

Earn It!

Submitted by Kelsi Lykens, Assistant Coach, West Chester University

OBJECTIVE

Develop attacking decision-making in a 3v2 situation while challenging defenders to “earn” their way out of the drill with successful outlet passes. Emphasize quick transitions from defense to offense.

DIAGRAM



PROGRESSION



Scan to view
drill video



SETUP

Players

- 2 Teams of Field Players
- 1 Goalkeeper
- Additional attackers in one line at the top of the 25-yard line
- Additional defenders in two lines outside the sidelines

Area

- Channel extending from the penalty corner insert mark to the 25-yard line

Equipment

- Goal
- Balls & Cones

EXECUTION

1. Three attackers begin inside the playing area while two defenders enter from the sidelines to create a 3v2.
2. Play starts with an entry pass from the 25-yard line. The first pass cannot enter the circle.
3. Attackers continue until they score or the ball goes out of bounds, then receive a new ball (“make it, take it”).
4. To rotate out (Earn It!), defenders must win possession and complete an outlet to a teammate moving along either sideline.
5. After a successful outlet, the defenders exit, the outlet receiver returns the ball to the top, and two new defenders enter.

POINTS OF EMPHASIS

- Create width and move the ball quickly to exploit the numerical advantage.
- Defend with patience and communicate to force turnovers.
- Win the ball and execute a composed outlet to “earn” the rotation.
- Outlet players should stay active to create passing lanes.
- Transition quickly after every turnover.

PROGRESSION

- Extend the playing area to the 50-yard line to increase space and running demands.
- After a successful outlet, transition into a 2v1 toward the opposite goal.
- Add a second goalkeeper to train both goals simultaneously.

Drill Booklet Key

- Pass
- Run without the ball
- Dribble
- Shot