

3 v 2 to 4 v 3 Drill

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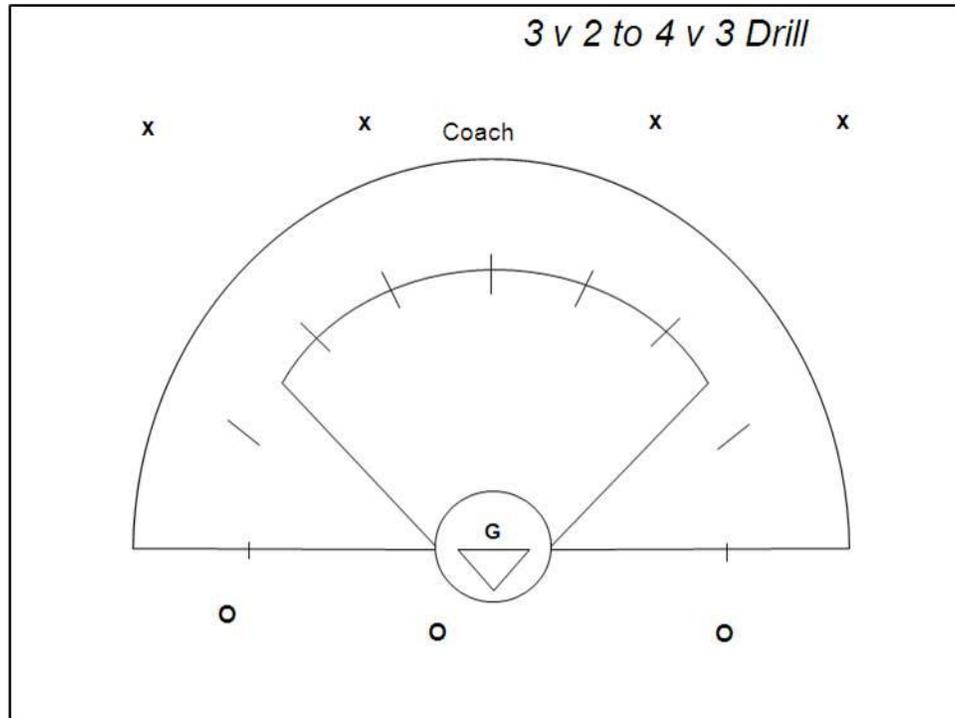
Drill Specs **Drill Theme:** Transitions, **Drill Style:** Game **Field Location:** Attack Zone
Number ads – dis. **Time Needed:** 20 Min **Skill Level:** Advanced
Field Position: Offense, Defense

Objective Attack: Move the ball quickly to generate a scoring opportunity.
Defense: Communicate, work to put pressure on the ball and create a turnover then attack quickly

Drill Description Set up the drill as seen in the diagram below with 4 lines at the top in one color piney, 3 lines below the goal line extended in another color piney, and a coach at the restraining line with balls. The coach rolls a ball out to one of the 3 players behind the cage and 2 players from the middle two top lines drop in to play defense. The attack should look to move the ball quickly and play out the 3 v 2 looking for the best scoring opportunity. If the goalie makes a save or the defense causes a turnover, they outlet to one of the outside lines and attack as a 4 v 3 with the initial 3 attackers now becoming defenders. If the attack scores in a 3 v 2, the coach sends a ball into one of the two outside lines at the top and they immediately attack as a 4 v 3. If the defense or goalie gets the ball in the 4 v 3, play it out until they clear it past the restraining line. All players clear out and the coach rolls a ball into a new group and the drill starts again. Play for 5 – 10 minutes then switch the teams so each gets to play the 3 v 2 and 4 v 3.

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3 v 2 to 4 v 3 Drill, Continued



Skills Practiced

- Quick transition and passing
- Communication
- Defensive slides

Variations

- Add a recovering defender
 - Play it as a 4 v 3 to a 5 v 4
 - Make it a competition and keep score
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