



Air Force

Appropriate Age Group: 12-19

Skill(s) Practiced: Ground Balls, Transition Offense, Transition Defense

Drill Duration: 5-10 minutes

Resources: Balls, Goal

Description: The coach will blow the whistle and simultaneously roll out a ground ball to each wing. The winner of the ground ball will attack a designated end of the field in a 4v3 fast break. Play goes on until either a turnover or goal occurs. The team's face-off players will take live face-offs but can only win the ball to their selves.

Progression(s): Vary the fast break set up. Add or subtract players. Have players added in from other areas of the field. Allow loser of GB to be a chaser, making it a 4v4. Send chaser from the GB loser of the opposite side of the field.

Drill Diagram(s):

