

# 3 v 3 Across the Field



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**Objective** The objective of the drill is to practice transition with maximum passes. The players need to make 3 passes within the box area before a new 3 players jump in with the defense.

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**Drill Description**

**PRINCETON**

   
**CHRIS SAILER**

**3v3 ACROSS THE FIELD**

**DESCRIPTION**

- Set up your team by dividing them in two teams
- Separate half of each team on both sides of the sideline
- Start the ball with one group out in the field
- Team black has the ball and needs 3 complete passes before the ball can be moved to their team who is waiting at the sideline
- Once the 3rd pass is made they can make a cut onto the field to the ball carrier
- If the ball is knocked down by defense or thrown out of bounds it becomes a turnover and goes to the other team
- The defense now becomes the offense

Great for transition work!

**3v3 ACROSS THE FIELD**

**Variation** You may vary this drill with 4 v 4, 5v4, 6v4, or 7v7 based on the number of players you need to get moving.

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