MEN’S KEEP AWAY 3V2 DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Stick Movement
Field Location: Offense, Defense
Time Needed: 10 Min

Drill Style: Skill, Game
Field Position: Half Field
Skill Level: Intermediate

OBJECTIVE:

To work on improving ball movement in close quarters with pressure.

DRILL DESCRIPTION:

Goalie starts with a ball on the end-line. He has two defensemen on his team. Two attackmen start 5 yards above the end-line. Goalie and defensemen play keep away by quickly moving the ball between them, while the attackmen attempt to gain possession or force the ball out of bounds. Players cannot cross the row of cones set up at the Goal Line Extended (GLE).

SKILLS PRACTICED:

• Passing and Catching
• Communication
• Ball Movement
• Riding and Clearing
• Long Passes

VARIATIONS:

Set a time limit for clearing team to retain possession. After time expires introduce a third riding player or remove a clearing player. Allow it to become a 2v2 to the goal if the attack gains possession.
DRILL DIAGRAM:

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