



MEN'S 4 ON 3 FOREVERS DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Even Strength

Drill Style: Game, Conditioning

Field Location: Offense, Defense, Midfield

Field Position: Half Field

Time Needed: 15 Min

Skill Level: Intermediate

OBJECTIVE:

Switching from offense to defense after a turnover.

DRILL DESCRIPTION:

This drill is a continuous 4v3 drill. Players are placed into two groups regardless of position. Lines 1-4 (white pinnies) will attack as a 4v3. The player who shoots the ball is out regardless of whether or not he scores. The remaining three players will remain in the drill and defend against 4 new players from lines 5-8 (dark pinnies). Players should be encouraged to find the layup shots, not outside blasts.

SKILLS PRACTICED:

- Unsettled situations
 - Transition from offense to defense
 - Ball Movement
 - Shooting
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VARIATIONS:

This drill should last for 3-5 seconds for each group. You can increase intensity by shortening the time frame, or requiring dropped balls to be a turnover.

DRILL DIAGRAM:

