



MEN'S 3V2 DRILL

DRILL SPECS:

Drill Theme: Number Advantages

Field Location: Attack Zone

Time Needed: 15 Min

Drill Style: Skills, Game

Field Position: Offense, Defense

Skill Level: Basic

OBJECTIVE:

Drill that have players work 3 on 2 in the attack zone. You can work either 3 on 2 with the offense up a player or the defense up a player.

DRILL DESCRIPTION:

Have 3 players on offense go against 2 player on defense.
The coach can start the ball from a ground ball or a pass into the players.
Players go until there is a goal, save, clear or whistle.

SKILLS PRACTICED:

- Stick Handling
 - Ball Movement
 - Defensive Positioning
 - Slides
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VARIATIONS:

Switch and have your defense go up with 3 players and the offense work with 2 player.
Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

DRILL DIAGRAM:

