

Handling Defensive Pressure

Objective To teach your players to work for the ball, handle pressure, or create turnovers in time sensitive manners.

Drill Description Place your players in the attach zone, 6 v 6. Have the offense hold the ball for 6 minutes without going out of the box. After 45 seconds add a 7th pole and work to double team.

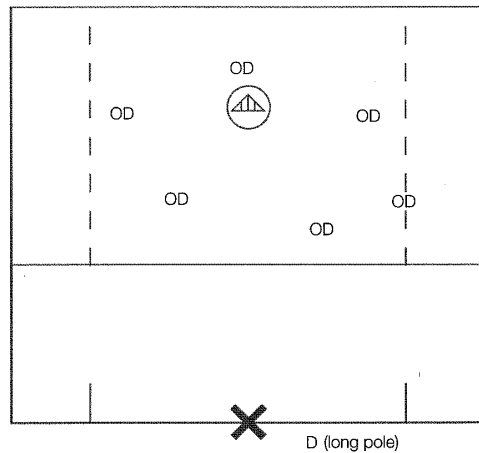
Pressure Drills

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Attack: 6-on-7 (long poles) in the box.

Keys:

- The object is to hold the ball for two minutes in the box—not a delay situation, rather running regular offense.
- Begin with 6-on-6; after 45 seconds add 7th long pole.
- To enable more players, sub from the midline.



Variation Make the zone smaller with cones, remove offensive players, utilize the goalie to double behind the cage.