



## Towson Fast Breaks

**Appropriate Age Group:** 12-18

**Skill(s) Practiced:** Transition

**Drill Duration:** 5-10 minutes

**Resources:** Balls

**Description:** Coach rolls out a ball for **X** and **O1**. Winner attacks appropriate end in a 1v1 to a goal or save. The pair stays on the field while a coach rolls out a ball for **X** and **O2**, in favor of the team that attacked on the first 1v1. **X** and **O2** play in a 2v2 with the previous pair of players. Continue adding players until you have reached a 6v6 scenario. Rest the drill and allow the ball to be won by the opposite team.

**Progression(s):** Let one team go first, without a defender and force odd-numbers play.

**Drill Diagram(s):**

