



## 3v2 West Genny

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Unsettled Situations

**Drill Duration:** 5-7 minutes

**Resources:** Balls, Cones, Goal

**Description:** The drill starts with 3 **O** players against 2 **D** players. They play a 3v2 until a goal or change of possession. The last **O** player to touch the ball drops out of the drill and the remaining 2 **O** players get back to play defense. 3 new **D** players release from their end to attack the opposite end of the field. Each team will get one offensive run and one defensive run before being replaced by new players.

**Progression(s):** Adjust the spacing for the ability and skill level of the players. Alternate the top hand on the stick. Start with a ground ball instead of a pass from the goalie. This drill can be run with a different number of players, based on skill level of players participating.

**Drill Diagram:**

