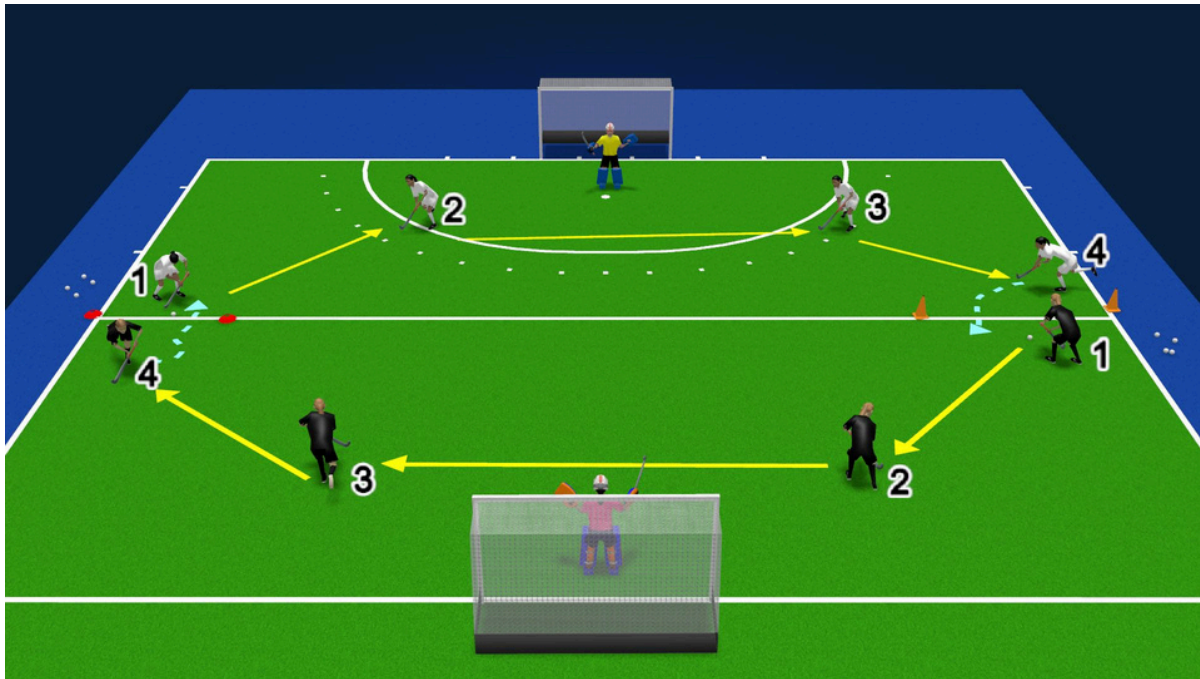


Transfer Competition (4v4)

Category: Speed of Transfer to Goal
Difficulty: Beginner > Intermediate
Drill of the Week #8

Transfer Competition (4v4)



Goal: Practice your transfer ball speed from one side of the field to the other that ends in an attacking sequence to goal.

Skill emphasis: Quick passes with much pace along with attacking out of a successful full-field transfer.

Drill:

1. Players are set up like the diagram above; four players in white (1-4) and four players in dark (1-4) and a goalkeeper in each cage.
2. Player 1 on **each** team starts with a ball on the 23-meter line and waits for the whistle. On the whistle Player 1 on both teams at the same time passes to Player 2, who passes to Player 3 who passes to Player 4 as fast as they can. All four players must receive and pass the ball.
3. Whichever Player 4 on either team tracks the ball through their gate first the coach will yell RED or ORANGE to acknowledge the winning team and now they play 4v4 to goal until it is scored or out of play. There can be a counterattack if the defending team comes up with the ball they attack to their cage. Players then reset and start the drill again.
4. You can also add a player on each endline - Player 5 - to be added IF their team wins the transfer race to make it a 5v4. You can switch starting gates to practice right to left transfers halfway through the drill. If a ball goes out of bounds during the transfer race that ball is out and that team will be defenders first.