



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

3 v 2 unsettled (transition) offense/defense drill

Objective:

To teach offensive players to attack the goal in unsettled situations by drawing the man and passing the ball.

Suggested space needed/equipment:

Half field and a goal is all you need.

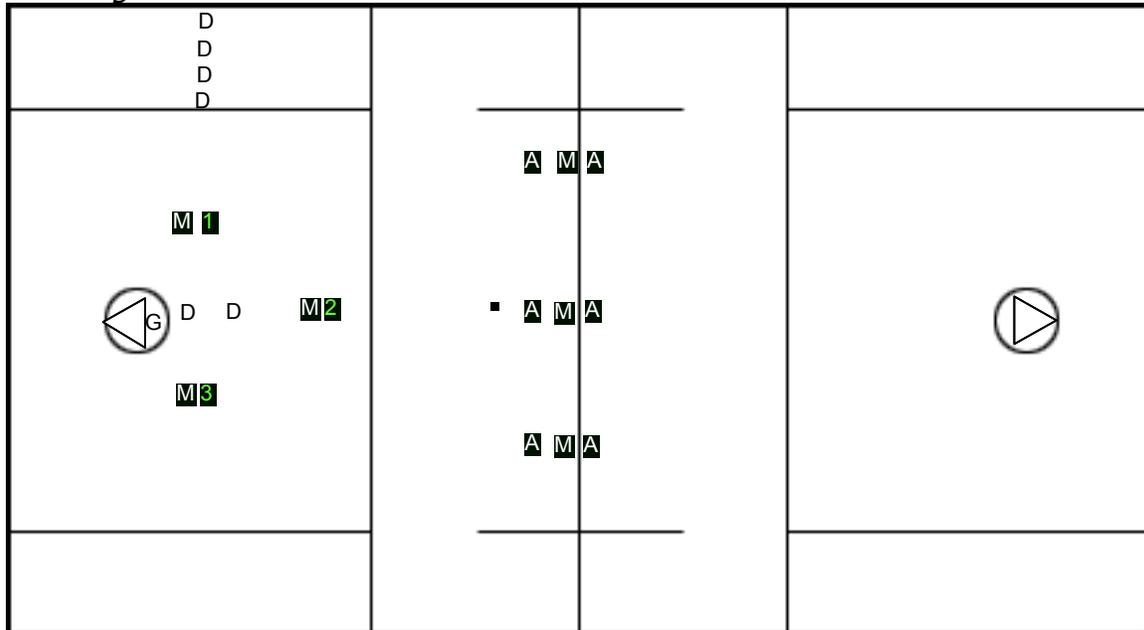
Players needed:

Groups of three offensive players and groups of two defensive players are necessary. At least one goalie is necessary as well, although this can be done without.

Description of Drill-Execution

Three lines of offensive players must situate themselves across the top of the box. Two lines of defensive players must situate themselves outside the box on the goal line extended. The coach rolls the ball to the center offensive player who then attacks the goal with his two wings. The offense forms a triangle, while the defense is released and defends the goal in a stack (one above the other). The first player stops the ball and second player takes the first pass. The first player then drops back to cover the second pass.

Drill diagram



Skills practiced

1. Ball motion
2. Draw and dump philosophy
3. Stretching the defense

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)

1. Can be run as full field drill going both directions
2. Can start with a faceoff and a 2 vs. 2 in each end. Winner attacks loser's goal, loser of faceoff is then rolled second ball by coach.

Goalie involvement:

Have goalie be ready to take the shot

Related drills:

1. fast break drills
2. any uneven drills