

# WING 3-ON-2s

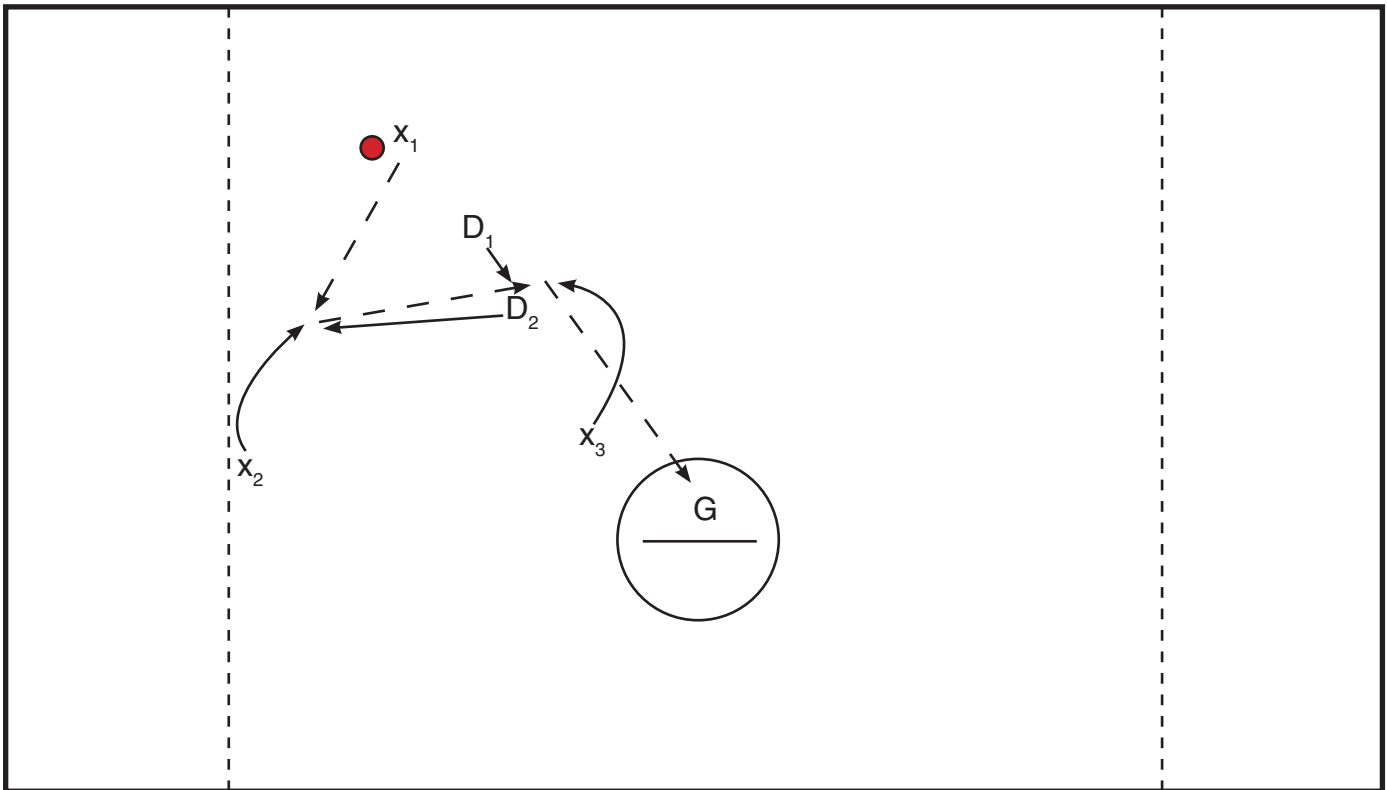
**OBJECTIVE** \_\_\_\_\_ To practice cutting to open spaces and moving the ball quickly in man-up situations.

**SPACE/EQUIPMENT** \_\_\_\_\_  
• Half-field  
• Balls

**PLAYERS NEEDED** \_\_\_\_\_ No more than 12-15 players, plus a goalie, should participate in this drill at a time.

Start three offensive players in a triangle (one on the wing, one on the crease, and one at the top of the box), and two defensive players in an I-formation. On coach's whistle, the offense begins to move the ball to the open players (offensive players should not move more than a few steps from their original positions) and tries to generate a shot with one or two passes. The defense splits the three players with their two, and tries not to give up easy scoring opportunities. When a ball is shot or turned over, the players reset and play the drill out again. After several repetitions, the players rotate positions.

**DRILL-EXECUTION** \_\_\_\_\_



## SKILLS PRACTICED

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- Timing, spacing, and cutting in man-up positions
- Finding the open man and generating quick shots

## VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

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To increase the difficulty for the offense, move their starting positions closer together so that they have less room to work with. To make the drill more competitive, keep score--- each goal is one point for the offense, and each turnover or non-shot is one point for the defense.

Full

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Survival Drill

Wing 4-on-3s

Keep Away

## RELATED DRILLS

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No Skips (if you change your perspective to focus on the offense successfully completing skip passes)