MEN’S FAST BREAK DRILL FROM FACE-OFF

DRILL SPECS:
Drill Theme: Transition
Field Location: Full Field
Time Needed: 20 Min

Drill Style: Game
Field Position: Offense, Defense, Midfield
Skill Level: Basic

OBJECTIVE:
To work both face offs and fast breaks for your offense and defense.

DRILL DESCRIPTION:
Two middies come to the faceoff x with a ball each. One is used for the face off and the other ball is placed off to the side. Both players face off with the first ball, and the winning face off middie attacks with the first ball, while the losing middie grabs the 2nd ball to attack the opposite end. The players push the fast break and run a quick 4 on 3 break. Then two more middies come in at the face off x and run things again.

SKILLS PRACTICED:
• Transition Offense
• Transition Defense
• Number Advantages and Disadvantages
• Face Offs

VARIATIONS:
To vary the drill you may add an extra defensive player at the box area that will run in as a training defense after the face off. This will make a 4v4 if the fast break doesn't work and you have to slow the break. You may also want to add wing players and have the face off men run face offs until their ground gets the ball. Whoever gets the ball is then to take the ball down on the break as they others stay behind.