



## 4x4x3 Drill

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Ball movement, Off Ball Play.

**Drill Duration:** 5-7 minutes

**Resources:** Balls, Multiple cones

**Description:** Field is set up as shown and spacing can be adjusted based on age and ability of players. On the whistle, players will play a 4v4 situation to a goal or turnover. On a goal or turnover, offense players adjust to 2<sup>nd</sup> set and play to a goal or turnover. Offense then sets up in the 3<sup>rd</sup> set and plays to a goal or turnover. After playing in all three sets, both the offense and defense can be switched out.

**Progression(s):** Add or subtract players to change the level of difficulty. Start with a ground ball instead of possession. Move the boundaries to teach attacking from behind the goal.

**Drill Diagram:**

