MEN’S STATE CHAMPIONSHIP DRILL

AUTHOR INFORMATION:
Author Name: Larry Glenz
Author School: Lynbrook High School

DRILL SPECS:
Drill Theme: Transitions
Field Location: Offense, Defense
Time Needed: 10 Min
Drill Style: Game
Field Position: Full Field
Skill Level: Basic

OBJECTIVE:
To develop full field transition and broken situation offensive and defensive skills.

DRILL DESCRIPTION:
Two full teams set up anywhere on a full field. Coach throws out the ball to any part of the field. Player who gets the ball has to move it up-field within 5 seconds. If the ball slows down for more than 5 seconds, coach blows the whistle and throws out another ball to a different part of the field. Try to make spectacular full field transition plays. Have your team look for the following:

• Pushing the ball up the field offensively
• Moving off the ball in a full field situation
• Keeping eyes up looking for up-field opportunities
• Also forces the defense to get back on defense and communicate
• Long passes are encouraged

SKILLS PRACTICED:
• Field awareness
• Fast break
• Conditioning
• Even Strength Drill

VARIATIONS:
Keep the drill fresh by blowing a whistle where the ball slows down. Throw out new ball to any part of the field.

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE
FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE