



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

**Half Field Four vs. Three Fast Break**

*Objective:*

To teach offense to attack the defense in a manner that leads to a two vs. one setup. Offense must spread out and move the ball to create an imbalance. This drill is also important for defense to learn slides and how to play transition defense.

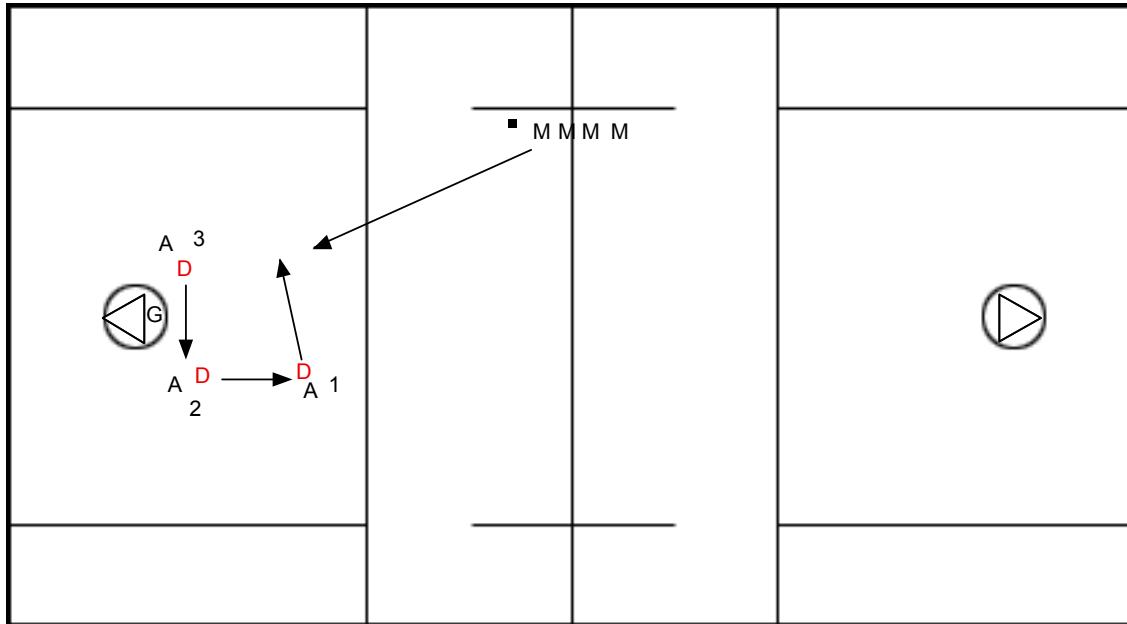
*Suggested space needed/equipment:* Half field

*Players needed:* Five players are needed for this drill.

*Description of Drill-Execution*

The midfielder bringing the ball down field must force a defenseman to play him. Once picked up, this midfielder passes to the open man (usually attack #1). The ball continues to move, and as each attack is picked up, he passes to the next open attack, working around the box. A shot will become obvious when the defense does not show, if no one picks you up, go in and shoot. Do not collapse the box, stay spread out. Here again, motion of the ball beats the defense. Do not carry the ball on a fast break once you enter the restraining box or have someone pick you up. Stay up top to keep box shape. Do not try to go one on one, rather, try to move the ball.

*Drill diagram*



*Skills practiced*

1. Ball motion against pressure
2. Drawing a defense to create a two vs. one elsewhere
3. Use of set formations to stretch defense

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

*Related drills:*

*Three vs. two transition drill*