



MEN'S 4V3 FROM 4 POINTS DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Fast Break

Drill Style: Game, Skill

Field Location: Offense, Defense, Midfield

Field Position: Half Field

Time Needed: 15 Min

Skill Level: Advanced

OBJECTIVE:

Simulate turnovers in areas of the field that result in short lived offensive opportunities.

DRILL DESCRIPTION:

Players are released by the coach who throws or rolls a ball to a specific line #1-4. Players can stay in for a pre-determined # of plays. Defense rotates in at the same intervals as offensive players. Players A#1, A#4, and M#3 are on offense. Coach would roll the ball to M#2 in line #2 to start the next set.

SKILLS PRACTICED:

- Ground Balls
 - Passing
 - Shooting
 - Fast Break offense/defense
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VARIATIONS:

Coaches can control the length of these situations with a predetermined count; for example a 10 second count to score or get to a good shot. Drill can be run at both ends of the field if to maximize "touches" for all players.



DRILL DIAGRAM:

