

# WING 4-ON-3s

## OBJECTIVE

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To practice the spacing and movements necessary to create good scoring opportunities in a 1-4-1 Extra Man Offense.

## SPACE/EQUIPMENT

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- Half-field
- Balls

## PLAYERS NEEDED

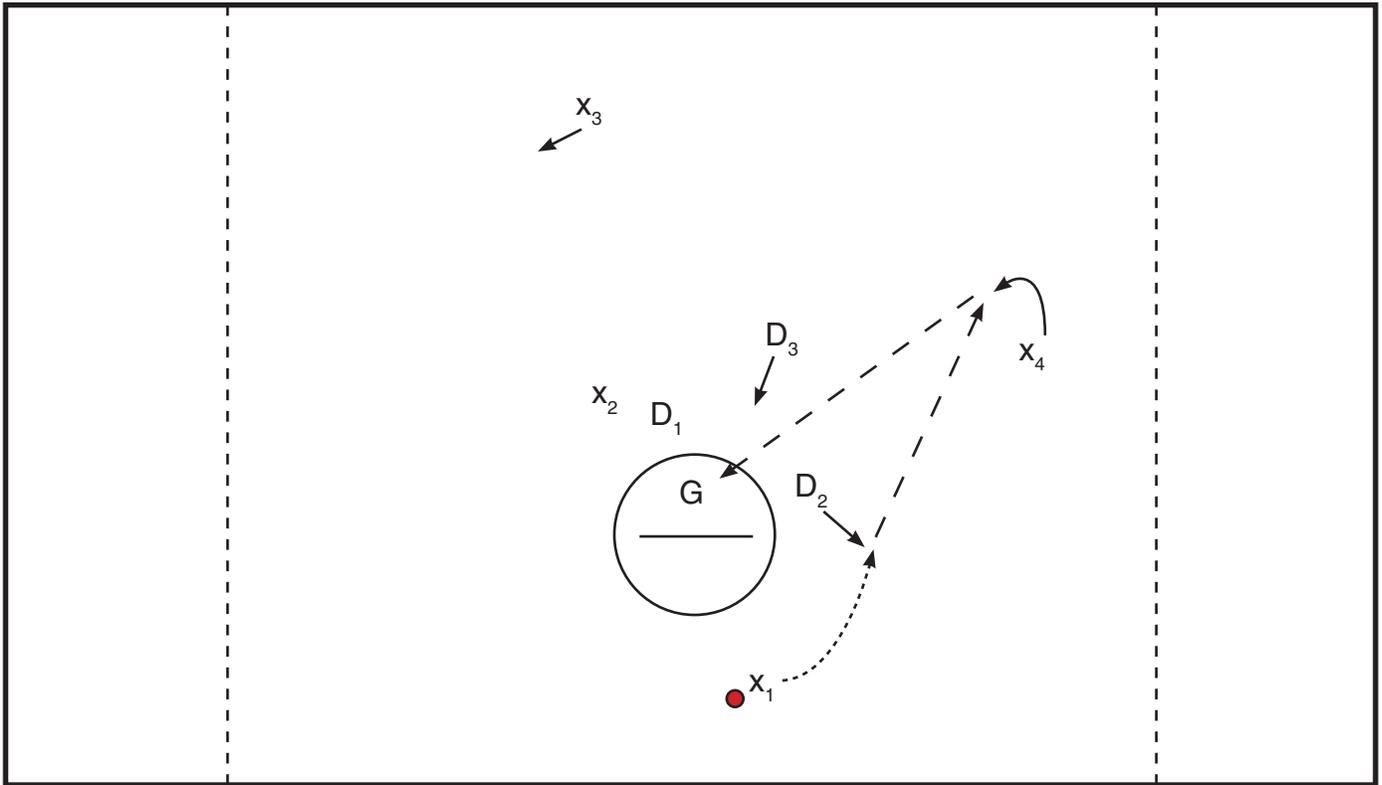
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No more than 10-14 players, plus a goalie, can participate in this drill at a time.

## DRILL-EXECUTION

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Start four offensive players on one side of the goal (one at top-center, one on the right wing, one at X, and one on the crease), and start three defenders and a goalie inside of them. One of the defenders immediately shuts off the crease player, and the other two defenders set up in an I-formation to defend the other three offensive players. The ball starts with the player up-top, who passes it to the player on the wing, who then passes it to the player at X. When the player at X receives the ball, he drives in his right hand to the goal. Once he draws a defender, the player on the right wing curls up and to the middle and the player up-top cuts to his right to create open passing lanes. The ballcarrier must read the second defender, determine which of his teammates is open, and pass him the ball for an outside shot. (The offense should be able to generate a shot in one pass or two if the defense does an outstanding job. The offensive player on the crease is primarily a decoy, though he can be passed to if his defender “falls asleep.”) The drill resets after each shot or turnover.



## SKILLS PRACTICED

- Reading defenders in Man-Up situations
- Cutting to create passing lanes
- Finding the open man

## VARIATIONS/PROGRESSION GOALIE INVOLVEMENT

This drill can – and should – be practiced using both sides of the field. To make it more realistic, have the offensive players cut into their positions as they would in a standard Extra Man Offensive play.

Full

## RELATED DRILLS

Wing 3-on-2s  
Keep Away  
No Skips (if you change your perspective to focus on the offense successfully completing skip passes)