WOMEN’S 3v2 TO 4v3 DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Transitions, Number Advantages/Disadvantages
Field Position: Offense, Defense
Time Needed: 20 Min
Drill Style: Game
Field Location: Attack Zone
Skill Level: Advanced

OBJECTIVE:
Attack: Move the ball quickly to generate a scoring opportunity.
Defense: Communicate, work to put pressure on the ball and create a turnover then attack quickly.

DRILL DESCRIPTION:
Set up the drill as seen in the diagram below with 4 lines at the top in one color piney, 3 lines below the goal line extended in another color piney, and a coach at the restraining line with balls. The coach rolls a ball out to one of the 3 players behind the cage and 2 players from the middle two top lines drop in to play defense. The attack should look to move the ball quickly and play out the 3 v 2 looking for the best scoring opportunity. If the goalie makes a save or the defense causes a turnover, they outlet to one of the outside lines and attack as a 4 v 3 with the initial 3 attackers now becoming defenders. If the attack scores in a 3 v 2, the coach sends a ball into one of the two outside lines at the top and they immediately attack as a 4 v 3. If the defense or goalie gets the ball in the 4 v 3, play it out until they clear it past the restraining line. All players clear out and the coach rolls a ball into a new group and the drill starts again. Play for 5 – 10 minutes then switch the teams so each gets to play the 3 v 2 and 4 v 3.

SKILLS PRACTICED:
• Quick transition and passing
• Communication
• Defensive slides

VARIATIONS:
• Add a recovering defender
• Play it as a 4 v3 to a 5 v 4
• Make it a competition and keep score

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