

3 ON 2 INTO 4 ON 3

Objectives:

- Basic defense & communication
 - Dynamic positioning
 - Switch from Offense to Defense
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Skills practiced:

- Ball movement, attack the seams, man down defense, rotating defense
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Space/Equipment:

- Half field and cones, at least 2 balls
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Players needed:

- Minimum of 7 players; up to 30 +
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Description:

3 offensive (x) and 2 defensive (o). Offense has no restrictions. o₁ has to defend the ball, the other defender positions between the other offensive players (both o's are in a stacked position). On a pass, the 2nd o approaches the ball and yells "Ball" and the 1st o repositions between the other offensive players and yells "Pass". This repositioning happens on every pass. After a the ball is shot, two new o's come in and the o's become offense while the x's are now defense. They form a triangle pointing towards the ball. The positions are "Ball", "Left" and "Right", rotate the positons on each pass.

Variations:

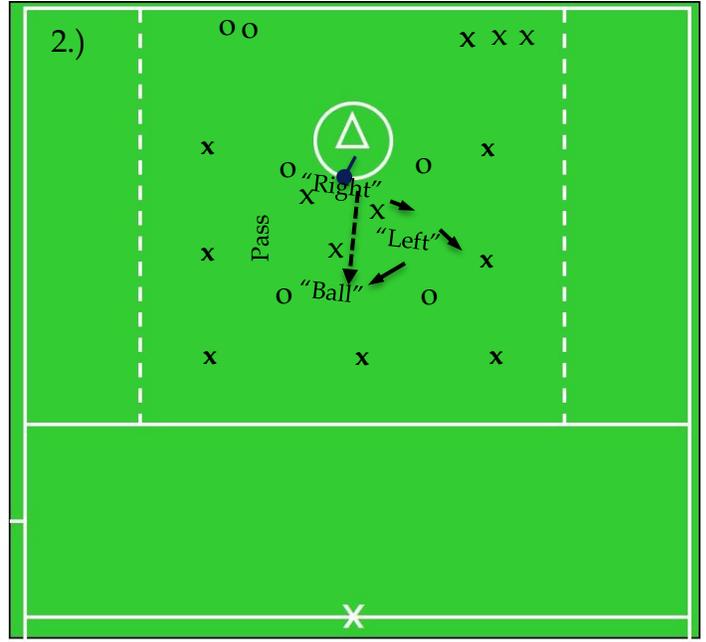
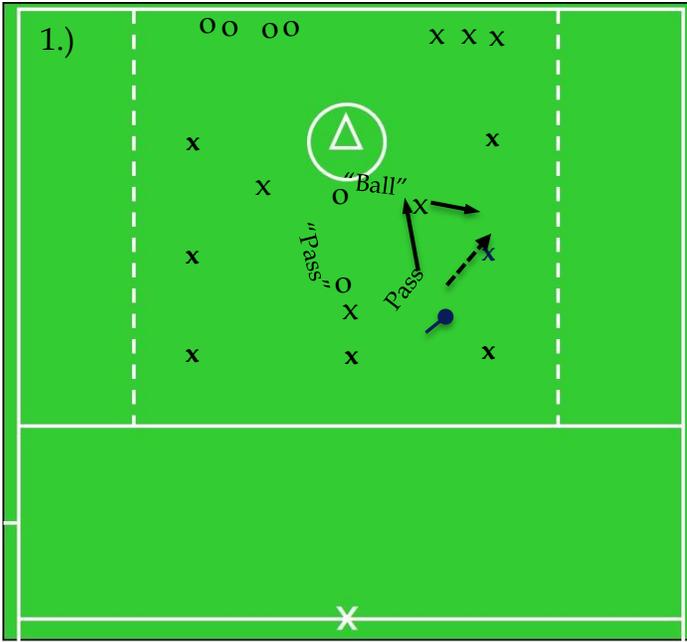
- Give a 4 pass minimum rule
 - Make it 4 on 3 into 5 on 4
 - Use a 2nd cage 40 yd's away so that the defense and offense has to run back
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COACHING TIPS:

The team learns how to perform defense as a team. That is why they are always man down so that they have to work together in the "Stacked" and "Triangle" system. Make sure they call out the commands, because they are crucial in a ballgame. Make sure that the defender who recovers after the pass opens up towards the ball with the stick up to close the passing lane.

Playercoach: Get involved and let them play. Watch that players end up in the assigned positions.

Drill of the Week



Your notes: