MEN’S US DRILL

DRILL SPECS:

**Drill Theme:** Even Strength  
**Field Location:** Attack Zone  
**Time Needed:** 15 Min

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

OBJECTIVE:

Works on aggressive/smart double teaming and defensive shifting and communication. Attack movement and quick passing.

DRILL DESCRIPTION:

Start with splitting the attack zone in half so that each set of 3v3 is only working on one side. You need 3 defenders and 3 attackers on each side. Start the drill on a whistle and with a definitive double team. Play the 3v3 live until the ball is in the cage or has been cleared to a specified area. Emphasize the use of communication and defensive slides to help. Also show the attack to change speeds and make cuts to ball, not just side-to-side.

SKILLS PRACTICED:

- Double teaming
- Defensive slides
- Clearing space offensively
- Ball Movement
- Denying cuts and passes defensively

VARIATIONS:

You can make one side a 3 v 3 and one side a 3 v 2. A defender from the 3 v 3 needs to slide over to the 3 v 2 to help. Explain there must be a lot of communication for the drill to be effective.