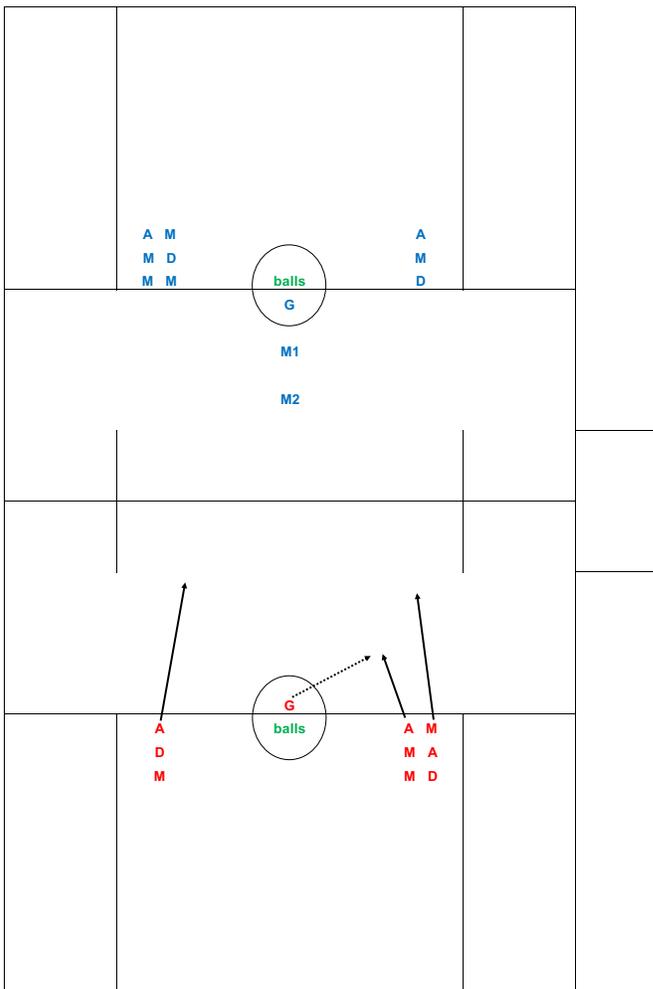


3 v 2 to 3 v 2 Continuous - Two Teams



How to Run the Drill

1. Goalie throws ball to the Red line to his right
2. Play 3 v 2
3. Goal or turnover ends possession - whatever Red player touched it last is out - the other two Red players get back on defense
4. M1 and M2 are out
5. Goalie throws it to the Blue line to his right
6. Play 3 v 2 the other way

Rules

1. Move the goals up to the restraining lines or play on half field sideways
2. Only allowed one cradle

Concepts

Offense

1. Talking - "One more"
2. Keeping their spacing
3. Drawing a defender and moving it
4. Shooting while increasing your angle - not fading behind the goal

Defense

1. Getting in the hold
2. Talking - "I got ball" & "Rotate" & "Hold"
3. Playing the ball no further than 10 yards from the goal
4. Getting stick in passing lanes
5. After playing the ball, getting in right away (while turning the correct way)
6. Winning the whistle - getting back on defense after a shot or turnover

Variations

1. Play Classic 3 v 2
2. Drive it down the side and play it
3. Throw down and pick down
4. Throw down and pick opposite
5. Can turn the goals sideways
6. Can turn the goals backwards
7. Instead of having the last person to touch it be out, have the person in the worst position to get back on defense be out
8. Play 3 games to 5 points - goal = point or stop = point