



## Pass and Play

**Category:** Tactical: Defensive (Numerical Disadvantage)

**Difficulty:** Transition Phase

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Individual-Adult Member

### Ball 1: 1v1

**Objective:** Work on numbers-down, numbers-even, and numbers-up scenarios over space.

#### Rules:

- Play is live until there is a goal, a foul, the ball goes out of bounds, or the defender or goalkeeper clears it out of the playing area.
- During the three-ball rotation, all three passes come from the same cone/defender.
- Alternate sides.

#### Drill:

1. Defender A sends a long pass to the attacker positioned on the right-sideline cone. Once the ball passes them, defender B leaves their cone, sprints around the cone on the circle, and plays out a 1v1. These two players (Defender B and the attacker) remain in the drill.

2. Defender A passes to the attacker positioned on the left-sideline cone. The attacker initiates a 2v1 with the attacker and defender who are still in the drill. Once the play is dead, all three players remain.

3. Defender A sends a third pass to another attacker on the left-sideline cone who initiates play. Once the ball leaves Defender A's stick, they sprint around the cone on the circle and join the play which has grown to a 3v2.

#### Skill Emphasis:

- Tackling
- Defensive positioning
- Ball carrying, passing, shooting
- Vision
- Communication

#### Recommended:

Encourage your goalkeepers to take charge of their circle and direct their defenders using commanding terms to tell them where to force the play (low and outside), how much pressure to apply, and where defenders should position themselves in relation to off-ball attackers.

Discuss the benefits of speed and vision with your attackers.

Encourage your defenders to force the ball low and wide.

Remind your defenders about what is most important in each scenario:

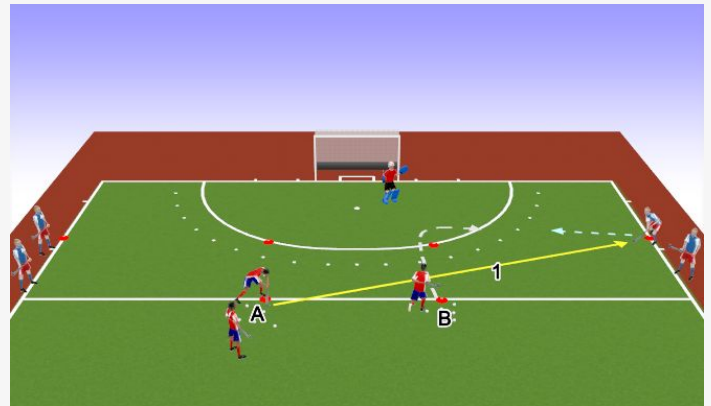
1v1 — engaging distance, staying in the play

2v1 — being in good intercepting lines, utilizing their goalkeeper as a second defender

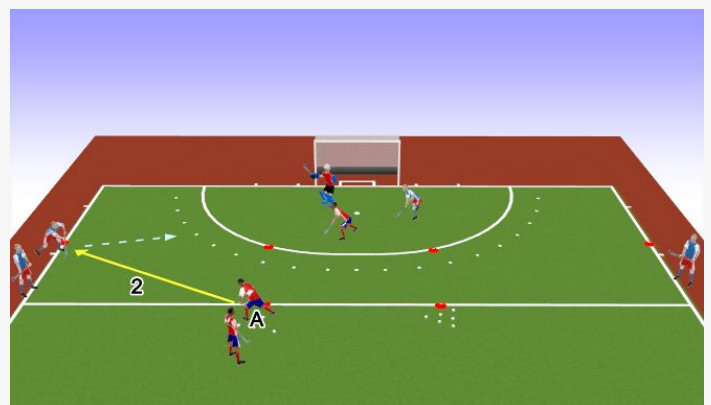
3v2 — using pressure/cover principles, communication

Modify this drill for your own purposes by making penalty corners worth extra points or defensive clears worth extra points. Add a time constraint and make it a competition!

*The NFHCA Drill of the Week is sponsored by FieldTurf®.*



### Ball 2: 2v1



Ball 3: 3v2

