



3v3 DRILL

- Attacker 2 passes the ball to attacker 3, then sets a pick for attacker 1
- Attacker 1 uses the pick
- Attacker 3 rolls the crease and passes to attacker 1 coming off the pick for a goal
- Work on passing and clearing out the side for the drive - attack must now drive to the side opened up
- Advanced - add pressure to the outlet catch, or outside the 8 meter pressure all over
- Building up - work on pass and move away, pass and give and go, skip pass offense, pass and pick away, pass and flash back
- You can dictate how they will score, just tell them that they must score off of a drive, a pick, flash back, give and go ...
- 4v4, 5v5, 6v6, 7v7 until your team has an understanding of how the offense will work

NOTES:
