WOMEN’S 3V2 SIDESWAYS DRILL: TEACHING LOCAL OVERLOADS

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme:</th>
<th>Number Advantages</th>
<th>Drill Style:</th>
<th>Games</th>
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</thead>
<tbody>
<tr>
<td>Field Location:</td>
<td>Half Field</td>
<td>Field Position:</td>
<td>Offense, Defense</td>
</tr>
<tr>
<td>Time Needed:</td>
<td>20 Min</td>
<td>Skill Level:</td>
<td>Advanced</td>
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</tbody>
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OBJECTIVE:

This drill is excellent for teaching “local overloads” from both a defensive and offensive point of view. This is the basis for 1-3-2 and 1-4-1 plays. It is also great in transition when you come down a side and look to push for the quick shot or score.

DRILL DESCRIPTION:

Release players from alternating sides in groups of 5 (3 offensive players and 2 defensive players). Roll out a ground ball and let the 3 v 2 ground ball drill happen or you may have the defense concede and get in the hole. The Offensive players may not cross the line drawn with cones down the middle of the field. Have the Offensive players move the ball and themselves to create lay ups on crease or solid scoring opportunities. Score units so that lay ups worth 2 points and outside shots only 1. Reward the defense with 3 points anytime they win the 3v2 battle for a ground ball or take the ball away and clear the ball. Goalies get 2 points for all saves. (Make it a 3 way game between the Goalie, Defense, and Offense).

SKILLS PRACTICED:

- Ball Movement (Catching and Throwing)
- Slides and Crashing
- Number Advantages – Disadvantages
- Fast Breaks

VARIATIONS:

To vary the drill you may want add more players or remove players to create vision. You may also go even with 3v3 or 4v4 and add 1 player on the other side of the cones with no defensive player on them. This will have your player look for the open player on the other side of the field, encouraging your team to attack the weak side of the field or to find the open man. The defense will look to play man defense and get in the passing lanes to knock down the pass to the open player.

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE
Release players from alternating sides in groups of 3 (3 offensive players and 2 defensive players). Roll out a ground ball and let the 3 v 2 ground ball drill happen or you may have the defense coned and get in the hole. The Offensive players may not cross the line drawn with cones down the middle of the field. Have the Offensive players move the ball and themselves to create lay ups on crease or solid scoring opportunities. Score units so that lay ups worth 2 points and outside shots only 1. Reward the defense with 3 points anytime they win the 3v2 battle for a ground ball or take the ball away and clear the ball. Goalies get 2 points for all saves. (Make it a 3 way game between the Goalie, Defense, and Offense.)

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