

Competitive Drills

It is really important that players compete at practice, fly around and play out game situations. Offense is trying to score, defense is trying to defend but the offense has to defend in situations and the defense has to play offense and handle the ball sometimes. Both teams are trying to win and play hard and never quit!

3,2,1 GB's

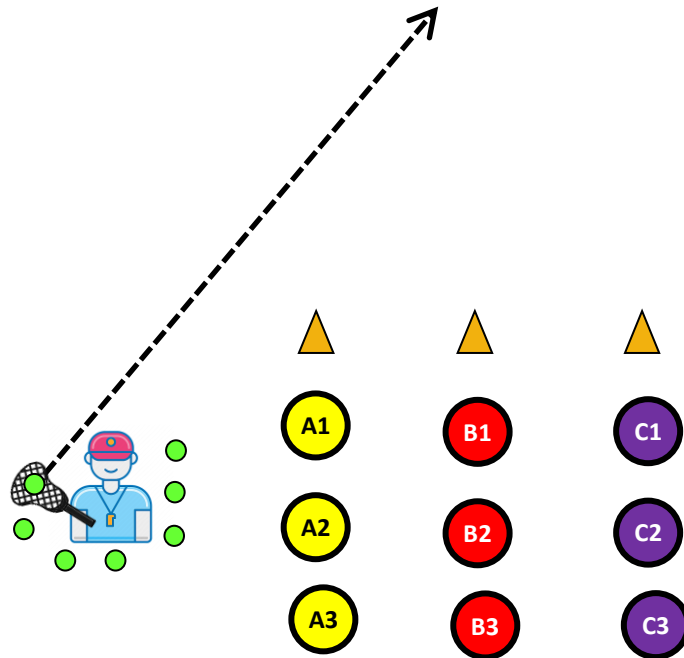
Coach rolls out a ball and all 3 players go for it, it's every man for himself, 1 vs 1 vs 1

Whoever scoops it must run it through hallway 1 or hallway 2 while the other 2 try to ride it

Coach rolls out another ball to the remaining two and whoever scoops it must run it through a hallway vs a rider

Coach rolls out a third ball to the remaining player and he must scoop it and run it through a hallway to complete the drill

▲ Hallway 1 ▲

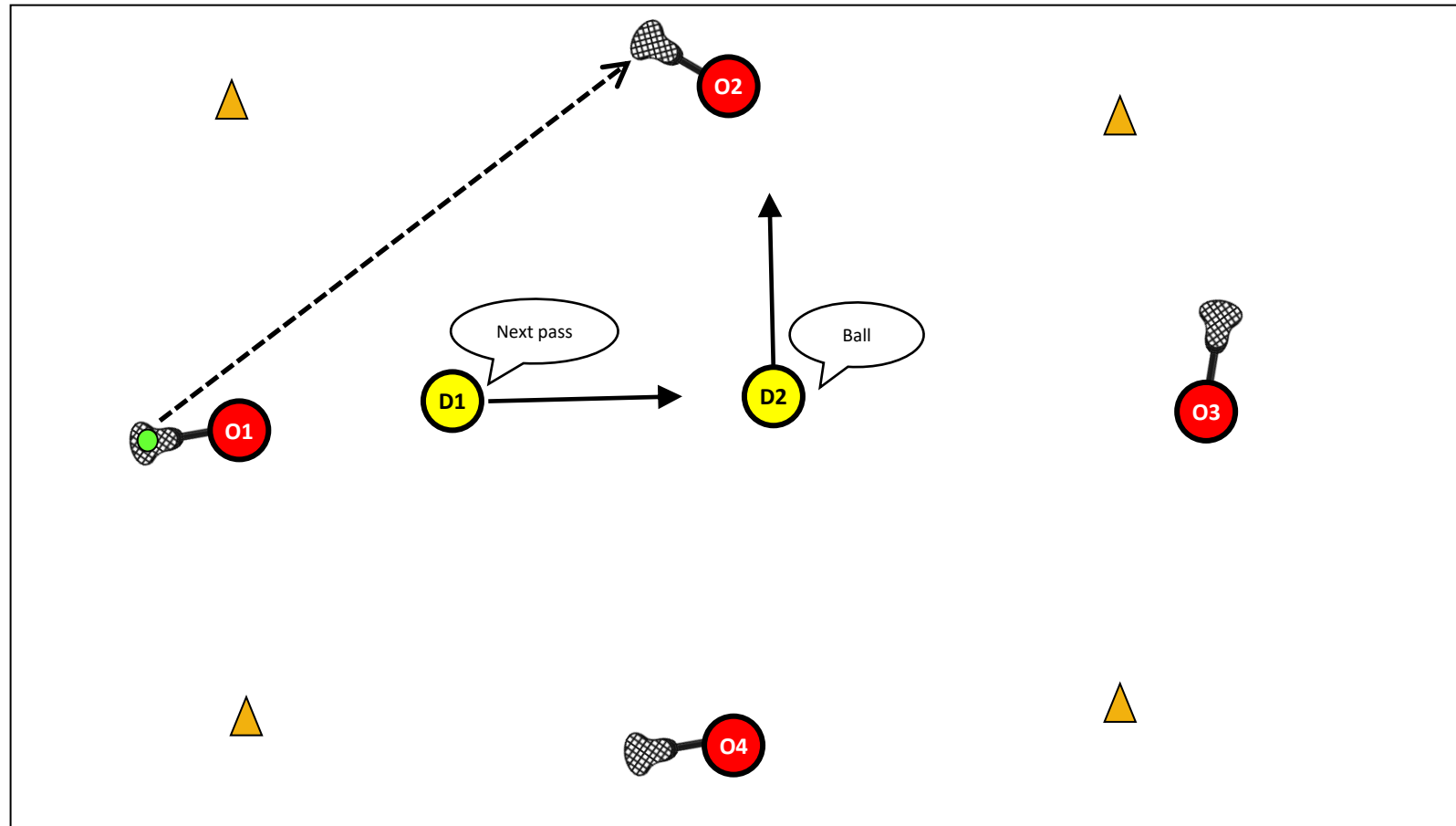


▲ Hallway 2 ▲

4 v 2 Keep Away

- 1) X's can move anywhere they want in between their designated cones ▲
- 2) If the ball hits the ground the X responsible becomes a D (yellow circle)
- 3) X's use their fakes and passing skills, they also have to move off the ball to get open
- 4) D's play in a tandem, one takes **BALL** and the other has **NEXT PASS**
- 5) Everyone goes at the same time - No lines, no waiting

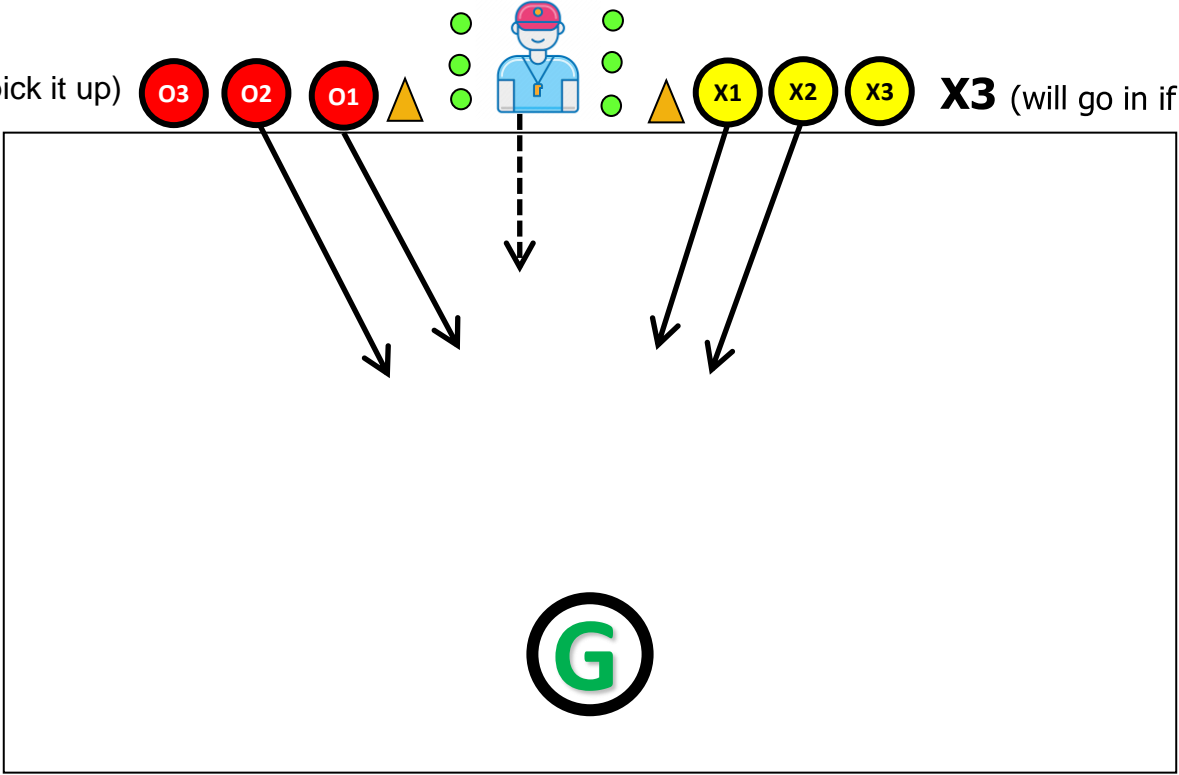
MESA



2 v 2 GB's to 3 v 2

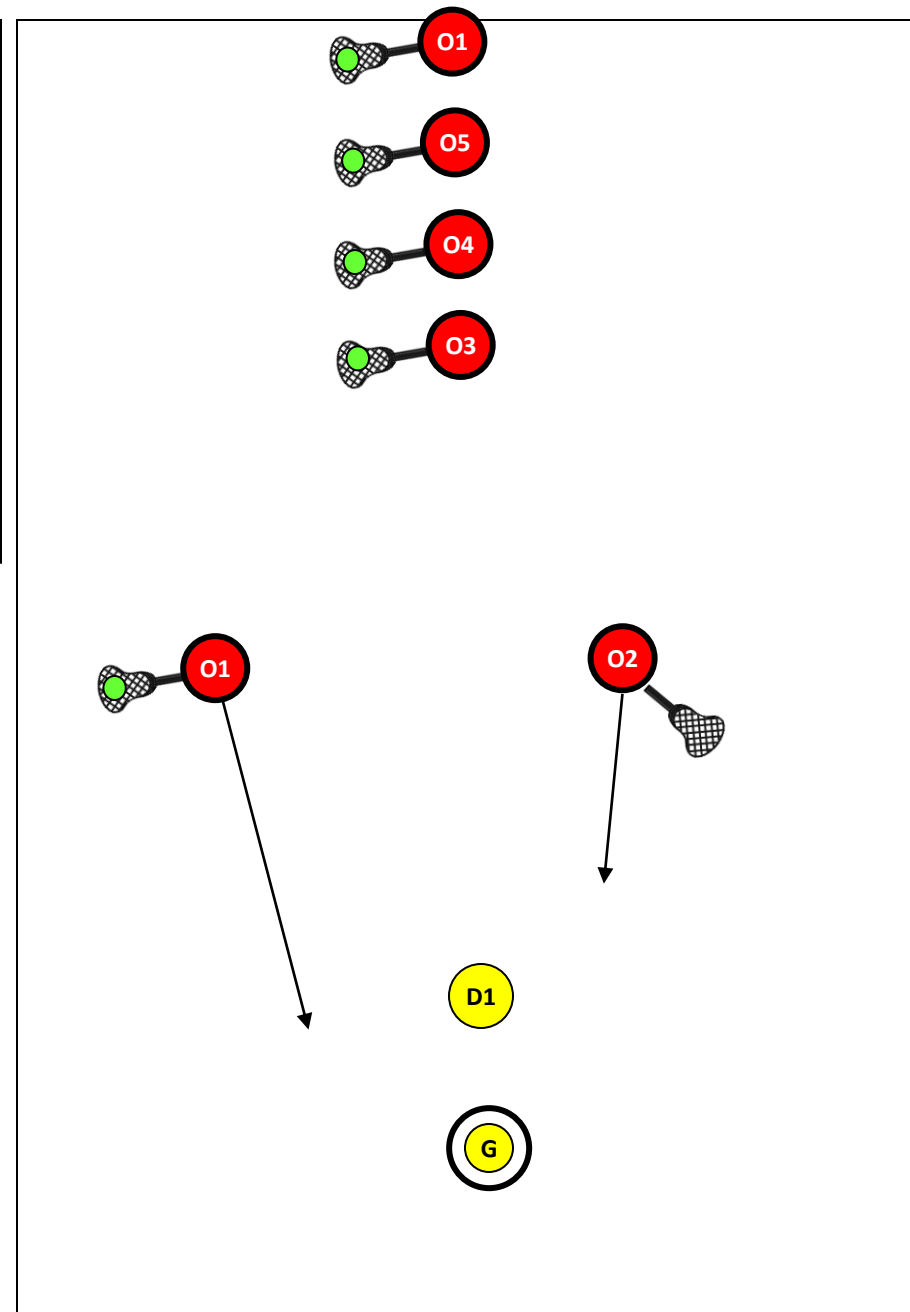
- 1) 2 v 2 groundball thrown in by coach
- 2) Which ever team picks it up gets to add a guy from their third line and it becomes a 3 v 2 to the goal
- 3) One or no cradles
- 4) If the box exits the box the play is dead, throw in another ball
- 5) Every group gets 3 balls on offense
- 6) If the defense clears it, start a new group

O3 (will go in if O1 or O2 pick it up) **X3** (will go in if X1 or X2 pick it up)



England Drill

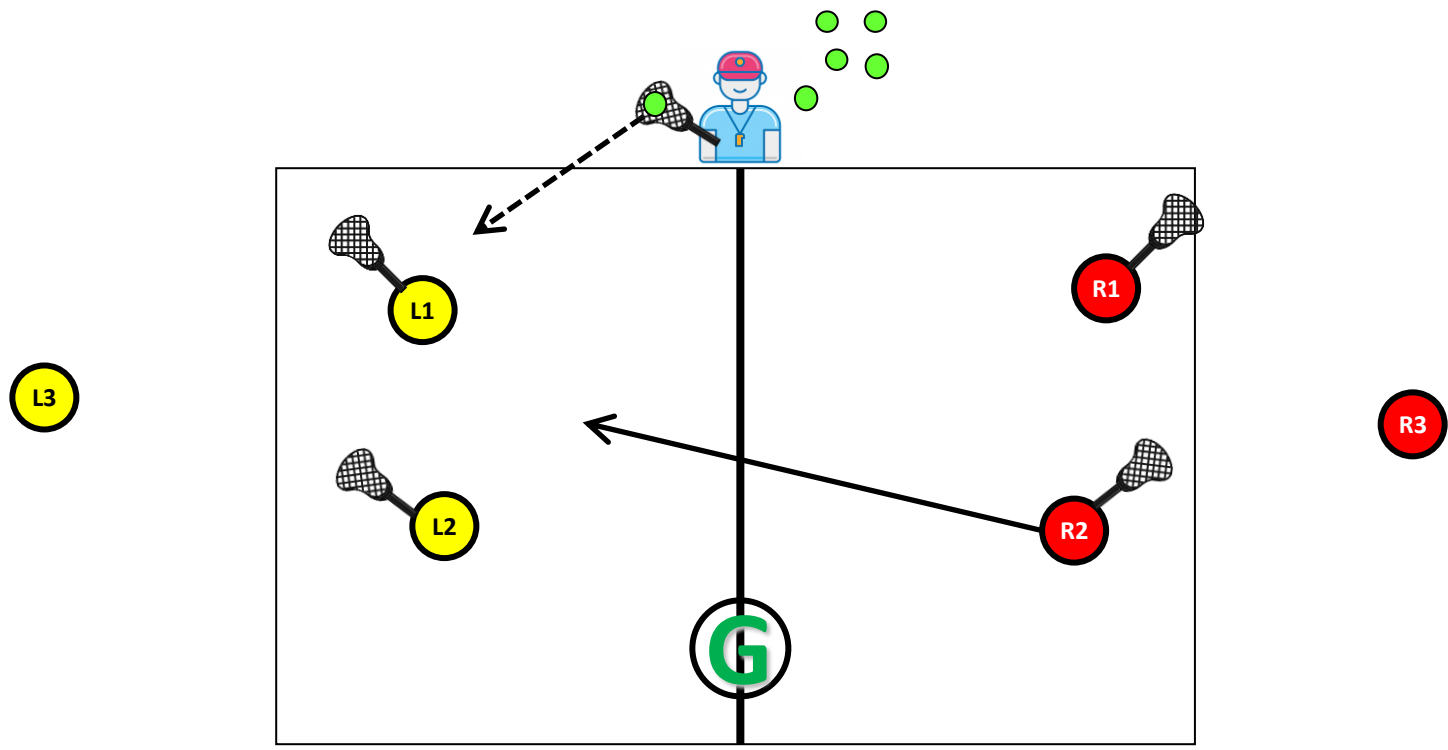
- 1) Start 2 v 1 – drive to pipe
- 2) Add an offensive player with a ball and a defender every whistle. Offense throw the ball up field, don't run it up.
- 3) Coach can whistle whenever he wants
- 4) Can let defense clear it out or not
- 5) One or no cradles



D2 D3 D4 D5

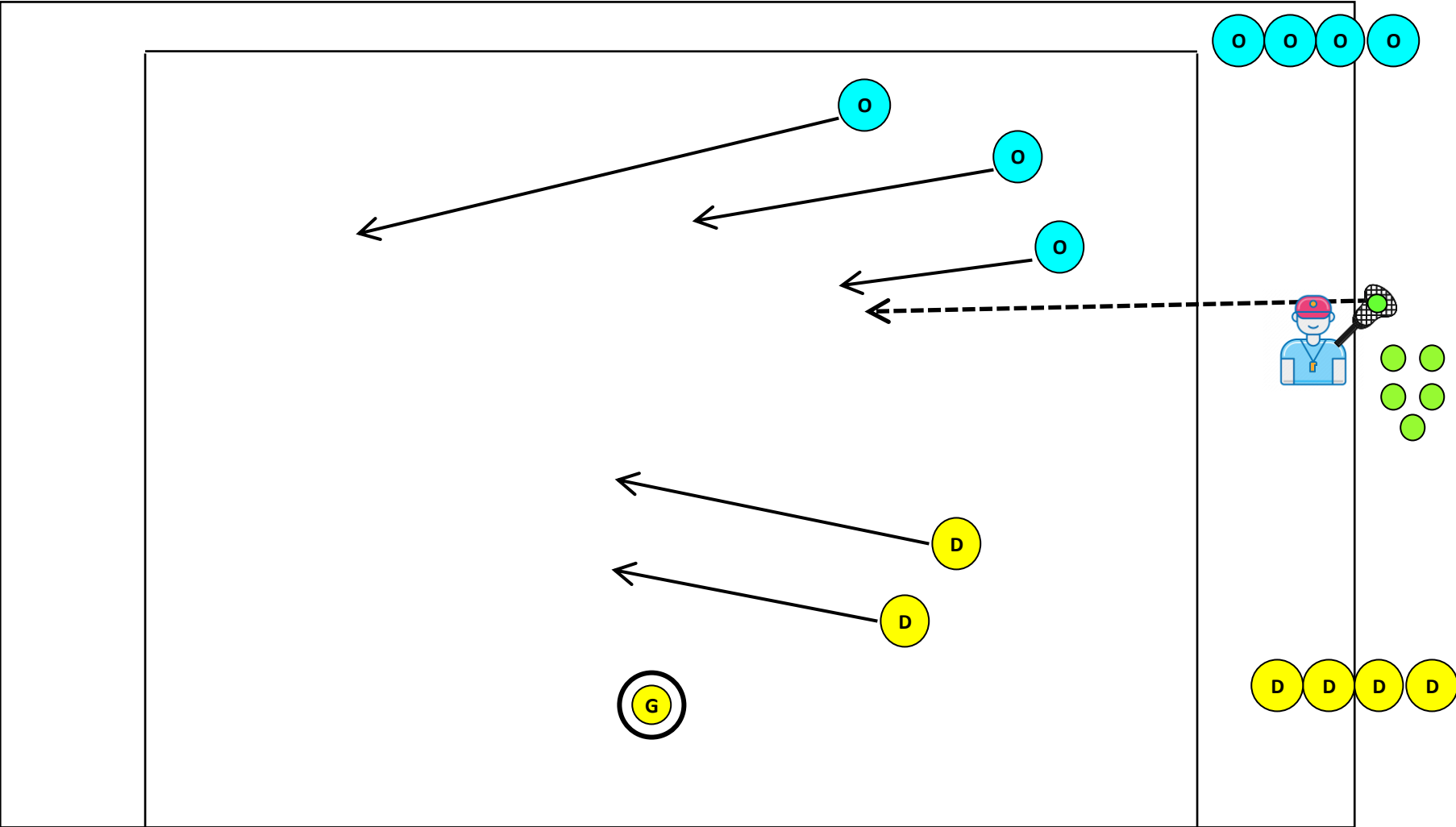
Righties vs Lefties Last Touch is out

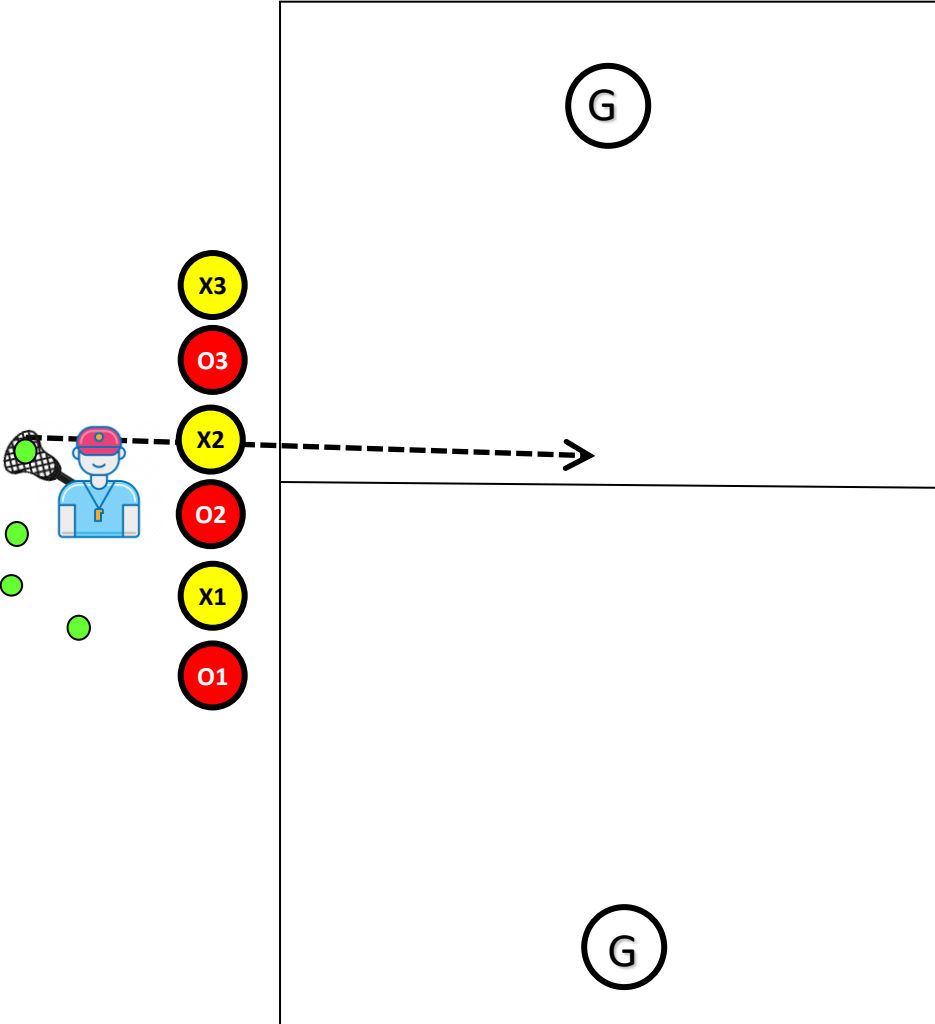
- 1) 21 or 32 down one side!
- 2) Coach rolls a ball to one side
- 3) That team picks it up and plays 2 v 1
- 4) Whoever touches the ball last is out, other guy jumps over the line to play defense
- 5) Can play 2 v 1 and build up to 3 v 2
- 6) Top guy really must draw defender upfield to get the ball to the lowest offensive player for a dunk

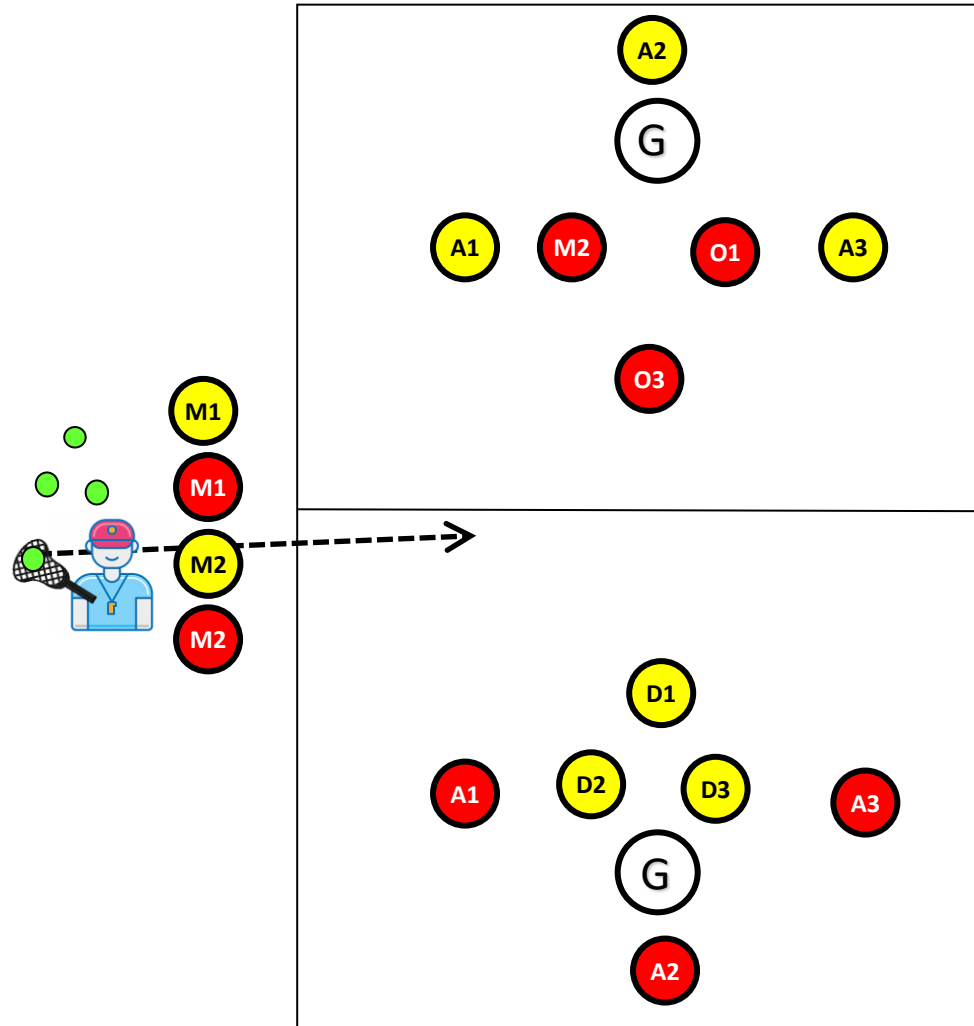


Popcorn Extreme

- 1) coach calls out a number - offense sends out that number - defense sends out one less
- 2) play it out
- 3) if defense can clear it to midline, they add 2 players and counter attack

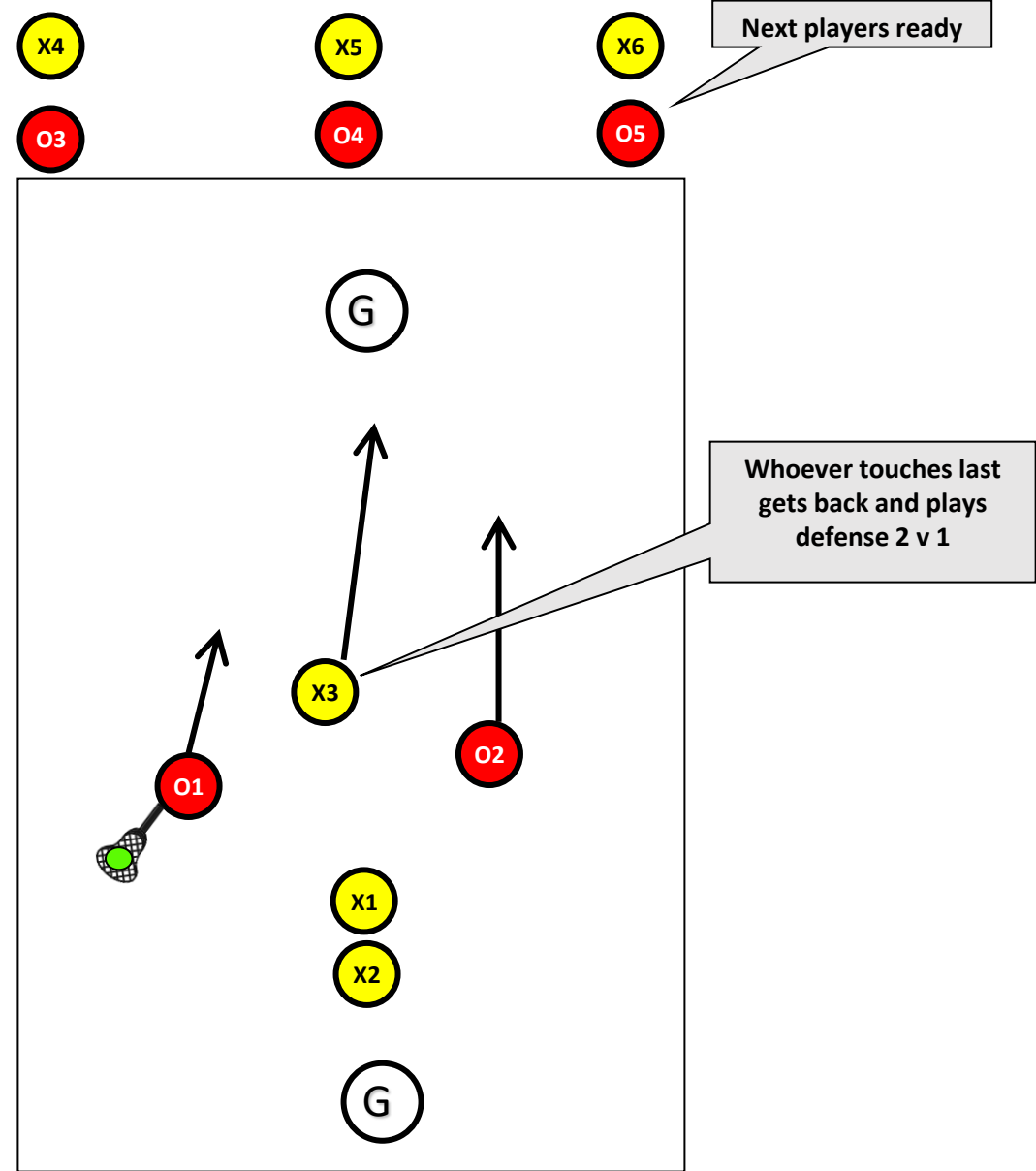
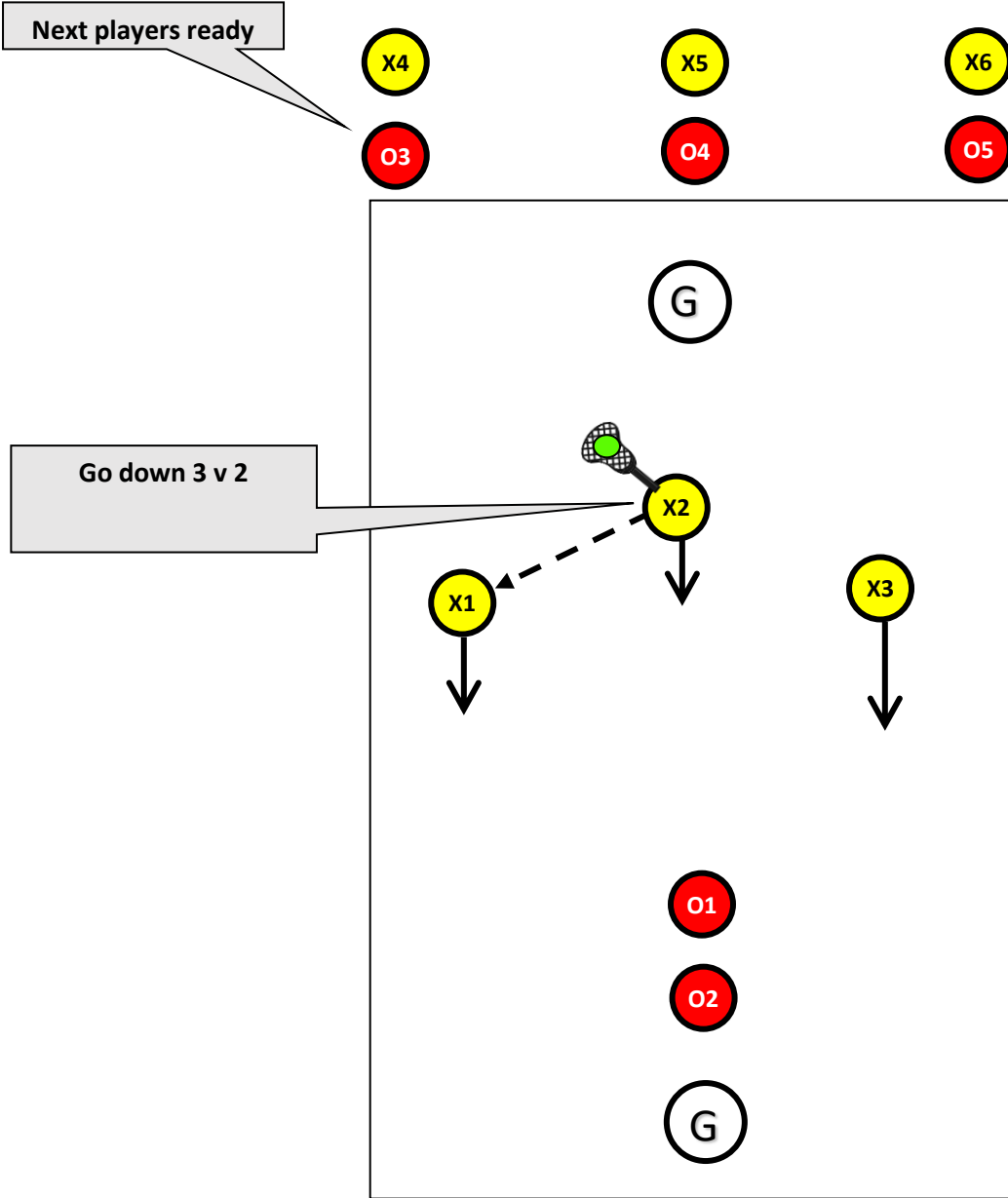






32 to 21

Start 3 v 2 and whoever touches the ball last gets back to play defense 2 v 1



3 v 2 to 3 v 2 - O vs D Continuous

Offense vs defense

X's break out

Goalie passes to X's breaking out

D's sprint into the hole

Play out the 3 v 2

1 or no cradles

Get it to wing player and drive it down the side

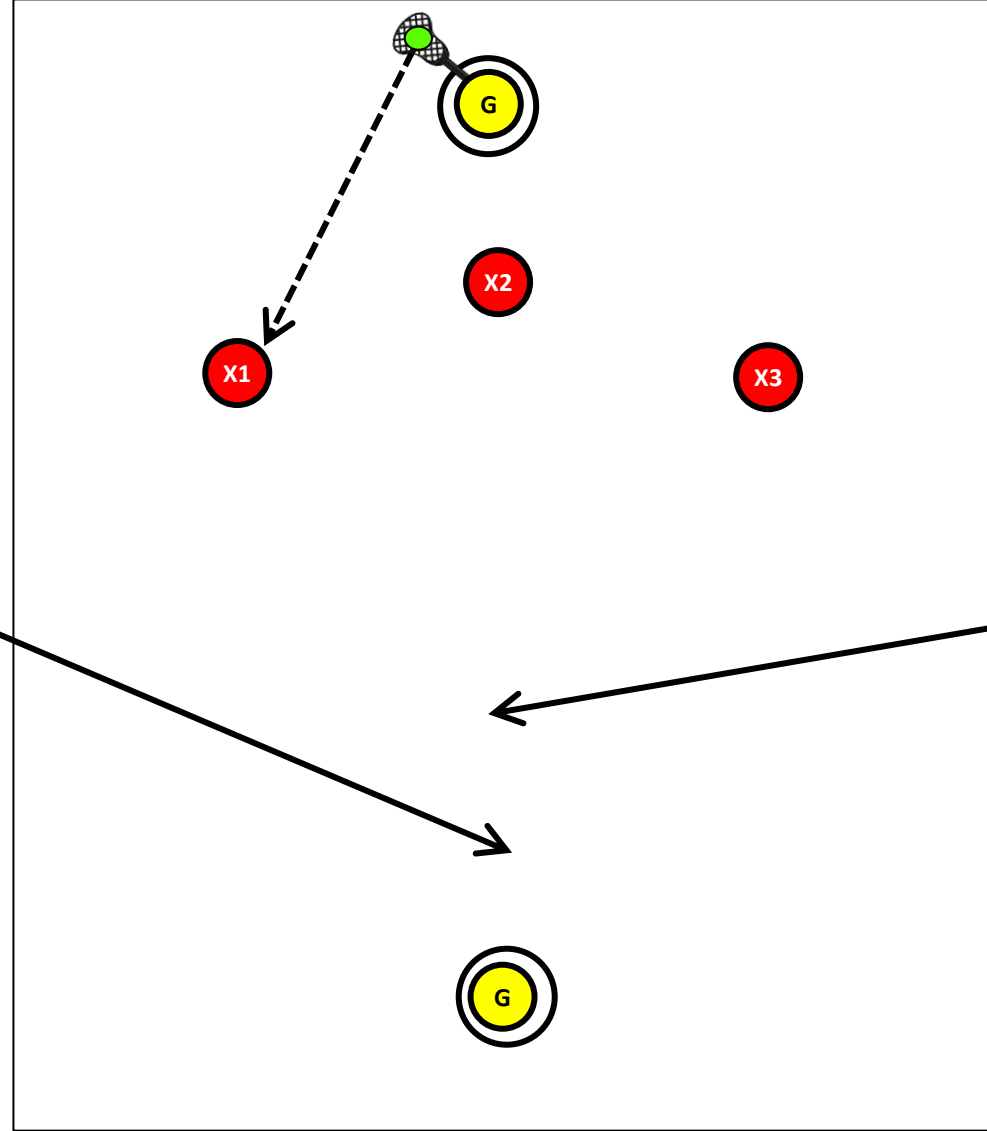
Can also Maverick

Next 3 Ready to go

X7

X8

X9



D5

D3

D1

D2

D4

D6

Next 3 Ready to go

X4

X5

X6

3 v 2 to 3 v 2 Last Touch

Offense vs defense

X's break out

Goalie passes to breaking out

Play out the 3 v 2

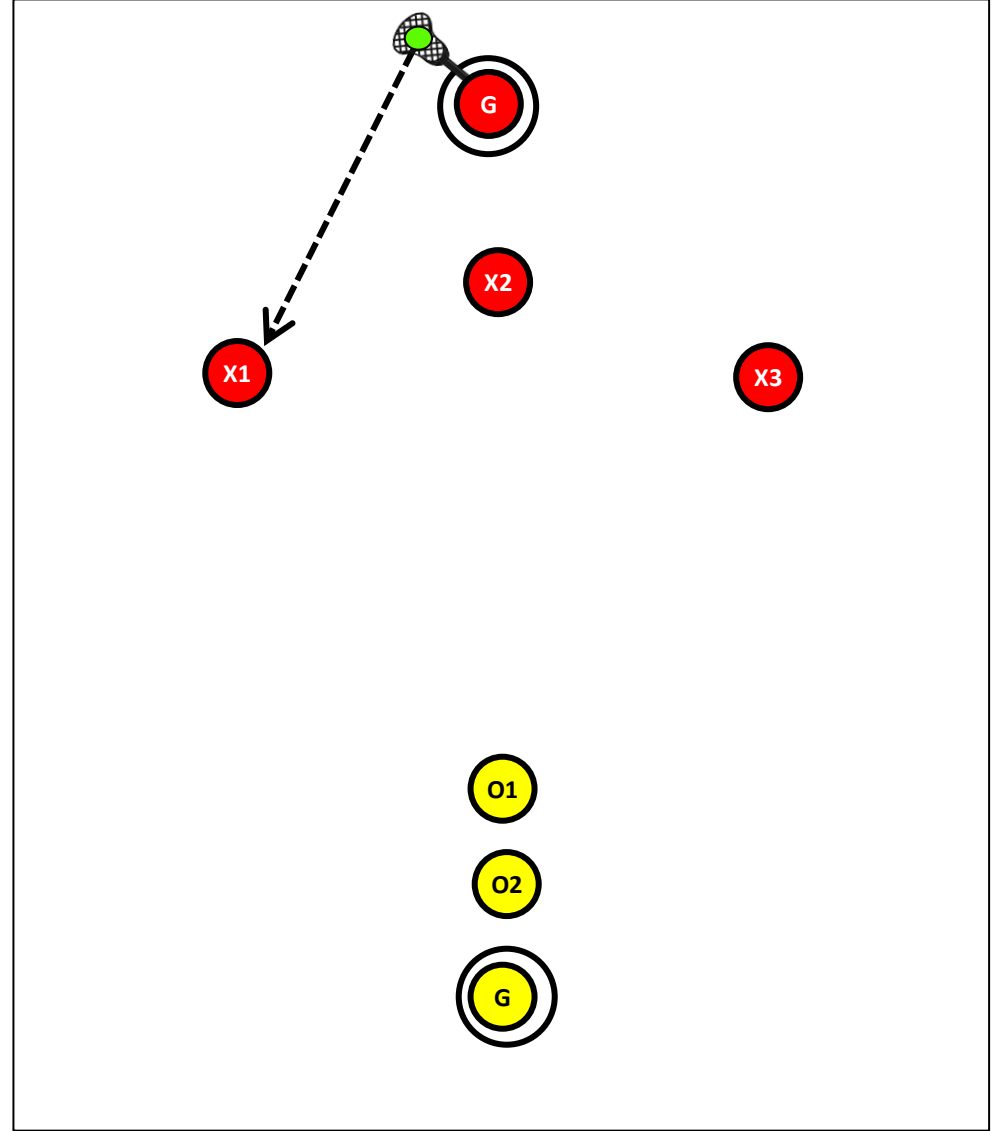
Whoever touches it last is out and goes back to their lines

Next 3 Ready to go

X4

X5

X6



Next 3 Ready to go

O3

O4

O5