

4 - ON - 3 FAST BREAKS WITH TRAILER

OBJECTIVE

To practice offensive and defensive movements in a 4-on-3 fastbreak, and to train trailing defenders to recover to the crease first.

SPACE/EQUIPMENT

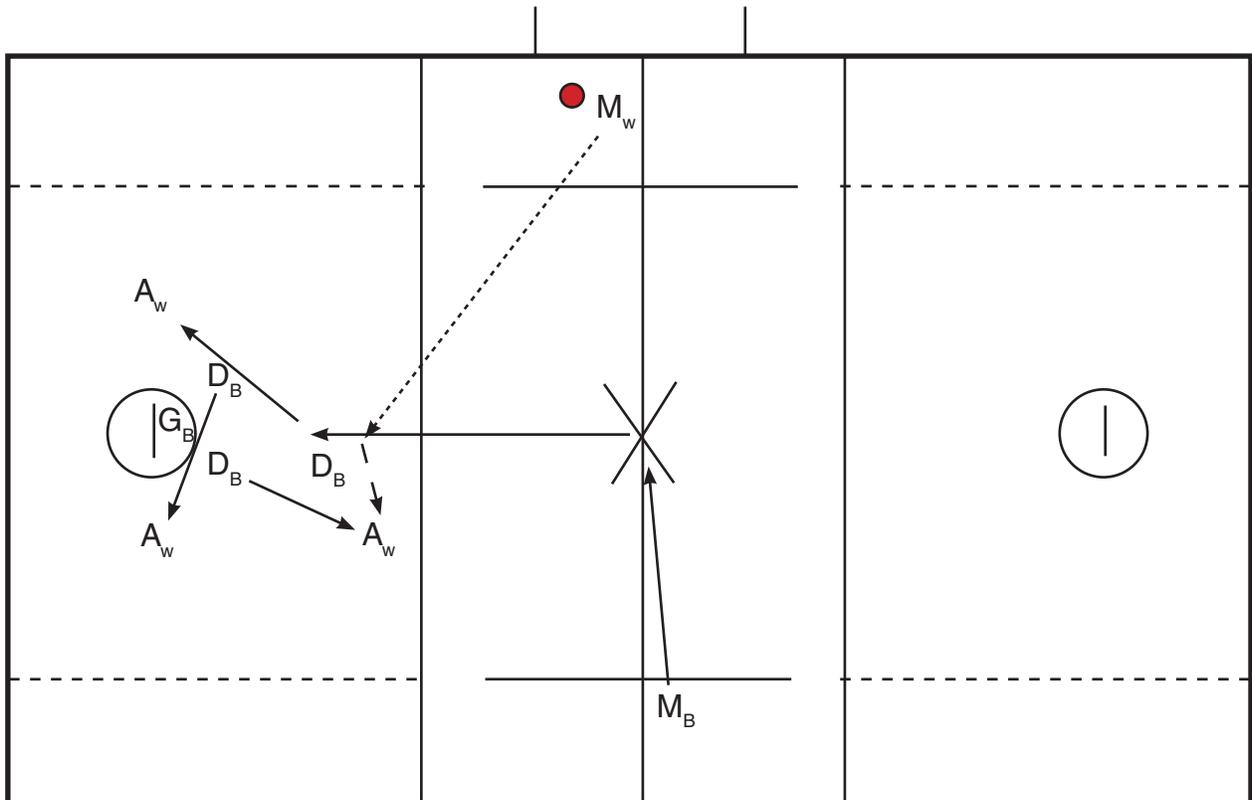
- Half-field
- Balls

PLAYERS NEEDED

No more than 14-16 players, plus a goalie, should participate in this drill at one time.

Start three attackmen in white, and three defensemen and a goalie in blue at one end of the field. Start a line of white midfielders and a line of blue midfielders at opposite corners at the midfield line. On a coach's whistle, the first white midfielder scoops up a ball and goes to the goal where they play out a 4-on-3 situation. At the same time, the blue midfielder sprints to the face-off X, and then straight to the "hole" (the area right above the crease). When he arrives, he should find the open offensive player and cover him so that the teams can play out an even 4-on-4 situation. Once the ball is shot or turned over, the players reset and the drill starts again.

DRILL-EXECUTION



SKILLS PRACTICED

- Offensive and defensive rotations in a 4-on-3 fastbreak
- Recovering into the hole and “numbering up”
- Defensive communication

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

This drill can be adapted to use the full field by starting one group of attack and defense at each end – after a shot is taken at one end, the goalie outlets it to the midfielder who just played defense; once he crosses the midfield line, a new midfielder from the other team heads for the face-off X, and then into the hole.

Full

RELATED DRILLS

Lead the Blind
Reverse Numbers Drill
Out of Dodge