

Drill Name: TWO BALL – 4V3 & 4V4

Stage of Activity	Train to Train, Train to Compete
Skills	Scooping, Ball Handling, Passing and Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	7+
How It Works	<ul style="list-style-type: none"> • Offensive group with four players and Defensive group with 3 to start. • On the Coach's whistle, the ball is given to an offensive player and they attack the goal. • Once the ball is dead or in the net, the offensive player who is closest to the end line retrieves a second ball. • A fourth Defensive player enters the play making it 4v4 <p><u>Purpose</u> – To play in both uneven and even situations. Make offensive and defensive decisions in a timely manner.</p>
Modifications	<ul style="list-style-type: none"> • Progress to 5v4 to 5v5 and 6v5 to 6v6 • Can make it a competition between groups (points for goals, defensive stops, passes, etc.).

