



## MEN'S 3V2 TO 2V1 DRILL

### AUTHOR INFORMATION:

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### DRILL SPECS:

**Drill Theme:** Transition

**Drill Style:** Skill, Conditioning

**Field Location:** Offense, Defense, Midfield

**Field Position:** Half Field

**Time Needed:** 10 Min

**Skill Level:** Advanced

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### OBJECTIVE:

To practice goalie and defensive clear outs with pressure. Also focuses on re-defending for attackers and possession. To improve transition offense and defense.

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### DRILL DESCRIPTION:

Goalie starts with a ball in the crease and makes an outlet pass to one of the three X players. X players go towards the opposite goal and play a 3v2 against the D players. The last X players to touch the ball (shot, bad pass, drop, etc...) must get back and play defense against the D players in the 2v1. The remaining X players drop out of the drill and go into the D lines. The goalie can give an outlet pass to D to start 2v1 or the D can recover a groundball. After D players and lone X play the 2v1, 3 new players are released to restart the drill.

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### SKILLS PRACTICED:

- Passing and Catching
  - Clearing
  - Defensive Breakouts
  - Cutting and Feeding
  - Transition Offense and Defense
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### VARIATIONS:

Set up multiple goals and run several groups to maximize player involvement. Set a time limit for the shot. Have goalie use a ground ball instead of a pass. Coach can blow whistle and player with ball must roll it out of the way and a new ball can be thrown or rolled in anywhere.

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FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](https://www.uslacrosse.org/coaches/drills-archive)

**DRILL DIAGRAM:**

