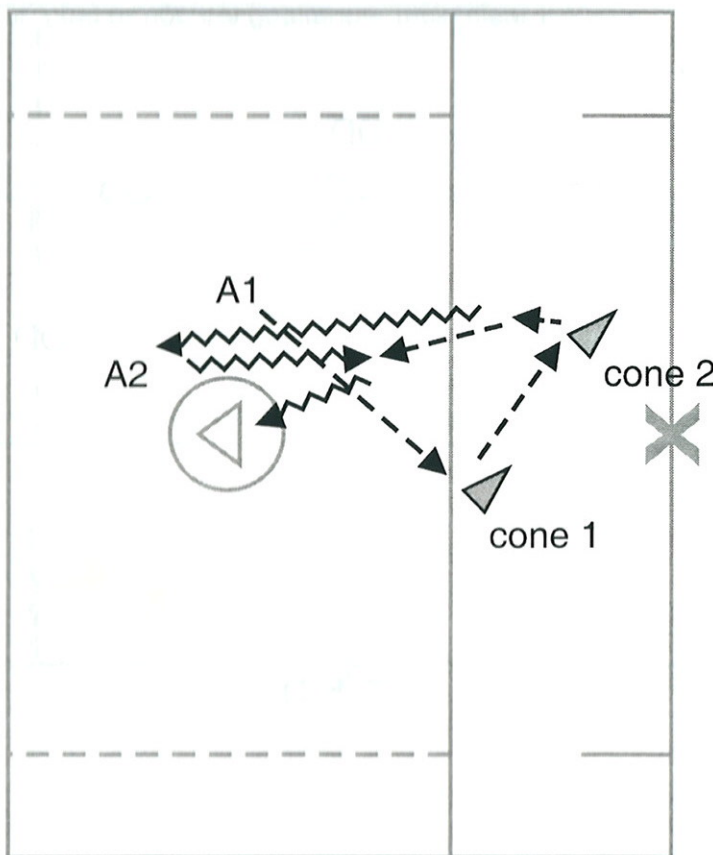


Pressure Drills

Escaping the Double Team

- Attack:
- a. A1 receives ball, squares and split dodges hard to Cone 1.
 - b. Upon hearing double call - A1 rolls, runs to Cone 2 and tosses ball to X.
 - c. A1 Recuts, receives return pass and shoots.

- Modifications can be made to adjust for midfield play from the top or midfield from the wing play.

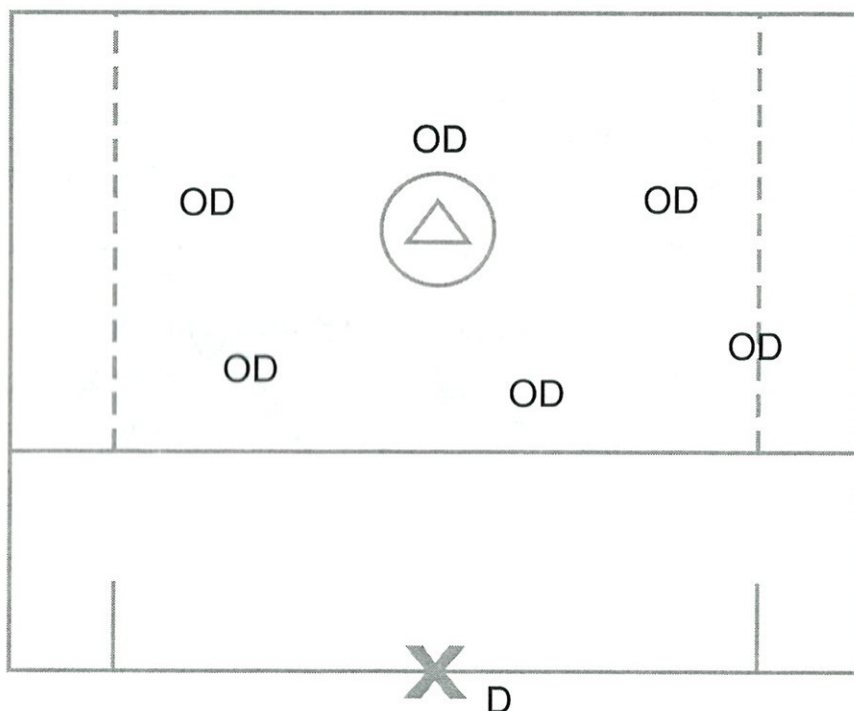


Pressure Drills

Handling Defensive Pressure

Concept: 6 on 7 (Long Poles) in the Box

- Keys:
- a. The object is to hold the ball for two minutes in the box - (not a delay situation, rather running regular offense).
 - b. Begin with 6 versus 6; after 45 seconds add 7th Long Pole.
 - c. To enable more players - sub from the midline.

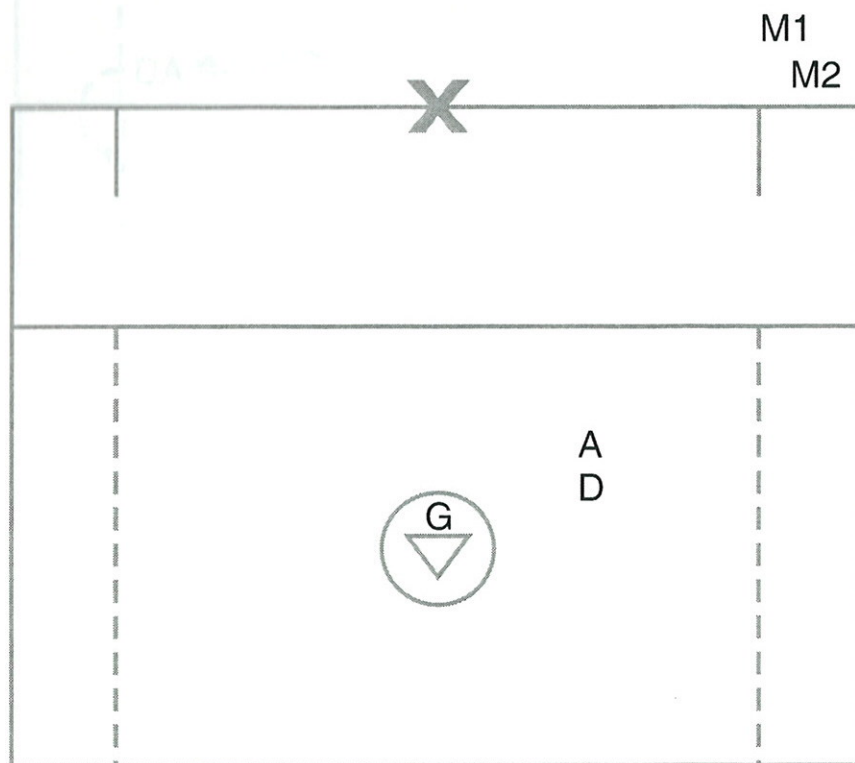


Pressure Drills

2 on 2 Pressure

Concept: Most goals are scored when one team is involved in the unsettled transition game. Often, a transition goal occurs when the opponent inefficiently applies tight man to man pressure, forcing a player to beat his man and forcing a slide. This drill involves 2 midfielders, 1 attackman, 1 defenseman and a goalie.

- Keys:
- a. Midfielders play 1 on 1 in the "alley" (area between wingline and sideline).
 - b. Attackman is shutoff by defenseman.
 - c. Once the offensive Midfielder enters the box, he must pass to attack.
 - d. Players then play 2 on 2 forcing the defense to slide.
 - e. With each shot, goal or not, the goaltender must clear the ball.

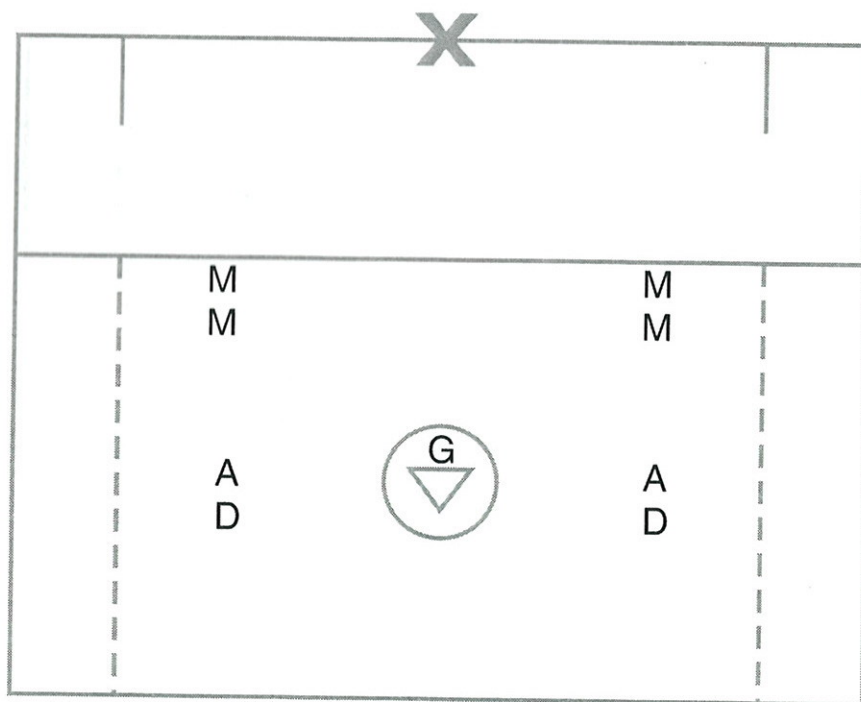


Pressure Drills

Four on Four Pressure

Concept: This drill involves 4 midfielders, 2 attack, 2 defensemen and goalie.

- Keys:
1. Offense has the ball in the box and must make 4 passes against adjacent shutoff pressure.
 2. Once 4 passes have been completed, offense may press for a score as defense drops into a soft man to man.
 3. With each shot, goal or not, goalie clears the ball.
 4. Once cleared, offense becomes defense as defense becomes offense.
 - a. forces long poles to be involved in transition game
 - b. forces attackmen to play defense
 - c. with any loose ball or loss of possession, 4 passes must be completed



Pressure Drills

Pressure Passing Drill

Concept: This drill, a modification of the 8 line drill, uses a middle chaser and an attack chaser to provide token pressure during the full field passing drill. Goalies outlet to Defenseman. Players catching the ball should turn to the outside.

