



**Coaches' Education Program
Level 1 Online Course Reference Section
Drill and Game Supplement**

321 Drill

Objective: Working your transition game is the primary goal; however this can also be used for condition.

Suggested space needed/equipment: Half of the field. Balls.

Players needed: Ten players are needed for this drill.

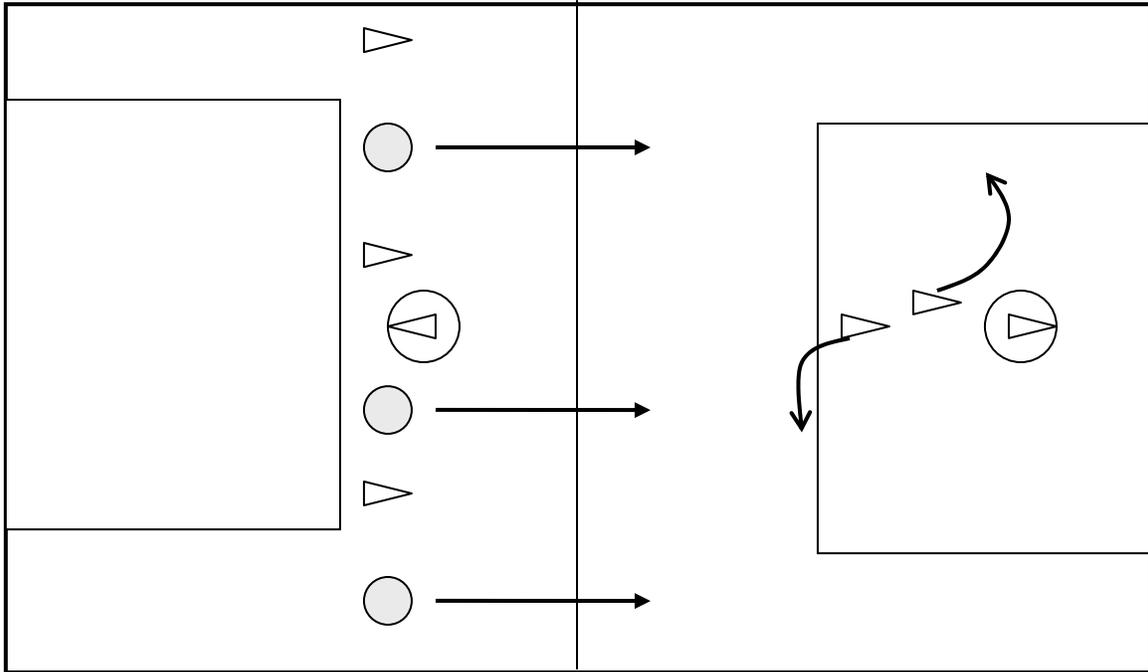
Description of Drill-Execution

Shorten the field to accommodate your players. Team one either breaks up the field with the ball, or breaks for an outlet from the goalie or a coach. After receiving the pass, the offensive team breaks for a transition three vs. two. After a shot or a turnover, the offensive player that last touched the ball breaks back downfield to play defense. The other two offensive players stay back to play defense for the next round. The two that played defense break for an offensive two vs. one transition. After the two vs. one, the opposing group breaks for transition.

Drill key aspects:

1. players must be moving quickly
2. defenders must have good body position
3. there should be good ball movement
4. defenders should be communicating
5. players should be working on their shot

Drill diagram



Skills practiced

1. passing/ball movement
2. shooting
3. disadvantages/advantages
4. creating good shots
5. fast breaks

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)

1. all players play offense (even the goalie)
2. coach can throw outlet
3. goalie can throw outlet
4. coach can throw out ground balls to offensive players breaking
5. coaches should be sure that players maintain space
6. coaches should draw and dump

Goalie involvement: Full, goalies should be involved in this drill