

Drill Name: GROUND BALL 3V2'S

Stage of Activity	Train to Train, Train to Compete
Skills	Scooping, Ball Handling, Passing and Catching
Equipment	Balls, Cones, One Stick per Player
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Coach has bucket of balls on the goal line • Five lines are set-up inside the restraining line. • Two inside lines (Player A4 and A5) are always defenders and the middle and outside lines (Players A1, A2 and A3) are always offensive players. • The ball is rolled out by the coach, the players are released from the cone. • If one of the three Offensive players pick up the ball, it is 3v2, if a Defensive player gets the ball, then it is 2v3. <p><i>To start, coaches can allow players flexibility to go in any line, but ideally you would want your defenders to line up on the D lines.</i></p> <p><u>Purpose</u> – Reacting and Decision making under fast conditions. Adds an element of conditioning.</p>
Modifications	<ul style="list-style-type: none"> • Coach can place the ball in a desired area to manipulate the play/opportunity. • Can make it a competition between groups (points for goals, defensive stops, passes, etc.).

