



Bullet 43, 54

Appropriate Age Group: 13-18

Skill(s) Practiced: Clearing the ball into the offensive area. Transition Offense, Transition Defense

Drill Duration: 5-10 minutes

Resources: Balls

Description: The coach will roll a ball out to one side of the field. If the team with one player earns the loose ball, his opponents drop out of the drill and he runs a 4v3 break. If the team with two players earns the loose ball, everyone stays and a 5v4 break is run. Alternate which sideline the ball is rolled towards to start the drill. Players switch sides after each repetition.

Progression(s): Roll the ball into the box to start the drill to create unsettled situation play and different looks at transition.

Drill Diagram(s):

