



WOMEN'S 3V2 TO 4V3 DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Transitions, Number Advantages/Disadvantages

Drill Style: Game

Field Position: Offense, Defense

Field Location: Attack Zone

Time Needed: 20 Min

Skill Level: Advanced

OBJECTIVE:

Attack: Move the ball quickly to generate a scoring opportunity.

Defense: Communicate, work to put pressure on the ball and create a turnover then attack quickly.

DRILL DESCRIPTION:

Set up the drill as seen in the diagram below with 4 lines at the top in one color piney, 3 lines below the goal line extended in another color piney, and a coach at the restraining line with balls. The coach rolls a ball out to one of the 3 players behind the cage and 2 players from the middle two top lines drop in to play defense. The attack should look to move the ball quickly and play out the 3 v 2 looking for the best scoring opportunity. If the goalie makes a save or the defense causes a turnover, they outlet to one of the outside lines and attack as a 4 v 3 with the initial 3 attackers now becoming defenders. If the attack scores in a 3 v 2, the coach sends a ball into one of the two outside lines at the top and they immediately attack as a 4 v 3. If the defense or goalie gets the ball in the 4 v 3, play it out until they clear it past the restraining line. All players clear out and the coach rolls a ball into a new group and the drill starts again. Play for 5 – 10 minutes then switch the teams so each gets to play the 3 v 2 and 4 v 3.

SKILLS PRACTICED:

- Quick transition and passing
 - Communication
 - Defensive slides
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VARIATIONS:

- Add a recovering defender
- Play it as a 4 v3 to a 5 v 4
- Make it a competition and keep score

FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](https://www.uslacrosse.org/coaches/drills-archive)

DRILL DIAGRAM:

