



4v3 Bucket Ball

Appropriate Age Group: 10-18

Skill(s) Practiced: Scooping, Dodging, Stick Protection, Player Down Defense, Sliding, Recovering

Drill Duration: 5-7 minutes

Resources: Balls, Cones, Bucket/Goal

Description: On the coach's whistle, the offense (O) is trying to get balls from their starting cone into the center bucket/goal. The defense is trying to stop them using any age-appropriate and legal defensive technique. Offensive players may only "score" by dropping the ball into the bucket. Defense can "score" if an offensive player drops the ball or is forced out of the boundaries. This drill can be done with or without sticks depending on the skill level of the athletes.

Progression(s): Add or subtract players to change the level of difficulty. Take balls away from one or more lines and require passing.

Drill Diagram:

