



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

3 vs 2 Riding Drill

Objective:

To improve riding skills, clearing skills, and field sense.

Suggested space needed/equipment:

1/2 a lined lacrosse field.

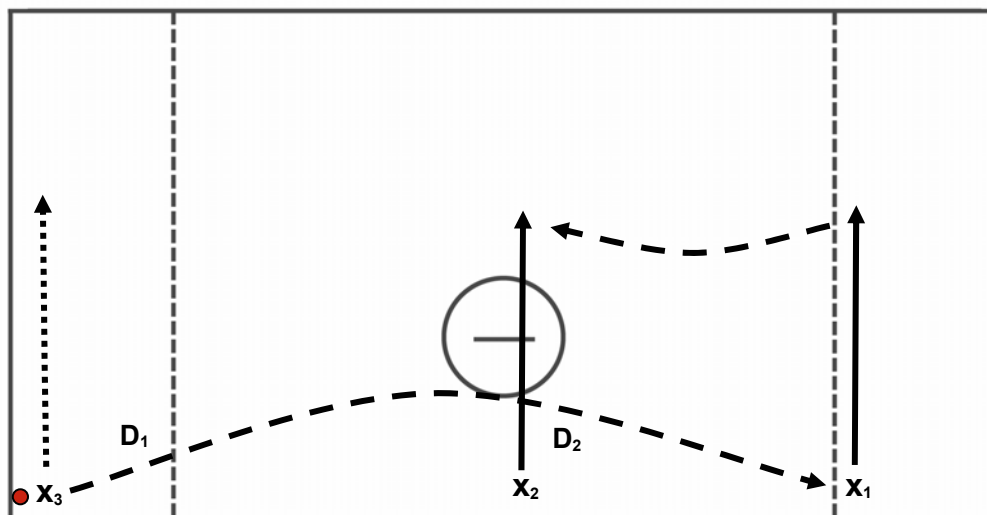
Players needed:

5 or more players.

Description of Drill-Execution:

Position 3 players and the clearing team along the end line with the ball in one of the alleys. Place two riders up field from them. On the whistle, let the clearing team try to clear the ball across the mid-field line. The riding team should try to stop the clearing team.

Drill diagram:



Skills practiced

1. Footwork and body position.
2. Passing and catching under pressure.
3. Angles of pursuit.

Variations/Progression/Increased difficulty:

1. Set time limits depending on rules. Vary the rides (shut off, zone, hard pressure, soft, etc...)
2. Add players to make it a 4 vs 3 or 7 vs 6.

Goalie involvement:

This is a great drill for goalies. It develops confidence handling the ball outside of the crease.

Related drills:

1. Football
2. Alley Drill