



MEN'S 3V2 OUT AND BACK DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Transition

Drill Style: Skill

Field Location: Offense, Defense, Midfield

Field Position: Half Field

Time Needed: 15 Min

Skill Level: Intermediate

OBJECTIVE:

Teaching players the basis of transition play on offense and defense.

DRILL DESCRIPTION:

Lines 1, 3 and 5 are on offense and must pass the ball on way out & back to midline. Defensive lines # 2 & 4 must sprint to midline and drop to a stack in the hole area. Play out the 3 on 2.

Coaching Points – defense! Stress communication and tight stack, goalie directs slide. Pick up late, stay tight. Point man stops ball. Hole man goes to first pass.

Offense – stay spread. Draw and dump; great shooting drill.

Players rotate to right: younger grades = D lines are only D-men; HS players rotate to all lines.

SKILLS PRACTICED:

Offense:

- Passing and catching on the run (offense must make good decisions with the ball and shoot well).
- When attack runs in D-lines helps riding

Defense:

- Transition and communication (D start in tight and hold as long as possible).
 - Sticks in passing lanes. Force as many passes as possible)
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VARIATIONS:

Can be done in smaller area. Great transition drill and conditioning.

DRILL DIAGRAM:

