



WOMEN'S 4V3 DRILL

DRILL SPECS:

Drill Theme: Number Advantages

Field Location: Half Field

Time Needed: 15 Min

Drill Style: Skills, Games

Field Position: Offense, Defense

Skill Level: Basic

OBJECTIVE:

Drill that has players work 4 on 3 in the half field. You can work either 4 on 3 with the offense up a player or the defense up a player.

DRILL DESCRIPTION:

Have 4 players on offense go against 3 players on defense.

The coach can start the ball from a ground ball or a pass into the players.

Players go until there is a goal, save, clear or whistle.

SKILLS PRACTICED:

- Stick Handling
- Ball Movement
- Defensive Positioning
- Slides

VARIATIONS:

Switch and have your defense go up with 4 players and the offense work with 3 player.

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

DRILL DIAGRAM:

