MEN’S TRANSITION DRILL
FAST BREAK DRILL: FULL FIELD

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme:</th>
<th>Transition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Location:</td>
<td>Full Field</td>
</tr>
<tr>
<td>Time Needed:</td>
<td>20 Min</td>
</tr>
<tr>
<td>Drill Style:</td>
<td>Skills</td>
</tr>
<tr>
<td>Field Position:</td>
<td>Offense, Defense</td>
</tr>
<tr>
<td>Skill Level:</td>
<td>Advanced</td>
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</tbody>
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OBJECTIVE:
Have your players run the fast break on offense and then work on getting back up field or give your team the re-clear/ transition work in practice that you get in games. This will allow for a constantly moving drill that will get your team working the breaks on both sides of the ball.

DRILL DESCRIPTION:

- L shaped set by attack, draw and dump philosophy.
- Middie must make 1st Defenseman Commit.
- Goalie clears from shot to middie breaking down the wing or to wing defenseman who will clear ball to middie.
- Riding is optional initially but should be in place by mid-season to train attack to pursue ball on clears.

SKILLS PRACTICED:

- Fast break
- Conditioning

VARIATIONS:
To vary the drill you may want add more players as trailers in the play, or have your attack player’s look to bang the ball through X till the play gets settled, or set up plays for trailers and box subs.
DRILL DIAGRAM:

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