



Add Fill Drill

Appropriate Age Group: 11-19

Skill(s) Practiced: Passing, Catching

Drill Duration: 5-10 minutes

Resources: Balls, Cones, Goal

Description: ● starts with a ball and dodges, while on-ball D takes away the middle of the field. On a "Fire" call, the low D slides to assist the on-ball defender, while the backside D fills his spot. The original on-ball defender will recover to where the fill man came from.

Progression(s): Vary locations. Add ● players as outlets. Allow double teaming.

Drill Diagram(s):

