



Sniper Drill

Appropriate Age Group: 12-19

Skill(s) Practiced: Sliding, Recovering

Drill Duration: 5-10 minutes

Resources: Balls, Cones, Goal

Description: Set up 6v6 in the attack box. Each defensive player is given a number 1 through 6. On the whistle, the offense begins moving the ball around the perimeter, not attacking the interior, while the defense moves in whatever your system is. The coach will call out a number and the corresponding defender must immediately run to a cone and touch it before returning to play. The offensive player will try and move into a scoring position, while the remaining defenders slide to keep him from scoring until the player that left is back into the play.

Progression(s): Vary locations. Allow double teaming. Send more than one defender out at a time.

Drill Diagram(s):

