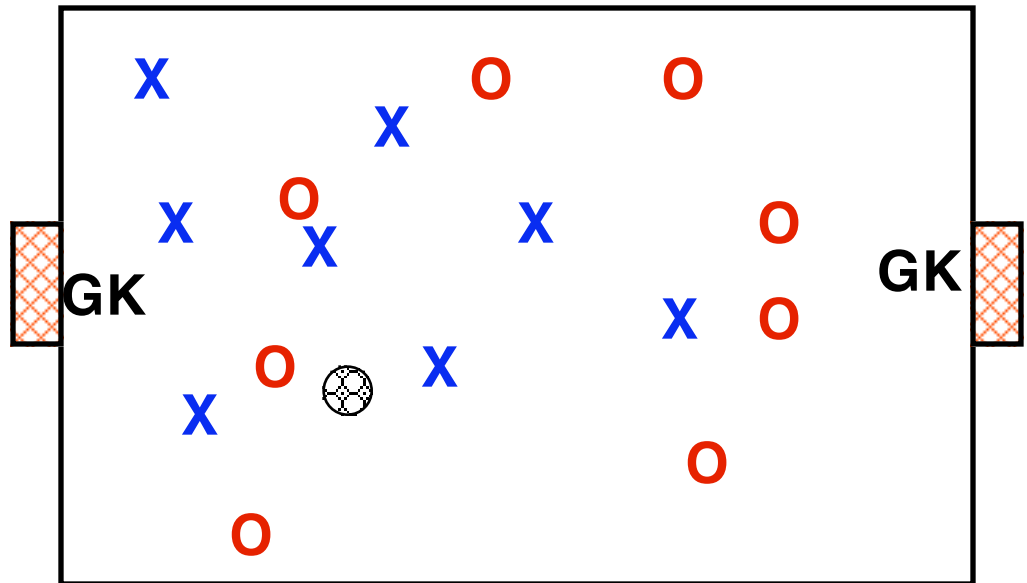
“PRESSURE TO SCORE”

GRID SIZE:

54 yards Long x
44 yards Wide
(3 18-yard Boxes)

NO. of PLAYERS:

12-18 --
2 Teams of 6-8 with
2 Goalkeepers



DRILL PROGRESSION:

- > 2 teams play a directional scrimmage
- > Once a team scores, it is not allowed to attack the goal again until the other team scores
- > EXAMPLE: Blue Team “X” scores, going from left to right. Now Blue must play “Keepaway” from Red Team “X” until Red Team “O” scores
- > Play to a time limit to increase the competitiveness to score

COACHING POINTS:

1. Excellent drill to teach “high-pressure” defending since teams are not playing to a score but rather to a time limit
2. Also good for possession
3. Make the teams play some type of formation --
 - 8 Players > 3-3-2
 - 7 Players > 3-1-3
 - 6 Players > 3-2-1