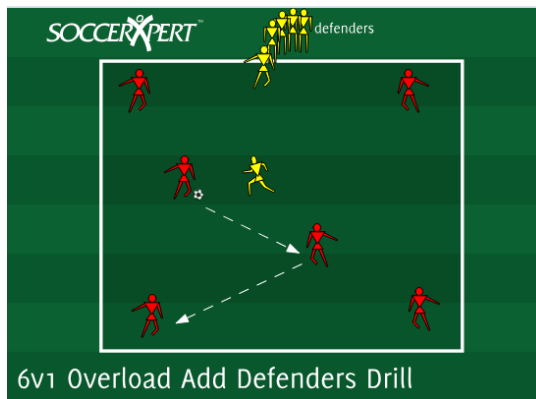




Drill Quick Glance

Age: 13+	Field: 20X25
Players: 12+	Time: 20 mins.
Difficulty: MEDIUM	Focus: POSSESSION
Keeper: NO	Type: TEAM
Author: Chris Johnson	

Equipment

Soccer Balls | Disc Cones/Markers | Scrimmage Vests

6v1 Overload Add Defenders Drill

Objective:

This drill builds players' ability to think quickly and adapt as defensive pressure increases. Starting easy with six attackers against one defender, the drill gets harder each time a new defender enters. Players learn to recognize space, make faster decisions, and adjust their positioning as numbers change. The attacking team develops creativity and problem solving skills as they figure out how to keep possession against growing pressure. Defenders work on coordination and learn to press as a unit. The transition element is huge because when the ball changes hands, players must instantly switch their mindset from attack to defense or defense to attack. This mirrors real game situations where numerical advantages shift and players need to respond immediately.

Setup

- Create a square or rectangular grid using cones, sized 20x20 yards for younger players or 30x30 yards for older players
- Place one defender in the grid to start
- Position six attackers inside the grid with one player starting with the ball
- Keep the remaining players outside the area ready to enter as additional defenders
- Have extra balls nearby to restart play quickly when needed

Instructions

1. The attacking team begins play by passing and moving to keep possession away from the single defender
2. Attackers try to complete as many consecutive passes as possible
3. Add a new defender when the attackers reach a set number of passes, such as 5 or 10 consecutive completions
4. When possession changes, the attacking team starts their pass count from zero
5. Continue adding defenders each time the pass target is reached
6. The drill progresses from 6v1 to 6v2, then 6v3, and continues until a set time limit or number of defenders is reached
7. Reset the drill or rotate players after reaching the predetermined endpoint

Coaching Points

- Attackers need to scan constantly to find open teammates and identify where space exists
- Communication is essential as pressure builds. Simple calls help teammates know support is available
- First touch must move the ball away from pressure and into space where the next pass opens up
- Players without the ball should make sharp runs at angles to create clear passing lanes
- As more defenders enter, attackers must spread wider to stretch the defense
- The closest defender to the ball should apply immediate pressure to limit time and space
- Defenders must stay patient and avoid diving in, which creates gaps for attackers to exploit
- Defensive players should work together to cut off passing options and force mistakes
- Watch for the transition moment when the ball turns over. Instant pressure or instant support makes the difference
- Players switching from attack to defense need to recover quickly with their head up looking for the ball

Variations

- Limit attackers to two touches or one touch only to increase speed and sharpness
- Award points to defenders if they force the ball out of bounds to increase their motivation
- Require attackers to complete a minimum number of passes before they can score through a mini-goal
- Create zones where the ball must enter before a pass counts toward the total
- Add a rule where attackers must use both feet or alternate which foot they use
- Place restrictions on where defenders can position themselves initially to give attackers time to settle
- Make defenders do a physical challenge like five pushups before entering the grid
- Track which group of attackers can complete the most passes before losing possession