



Area 4-1 to Goal

Category: Tactical: Offensive (Numerical Advantage)
Difficulty: Transition Phase

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Individual-Adult Member

Description

Screen 1

Objective: Work on attacking and defending the circle with a variety of numbers scenarios. Encourage players to adjust their defensive positioning or attacking structure depending upon the scenario and based on field hockey principles:

- 3v2: defensive pressure/cover, attackers creating 2v1s
- 1v1: defenders maintaining engaging distance, attackers going with speed
- 2v1: defenders pressuring the ball while staying in an intercepting line, attackers tracking and passing in different lines, leading behind the defender



Set Up:

Create four areas in the attacking 25 with flat cones.

Establish ball piles at the top of each area.

Separate your group into attack and defense.

Drill:

1. In Area 1 (2v2) the attacker passes the ball to a defender, the defender passes back to the attacker, starting the 2v2 into the circle.

The play ends with a goal, a penalty corner, or the ball goes out of bounds.

2. Once the ball in Area 1 is done, an attacker in Area 2 (3v2) checks the ball to the defender. Play is live into the circle.

3. Once the ball in Area 2 is done, an attacker in Area 3 (2v1) checks the ball to the defender. Play is live into the circle.

4. Once the ball in Area 3 is done, an attacker in Area 4 (1v1) checks the ball to the defender. Play is live into the circle.

Players can stay in their areas for several rounds before rotating or for the entirety of the drill if you want to keep them on the sides or area that relates best to their position.

Recommendations/Modifications:

To add more complexity to the drill, allow each area to stay in the circle during the next group's phase of the drill.

After the play is over, have a coach hit a second ball into the circle for the group to play out before the next area starts.

Alter the numbers in each area to accommodate COVID-19 pod limitations.

If your group is required to physically distance, take out the defenders and add obstacles or a required number of touches/passes in each area before a shot on goal.

Drill provided by Sandy Miller, East Stroudsburg University.

The NFHCA Drill of the Week is sponsored by FieldTurf®.