



MEN'S PRESSURE BOX DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Stick Work

Drill Style: Skill

Field Location: Offense, Defense, Midfield

Field Position: Full Field

Time Needed: 15 Min

Skill Level: Intermediate

OBJECTIVE:

To work on getting quick passes off while in a tight space. Also, works on defenders playing in man down situation and offensive players moving the ball quickly.

DRILL DESCRIPTION:

Start by setting up 4 cones in a box formation. Four attackers will play against 2 defenders. The 4 attackers must work the ball around in a tight space. The defenders must try to take the ball from the attackers. Due to the fact the space is so tight the attackers must communicate and move the ball quickly. The defenders are down two men so they must also use good communication to try and cause a turnover. If a turn over occurs or after the offense has successfully made a certain number of passes the drill is over.

SKILLS PRACTICED:

- Stick Work
 - Defense
 - Quick Passing
 - Conditioning
 - Communication
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VARIATIONS:

You can require that the attackers complete a required number of passers before the drill is over. You can also add more defenders as the drill goes on to increase the difficulty on the attackers.



DRILL DIAGRAM:

