

## **Attacking/Defending Drills**

Following are great options for 'Give and Go' and Diamond drills that you can start as of Week 4 as indicated:

- 1) 2 on 1: This is a simple keep away drill in a space no greater than 5 x 10 yards. The person that loses the ball or is guilty of losing the ball becomes the defender.
- 2) 3 on 3 on 3: This is 3 teams of 3 playing keep away in a space no greater than 15 x 25 yards. Get the drill going by picking one team on defense trying to get the ball away from the other two teams. The team of 3 that loses the ball or is guilty of losing the ball becomes the defense and the team that was on defense is on offense with the remaining team.
- 3) <http://www.youtube.com/watch?v=3BOIAT68pww>

These drills will instill in the players that the move you make after passing the ball is as important as making the pass. These drills will also be reviewed on coaches training night.