

3v3 Sneak Attack

Category: Tactical, Defensive, Offensive

Difficulty: Beginner -> Advanced

Drill of the Week #11

Sneak Attack (25 minutes)

Goal: To break into the attack red zone on the move and quickly shoot and score. Defenders are working to organize quickly and know when to step off their mark (in the mark's lane) to take the ball carrier.

Skill emphasis: Breaking quickly to the circle, seeing the open lanes, finding 2v1's

Drill:

1. The first attacker has a ball and tracks through the cones and peels left or right. The Defender (D) behind follows at speed. Both the Attacker and Defender break into the 25 yard area and play 3v3 to goal.
2. The attacker should move with speed and try to lose the defender by passing quickly. The two upfield attackers need to seal their defender and cut for the ball at the right time.
3. Play with pace looking to quickly get a shot on cage.
4. Defenders that come up with the ball can either break up over the 25 yard line or make a pass to a teammate.

Recommended:

- This drill can be moved to the left and right side to change the point of attack.

