

Three-Man, Two-Ball

Objective: To get lots of repetitions on basic stickhandling skills.

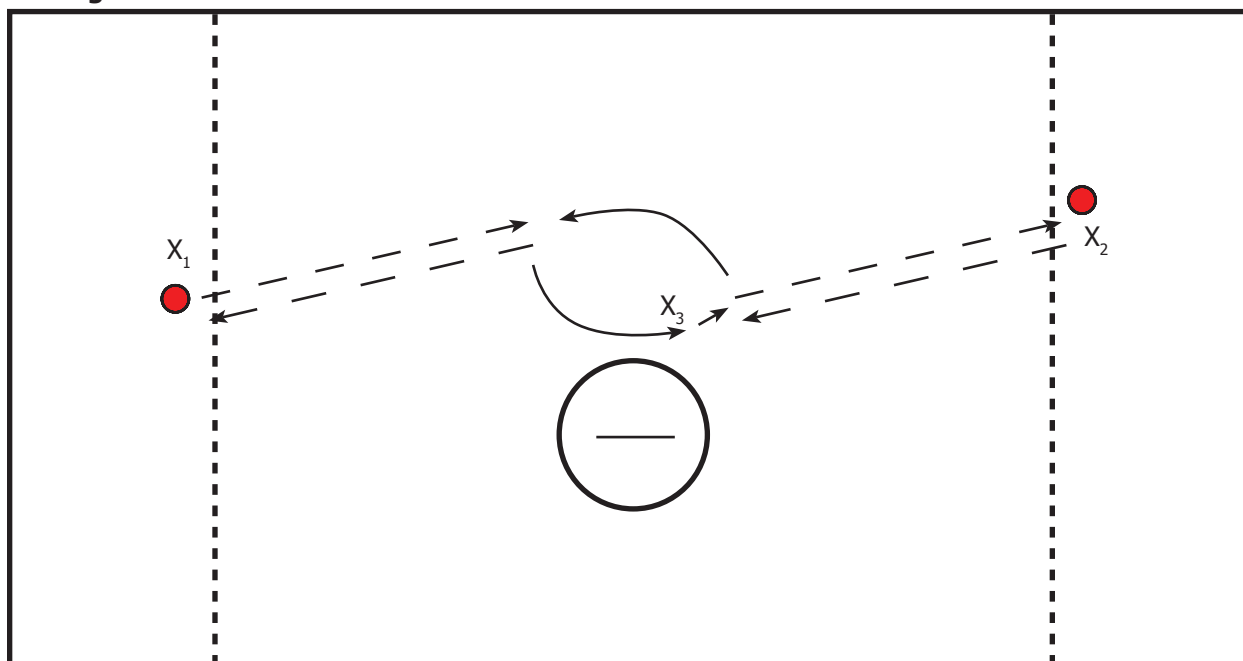
Suggested space needed/equipment:

- Balls

Players needed: All team players can participate in this drill simultaneously, but must be divided into groups of three.

Description of Drill-Execution: Align each group so that one player starts on the restraining line, the second player starts on the end line, and the third player starts in between the two. Each of the two end players should have a ball. On a coach's whistle, the middle player cuts towards the end line and receives a pass from the player stationed there. He quickly passes the ball back to the player on the end line and curls towards the player at the restraining line. Again, he receives a pass, returns the ball, and curls towards the other end player. If his cuts are sharp and the passes are crisp, the middle should effectively be running in a circle. After 30 seconds, rotate the players into different positions.

Drill diagram:



Skills practiced:

- Throwing
- Catching
- Cutting to the ball
- Conditioning

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...): This drill can – and should – be practiced using both hands. For variety, it can be practiced using groundballs instead of passes, or in a “catch it, roll it; scoop it, throw it” manner. To increase the difficulty, challenge players to continue for 45 or 60 seconds. Or, add a second middle player so that it becomes 4-man, 2-ball. This increases the speed of the drill, the work load of the end players, and the number of touches all players get.

Goalie involvement: None

Related drills:

- Star Drill
- Four-corner Passing
- Meatloaf Drill
- Watermelon Drill