Drill Type: _____ Skill Practiced:_____

Transition Skill Development Drill

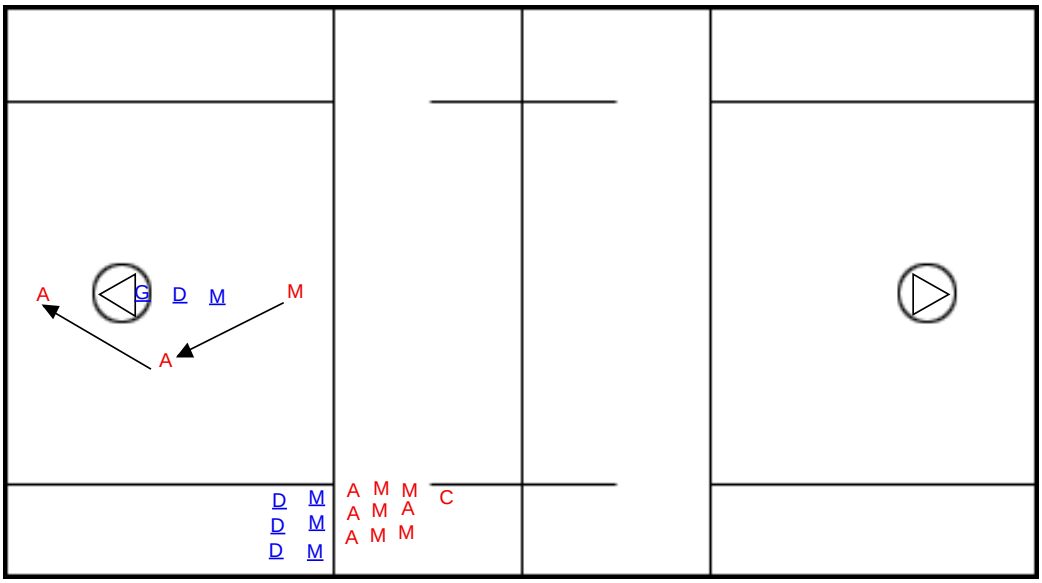
Transition Drill: 3 v 2 : Initiate from behind after 2 passes

Objective

This drill reinforces the concept that X man must play a role in the offense. The X man will look to initiate offense from behind and force a slide from the inside defender. IF no slide comes the X man is free to dodge to shoot. If the slide does come, you look for the X man to feed the open player.

Description of Drill

In this drill the coach rolls the ball out above the box as two offensive players stay above GLE and one attack goes to X. The players get the ball back to X, where the X man initiates offense. The X man must draw a man so that he creates a 2 v 1, leaving a teammate open on the crease.



Skills Practiced

- Communication
- Field Sense and Vision
- Dodges
- Finding the Open Player

Variations

To vary the drill you may want to build into a full 6v6 in steps. Start with a 1v1 behind the cage. Then move to a 2v2 form behind, then 3v3 starting from behind, then 4v4, up to 6v6 where your team will look to drive from behind and find the open options when the slide does or does not happen.

Time Needed for Drill: _____ Equipment Needed: _____