

TRANSITION/ODD MAN DRILLS

2 v 1 GAMES AND DRILLS

2 ON 1

Form 3 lines facing a goal. The middle line will play defense. The defender starts by facing the two on offense and taking a few steps back. One player on offense starts with the ball and runs towards the goal. If the defender comes to him, he will pass the ball to the other person on offense who will be open for a pass. That person will attempt a shot on goal. If the defender does not commit to the player with the ball, that player will take the ball to the net and shoot. The coach should explain the theory behind a numbers situation for both offense and defense sometime during the drill. Variation- Roll out a ground ball to start the drill.

MONKEY IN THE MIDDLE

Two offensive players play catch while the defensive player who is the “monkey” in the middle tries to intercept the ball.

3 V 2 GAMES AND DRILLS

3 ON 2

Form 2 lines facing a goal. Offense is in one line and defense in the other. Two defenders come out and get in an I formation facing the offensive players. Three offensive players come out and spread out side by side. One offensive player will have the ball. At the coach’s command the offensive players move down the field and attempt to score a goal. The objective for the offense is to try to find the open man. Encourage the players on offense to move into a triangle formation and find the open man. The offense should focus on moving to the open space. Encourage defenders to slide to the man with the ball. Have a new group of offensive and defensive players come in.

Variation- Roll out a ground ball to start the drill. This will force players to get into a 3 on 2 situation from a more game like situation.

Note- The 3 on 2 drill is a good opportunity to teach players to set picks for each other and to teach the pick and roll.

3 V 2 GROUND BALLS

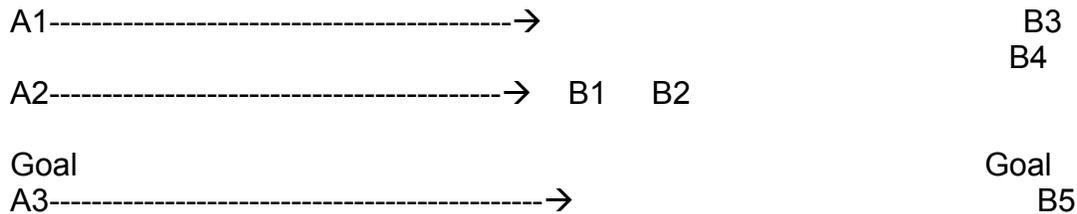
Line up five players side by side facing a side line. Three of the players will be on one team (Team 1) and two of the players will be on the other team. Players on each team should alternate as they are in line. There should be a cage nearby that the players will try to score on. A coach rolls a ball out. Players go for the ball. The team that gets the ball goes on offense and tries to score. If the team with three players gets the ball they set up a triangle and defense goes into an I. If the team with two players gets the ball the other team does a double team on the ball carrier and the other player from the team of three (covers) shuts off the other player. After a shot on goal rotate in five new players.

Team 1 Team 2 Team 1 Team 2 Team 1

(sideline)

3 V 2 WEST GENNY DRILL

Continual 3 v 2 with cages set about 40 yards apart. Divide players into two teams, red and white at separate ends. Players A1, A2, and A3 attacking two defenders B1 and B2. After a shot on cage or errant pass, the last player to touch the ball sprints back to his line (and is out of the drill) and the other two players remain on defense. Example: A2 shoots on cage, G makes a save. B1 and B2 step off the field. A2 sprints back to his original side of field (and is no longer playing). A1 and A3 remain on the field to defend vs B3, B4, and B5 (who have just entered the game from the end line) who attack opposing goal after outlet pass from G.



Note- Keep rotating in players from the end line. Players who has the ball should run to the middle of the field so he has better angle and the other two players should get down low on either side of the goal (forcing defense down low).

4 v 3 GAMES AND DRILLS

DRILL- 4 v 3 FAST BREAK DRILL

Description-

This drill will simulate a typical 4 on 3 fast break situation. This drill can be run on one-half of the field. Designate 3 players to play attack and 3 players to play defense. Have them spread out along the top of the restraining line. Have another player (midfielder) who will become the fourth player on offense stand on the midfield line. It is optional to have a player in goal. Roll out a ball for this fourth player (midfielder) who will scoop up the ball and start the fast break. Once the ball is rolled out the 3 attackmen and 3 defenders on the restraining line will run into position. Instruct players to take the following steps:

a) The 3 attackmen will form an L. One attackman will be about 3-5 yards inside the restraining line and the other two attackmen will be down about 7 yards up and five yards out from the Goal Line Extended. The two low attackmen will be across from each other. The high attackman will be adjacent to one of the low defenders (see diagram). This creates balance and spreads out the defenders.

b) The 3 defenders will form a triangle with each defender covering an attackman.

c)The midfielder with the ball will run at the goal. If no defender challenges him he can go to the goal and take a shot. If he is challenged he will run to the open spot in the L and turn the L into a square.

d)Typically the top defender will slide over to cover the ball carrier and stop his penetration. Instruct the top defender to do this.

e) This should leave the top attackman open for a pass. Instruct the midfielder to pass

the ball over to the open top attackman.

f) One of the low defenders should then slide up to cover the top attackman with the ball.

g) Instruct the top attackman to pass the ball down low to the open attackman.

h) This will force the other down low defender to slide over to cover the open low attackman.

i) This will leave the other low attackman open for a pass and the ball should be passed over to him for an open shot.

General Offensive concepts on a fast break:

1) Stay spread out

2) Move the ball to the direction the slide came from. This man should be open

3) A skip pass can be used at times. Instead of passing the ball to the person adjacent an attacker can skip over this person and pass to a person diagonally across from him. This man might be the open man depending how the defense reacts.

General Defensive concepts on a fast break:

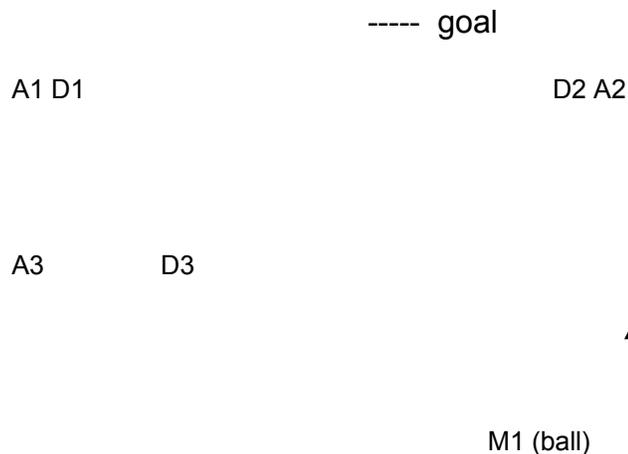
1) Keep a tight triangle, with defenders about 10 yards apart. One defender plays point, with 2 defenders left and right on the crease. The point defender stops the ball when the attacker gets within 15 yards of the cage.

2) Point man slide- Wait to slide until the attackers are within scoring distance.

3) Additional slides- Other defenders slide to cover the open man. After the initial slide a point defender will have to move back to cover an open man.

4) Keep sticks out in the passing lanes.

Diagram of Fast Break set up:



Variation-

To start have two middies prepared to contest a ground ball. Roll the ball out and whatever middle gets the ground ball starts the fast break.

ADDITIONAL TRANSITION/ODD MAN DRILLS

ENGLAND DRILL

Transition/progression drill building from 2 v 1 to 6 v 5. Add in 1 Offensive and 1 Defensive player simultaneously to progress through offensive situations which teach how to find the open man and defense how to slide. Line up attack and mids at midfield line (offense). Line up Defense and mids along sideline (defense). Two offensive players start on field against one defensive player. After shot or turnover, one player from O line and one player from D line sprints into drill, building from 2 v 1 to 3 v 2 to 4 v 3 to 5 v 4 to 6 v 5.

NUMBERS DRILL

Start a line of offensive players at the midfield line, and a line of defensive players at the end line. A coach rolls a ball out in front of the offensive players, and calls out a number which reflects the number of offensive and defensive players that should go. For example, if he calls 65, six offensive players should go in and five defensive players. If he calls 32, three offensive players and two defenders will go in. As the number is called, the offensive players pick up the ball and attack the goal as the defensive players defend the goal. If the defense gets the ball they try to clear it. The offense will double the ball carrier and cover all the other defensive players. To add competitiveness, keep score- one point for a goal; one point for a clear.

MARATHON MIDDIES

Divide the team into two even groups (red and white). Start three white attackmen, three red defenseman, and a red goalie at one Goal Line Extended and three red attackmen, three white defensemen, and a white goalie at the other GLE. Form a line of red midfielders on one sideline at the midfield, and form another line of white midfielders on the other sideline at midfield. The white goalie starts with the ball and outlets it to a white midfielder who breaks up field to the other goal where they play out a 4v 3 against the red defense. After a shot is taken, the ball is turned over, or it goes out of bounds, the red goalie outlets the ball to a blue midfielder who breaks up-field towards the opposite goal. The first white midfielder sprints back to that end of the field, where they play out a 4-on 4 on the goal. After a shot is taken, the ball is turned over, or it goes out of bounds, the white goalie outlets the ball to a second white midfielder who breaks up-field towards the opposite goal. Both the first white midfielder and the first red midfielder sprint back to that end of the field, where they play out a 5 on 4 on goal. The pattern continues (adding one midfielder at a time and playing uneven on one end and even situations at the other) until you reach a full 6 on 6. After that play ends you reset the drill and players rotate positions.

KEEP AWAY

A simple variation of the classic game-define a restricted space such as the offensive box, and let one team try to maintain possession against the other team. Variations—add or subtract one “defensive “ player to practice potential double team situations or slides.

656 DRILL

Set players up in a basic 6 v 6 scrimmage setup. Assign each defensive player a number between one and six. During the live play, periodically call out one of the defensive numbers between one and six. This player must immediately drop his assigned man, sprint to the sideline, and sprint back into play. This drill forces the defense to anticipate slides and help situations, while requiring the offense to recognize and feed the open man.

TOUCH THE CONE

Set up 6 offensive players across the midfield line, 5 defensive players lined up across the restraining line. Set up a cone in the “hole” approximately five yards above the crease. On the whistle, 6 O start a fast break simultaneously, while the 5 D must “get in the hole,” touch the cone, and play “inside out.” Teaches D to recognize the offensive threat on a fast break while defending the hole, teaches O to find space on the fast break.

MAKING A BREAK (Slow Break)

The purpose of this drill is to recognize and execute a slow break. Play 5 v 4 with a goalie in the goal. Set

up three attack and three defenders in the restraining box, with three midfielders at midfield (2 on offense, 1 on defense). Begin play by rolling the ball to one of the offensive players at midfield. Once the ball has been picked up, the defensive players run downfield, cutting off the fast break opportunity and forcing the offense to run a slow break. Award one point to the offense for each goal and one point to the defense for a stop.

Variation- Periodically hold the defensive midfielder to create a 5 on 3 situation.

Note- With the slow break the offense should move the ball down the sideline and to an attackman at X. The attackman at X should feed the ball to a cutting midfielder before the defense can get settled.