

Drill Name: TRANSITION DEFENSE WITH A TRAIL

Stage of Activity	Train to Train, Train to Compete
Skills	Ball Handling, Passing and Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Attacker (Player A1) starts with the ball from midfield with a defender (Player B1) 10m behind them. • On the whistle, Player A1 runs down into the attacking zone that currently has two other attackers (Player A2 and A3) and two other defenders (Player B2 and B3). • Player A1 makes a 3v2 situation unless the trailing defender (Player B1) catches up and then it's a 3v3. • This round should last around 15 seconds. • Once a goal is scored or the ball is turned over, then one of the attackers becomes the trailing defender going the other direction. <p>Purpose – Work on fast break from midfield ending with a 3v2 in the attacking zone. Works on decision making and picking up and slowing down the attackers.</p>
Modifications	<ul style="list-style-type: none"> • Run it from a smaller space • Add more people into the zone to make it a 4v3 or 5v4.

