

## 4 on 4 Pressure Drill

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### Objective

Drill that forces pressure as passes are made. Once the shot, goal, or save is made the goalie always clears out to teach players to break into transition.

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### Drill Description

See below:

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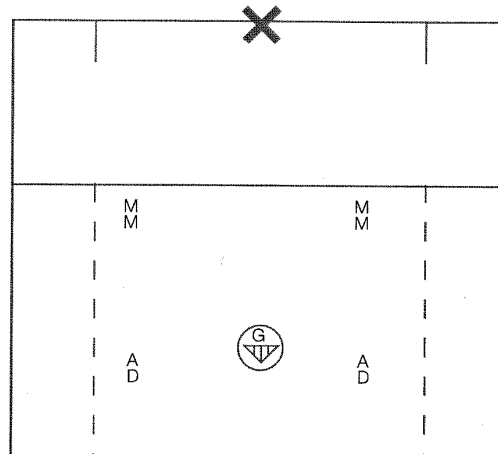
### Pressure Drills

#### 4-on-4 Pressure

**Concept:** This drill involves four midfielders, two attackmen, two defensemen and goalie.

**Keys:**

1. Offense has the ball in the box and must make four passes against adjacent shutoff pressure.
2. Once four 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, four passes must be completed



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### Variation

Have your teams with extra man on offense or defense. Use 4v3 or 3v4 to add pressure or subtract pressure.

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