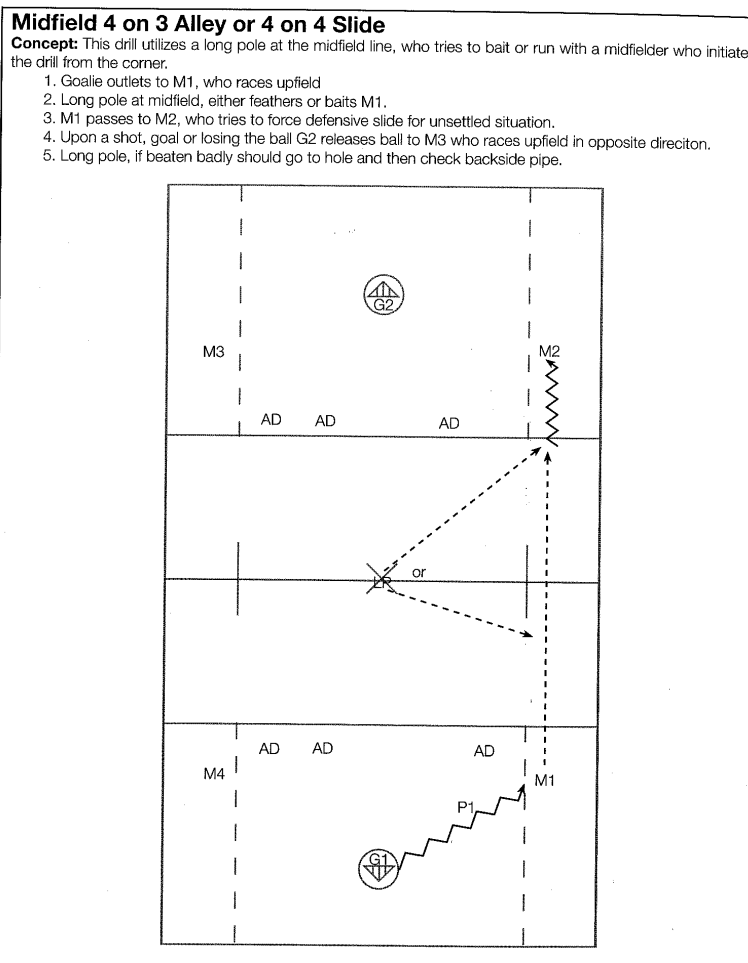


# Midfield 4 on 3 Alley

**Objective** Work the clears down the sidelines and force a long slide out of the defense.

**Drill Description** See below:

## Transition Drills



**Variation** Add additional trailers to the mix, or add additional defenders to the plays.