

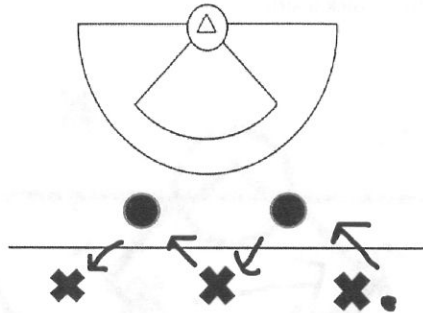
TRANSITION DRILLS

W's 3v2

3 lines of attack about 10 yards above restraining line

2 lines of defense 5 yards in front

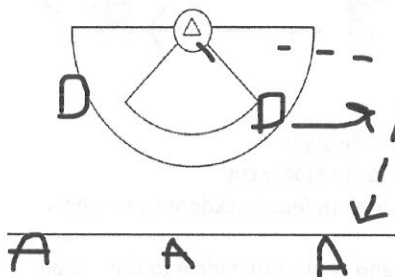
Starts with a diagonal pass, once you release the ball, you are live



Gk Clear 3v2

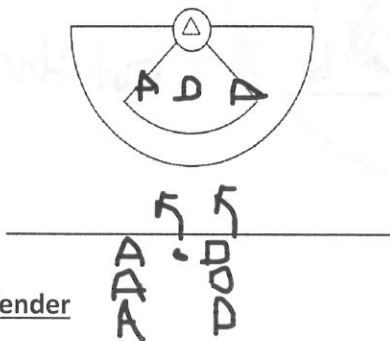
Set-up: defense lines low, attack has 3 lines up top outside restraining line

Defenders break our hard, goalie clears to one of them, defender catches, rolls and passes to attacker up top



US DRILL 3v2, 4v3, 5v4

2 attackers and 1 defender start inside 8. Attack line and Defense line outside the 12. Coach stands between 2 lines- throws ball to attacker up top, both A and D add in to make it a live 3v2. After the ball is played out, the coach will add in another A and D to make it a 4v3, then add a 5v4. (You can go up to 6v5) Same group stays in the entire time. Emphasis on this drill again should be moving the ball quick, working on finding your shape, and scanning to find the open girl. Defense needs to communicate and slide.



Fastbreak 5v4 with trailing defender

