



## 4 ON 4 PRESSURE DRILL

### DRILL SPECS:

**Drill Theme:** Passing/Catching  
**Field Location:** Restraining Box  
**Time Needed:** 5-10 Min

**Drill Style:** Drill  
**Field Position:** All  
**Skill Level:** Basic, Can be progressed

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### OBJECTIVE:

This objective of this drill is to create pressure as passes are made and to teach players to break into transition.

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### DRILL DESCRIPTION:

See Below

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### DRILL EXECUTION:

- This drill involves four midfielders, two attackmen, two defensemen and a goalie
- Offense has the ball in the box and must make four passes against shutoff pressure.
- Once four passes have been completed, the offense may press for a score as the defense drops into a soft man to man coverage.
- With each shot, goal, or turnover, the defense will look to clear the ball.
- Once the ball is cleared, the offense becomes the defense and the defense becomes the offense.
  - This forces long poles to be involved in the transition game, and forces attackmen to work on their defense (riding) skills
- With any loose ball or change of possession, four passes must be completed.

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### SKILLS PRACTICED:

- Passing and catching under pressure
- Ability to get open under pressure
- Ball handling and awareness in small space
- Awareness in transition situations

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### VARIATIONS:

- Have your teams practice this with extra man on offense or defense. Use 4v3 or 3v4 to add or remove pressure.

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**[USLACROSSE.ORG/COACHES/DRILLSARCHIVE](http://USLACROSSE.ORG/COACHES/DRILLSARCHIVE)**

**DRILL DIAGRAM:**

