MEN’S 3V2 OUT AND BACK DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Transition  
Field Location: Offense, Defense, Midfield  
Time Needed: 15 Min  
Drill Style: Skill  
Field Position: Half Field  
Skill Level: Intermediate

OBJECTIVE:
Teaching players the basis of transition play on offense and defense.

DRILL DESCRIPTION:
Lines 1, 3 and 5 are on offense and must pass the ball on way out & back to midline. Defensive lines # 2 & 4 must sprint to midline and drop to a stack in the hole area. Play out the 3 on 2.

Coaching Points – defense! Stress communication and tight stack, goalie directs slide. Pick up late, stay tight. Point man stops ball. Hole man goes to first pass.

Offense – stay spread. Draw and dump; great shooting drill. 
Players rotate to right: younger grades = D lines are only D-men; HS players rotate to all lines.

SKILLS PRACTICED:
Offense:
• Passing and catching on the run (offense must make good decisions with the ball and shoot well).
• When attach runs in D-lines helps riding
Defense:
• Transition and communication (D start in tight and hold as long as possible.
• Sticks in passing lanes. Force as many passes as possible

VARIATIONS:
Can be done in smaller area. Great transition drill and conditioning.
DRILL DIAGRAM: