



COACHES EDUCATION PROGRAM DRILLS AND GAMES SUPPLEMENT

Drill Name: Wing Fastbreak drill

Skills Practiced and introduction:

- Quick offensive transition – 4 vs. 3 or a 3 vs. 2
- Ground balls – approaching the ball at an angle and boxing out an opponent on a face off.
- Face offs

Suggested Equipment: Balls

Space needed: 3/4 field

Players needed: at least 8

Set – up and execution: (see diagram)

- Have line up in two lines next to each other on the wing line.
- Have two attack and two defenseman (or three attack and three defensemen) set up in front of the cage in preparation for a 4 vs. 3 or 3 vs. 2.
- Have a coach stand at the face off "X" and roll the ball in a direction that it might come from after a typical face off.
- The first two players from each line on the wing line are competing to get the ground ball.
- When one player wins the ground ball he must find space to free his hands and pass it to a player on the offensive side of the far fast break line (the "Break Middie"). The player who wins the ball gets to be the player on the offensive side of the far fast break line.
- Player 2 should break towards goal.
- On the far end of the far wing line is a chaser who runs in for a 4 vs. 3 or a 3 vs. 2 drill.
- The drill doesn't move onto to the next group of players until someone scores or the defense gains possession of the ball.

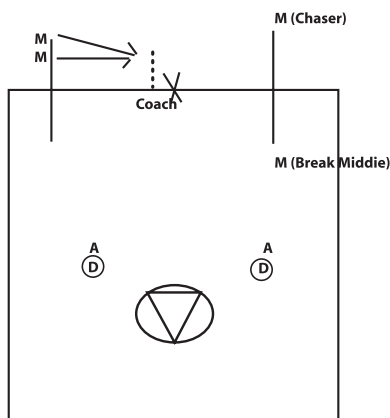


Figure 6 Fastbreak Off the Wing

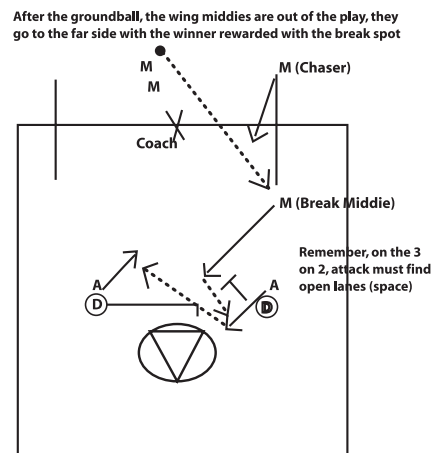


Figure 6 Fastbreak Off the Wing





Coaching tips:

- With younger players walk through the steps of this drill so that they understand the proper offensive and defensive movements on a 4 vs. 3 or a 3 vs. 2.

Variations/Progression:

As you players improve their skills incorporate the following:

- Progress from doing a 3 vs. 2 to a 4 vs. 3.
- Instead of having the coach roll the ball out, have two players take a live face off.

Drill Author: Kevin Sheehan

