MEN’S 3V2 TO 2V1 DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Transition
Field Location: Offense, Defense, Midfield
Time Needed: 10 Min

Drill Style: Skill, Conditioning
Field Position: Half Field
Skill Level: Advanced

OBJECTIVE:
To practice goalie and defensive clear outs with pressure. Also focuses on re-defending for attackers and possession. To improve transition offense and defense.

DRILL DESCRIPTION:
Goalie starts with a ball in the crease and makes an outlet pass to one of the three X players. X players go towards the opposite goal and play a 3v2 against the D players. The last X players to touch the ball (shot, bad pass, drop, etc...) must get back and play defense against the D players in the 2v1. The remaining X players drop out of the drill and go into the D lines. The goalie can give an outlet pass to D to start 2v1 or the D can recover a groundball. After D players and lone X play the 2v1, 3 new players are released to restart the drill.

SKILLS PRACTICED:
- Passing and Catching
- Clearing
- Defensive Breakouts
- Cutting and Feeding
- Transition Offense and Defense

VARIATIONS:
Set up multiple goals and run several groups to maximize player involvement. Set a time limit for the shot. Have goalie use a ground ball instead of a pass. Coach can blow whistle and player with ball must roll it out of the way and a new ball can be thrown or rolled in anywhere.