

WEST GENESEE

OBJECTIVE

To improve transition offense and defense.

SPACE/EQUIPMENT

- Full-field (shrunken)
- Balls

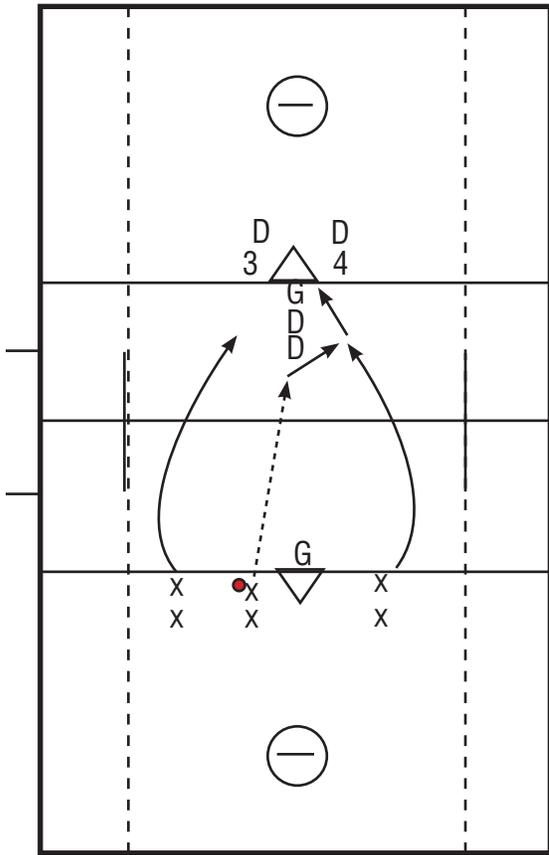
PLAYERS NEEDED

This drill requires at least 12-15 players, as well as two goalies.

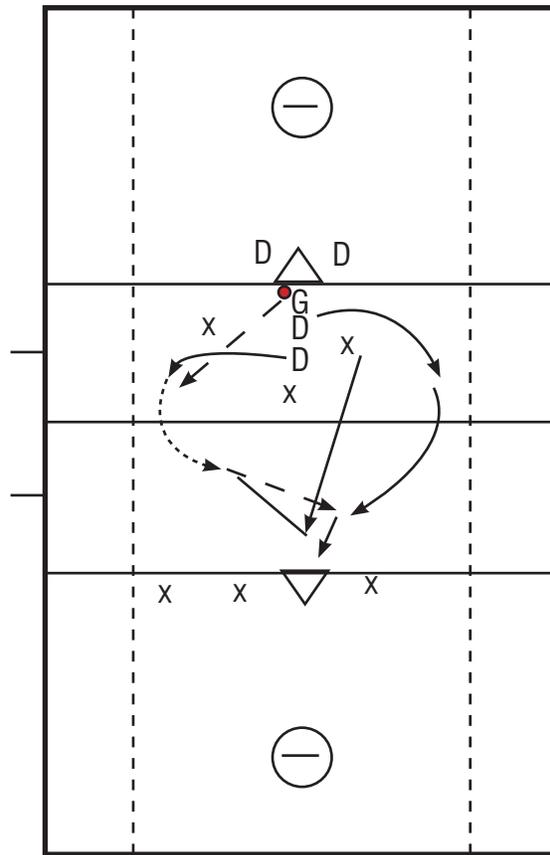
DRILL-EXECUTION

Divide the team into two groups (one in white jerseys, and one in blue) and move both goals up to the restraining lines. Start three lines of white players (offense and defense) at one restraining line and two lines of blue players at the other one. The first two blue players step out and set themselves in an I-formation. When a coach rolls out a ball, the first three white players pick it up and attack the opposite goal. They play out a live 3-on-2 at that goal and the play ends when the ball is shot, turned over, or knocked out of bounds. As soon as the play ends, the two blue players pick up the ball (if a goal is scored or the ball goes out of bounds, the goalie outlets a new ball) and attack the goal at the other end of the field. The last white player to touch the ball (whether he shot it, turned it over, etc.) must sprint back his defensive end and defend the two blue players, playing out a live 2-on-1 on that goal. When this play ends, those players step out and five new players step in.

3 - on - 2



2 - on - 1



SKILLS PRACTICED

- Transition offense and defense
- Conditioning

**VARIATIONS/PROGRESSION
GOALIE INVOLVEMENT**

To add a level of difficulty, give the offensive teams a time limit to generate a shot (10 seconds, 15 seconds, etc.). To add competitiveness, keep score. If a second goalie is unavailable, use a trash can or "Rejector" on the side of the field that is defending the 2-on-1.

Full

RELATED DRILLS

- Numbers Drill
- Marathon Middies