

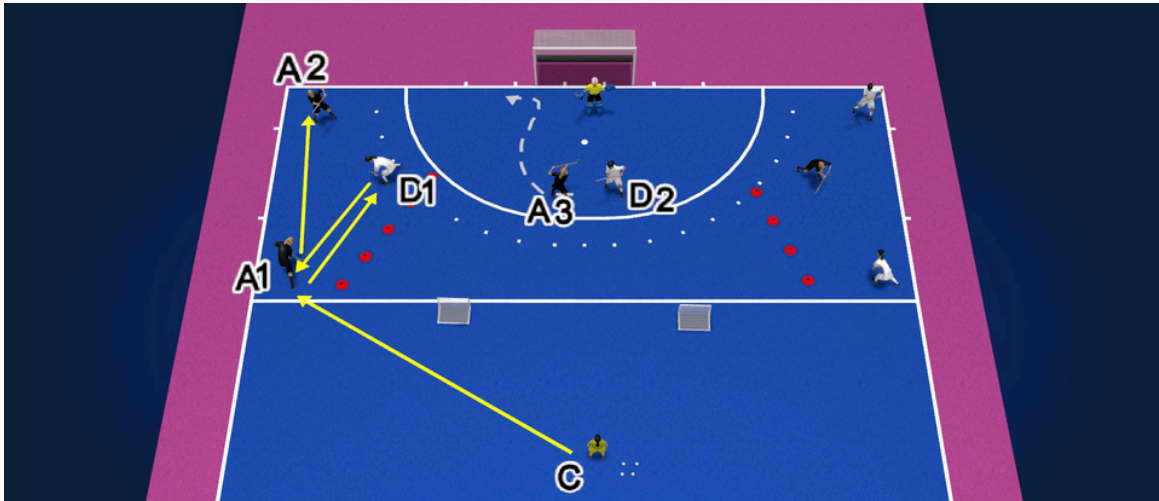
Break the T-Spot

Category: Tactical Numbers Up

Difficulty: Intermediate

Drill of the Week #4

Break the T-Spot (30 mins)



Goal: To work to beat the defense in a 2v1 and enter the circle at the T-Spot (the area where the circle meets the endline to form a letter "T"). Defenders are looking to make takes early and break through dangerous (center of the field) space.

Skill emphasis: Utilize 3D stick skills and speed to draw the defender to commit or get flat-footed. Run the ball to the defender's left foot and pass quickly. The defense will look to counterattack to the small cages on the 23-meter line through dangerous center space.

Drill:

- Coach (C) passes ball to A1 who then passes to D1 who passes back to A1. Starting drills with quick and firm give-and-go passes to get the body and stick ready to go. Emphasize the importance of this simple skill. It established pace and purpose.
- A1 on the second reception must pass to A2 (who should not be stationary and instead cutting to the space from the sideline or the circle).
- A2 and A1 look to use speed and quick skills to beat the defender on the T Spot area and then look to join with their teammate A3 in the Circle.
- A3 is defended by D2 until the 3v2 enters the circle and then the D1 and D2 go to a zone defense because they are player down.
- A1, A2, and A3 try to win the 3 v2 by scoring.
- D1 and D2 work to come up with the ball they want to try and possess the ball and counterattack in dangerous (center of the field) space to the two cages on the 23-meter line.
- The drill starts again with the Coach (C) who feeds the ball to the left side of the drill.
- A1 or A2 replace A3 after their set and D1 replaces D2. Rotation can be determined ahead of the drill.