WOMEN’S 4V3 BOX DRILL

AUTHOR INFORMATION:
Author Name: Wendy Stone  
Author School: Longwood University

DRILL SPECS:
Drill Theme: Man Up/Down Situations  
Field Location: Midfield  
Time Needed: 10 Min  
Drill Style: Game  
Field Position: Offense, Midfield, Defense  
Skill Level: Intermediate

OBJECTIVE:
To work on making good decisions in unsettled play and number advantages/disadvantages situations.

DRILL DESCRIPTION:
Start by dividing the players into 2 teams. Set up the drill in a 15x20yd box with a 3v2 on each side of the box. Players must communicate which lines will be the 1v1 while the opposite side is a 3v2 which builds to make a 4v3. Coach rolls a ground ball out whichever team gains possession is on offense, the other on defense. Play keep away, 4v3 or 3v4 depending on which team gets the ground ball.

SKILLS PRACTICED:
• Ball Movement
• Maintaining Possession
• Find the Open Player
• Communication
• Double Teaming

VARIATIONS:
Create a time limit or a number of passes the players must get to end the drill.
FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE