



MEN'S TRANSITION DRILL FAST BREAK DRILL: FULL FIELD

DRILL SPECS:

Drill Theme: Transition
Field Location: Full Field
Time Needed: 20 Min

Drill Style: Skills
Field Position: Offense, Defense
Skill Level: Advanced

OBJECTIVE:

Have your players run the fast break on offense and then work on getting back up field or give your team the re-clear/ transition work in practice that you get in games. This will allow for a constantly moving drill that will get your team working the breaks on both sides of the ball.

DRILL DESCRIPTION:

- L shaped set by attack, draw and dump philosophy.
 - Middie must make 1st Defenseman Commit.
 - Goalie clears from shot to middie breaking down the wing or to wing defenseman who will clear ball to middie.
 - Riding is optional initially but should be in place by mid-season to train attack to pursue ball on clears.
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SKILLS PRACTICED:

- Fast break
 - Conditioning
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VARIATIONS:

To vary the drill you may want add more players as trailers in the play, or have your attack player's look to bang the ball through X till the play gets settled, or set up plays for trailers and box subs.

DRILL DIAGRAM:

