



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 2nd set and play to a goal or turnover. Offense then sets up in the 3rd 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:

