## Transition Drill: 3 v 2 Sideways Drill:
Teaching Local Overloads

Objective: This drill is excellent for teaching "local overloads" from both a defensive and offensive point of view. This is the basis for 1-3-2 and 1-4-1 plays. It is also great in transition when you come down a side and look to push for the quick shot or score.

Where to Find This Drill and More!
This drill is excerpted from the Men's Level 2 Coaching Education Workbook, The workbook is apart of the men's level 2 onsite clinics that is coming to your area in 2009-2010. Go to
http://www.uslacrosse.org/cep/instructional.phtml to find a clinic coming to your area this season.

Drill Description: Release players from alternating sides in groups of 5 (3 offensive players and 2 defensive players). Roll out a ground ball and let the 3 v 2 ground ball drill happen or you may have the defense concede and get in the hole. The Offensive players may not cross the line drawn with cones down the middle of the field. Have the Offensive players move the ball and themselves to create lay ups on crease or solid scoring opportunities. Score units so that lay ups worth 2 points and outside shots only 1. Reward the defense with 3 points anytime they win the 3v2 battle for a ground ball or take the ball away and clear the ball. Goalies get 2 points for all saves. (Make it a 3 way game between the Goalie, Defense, and Offense).
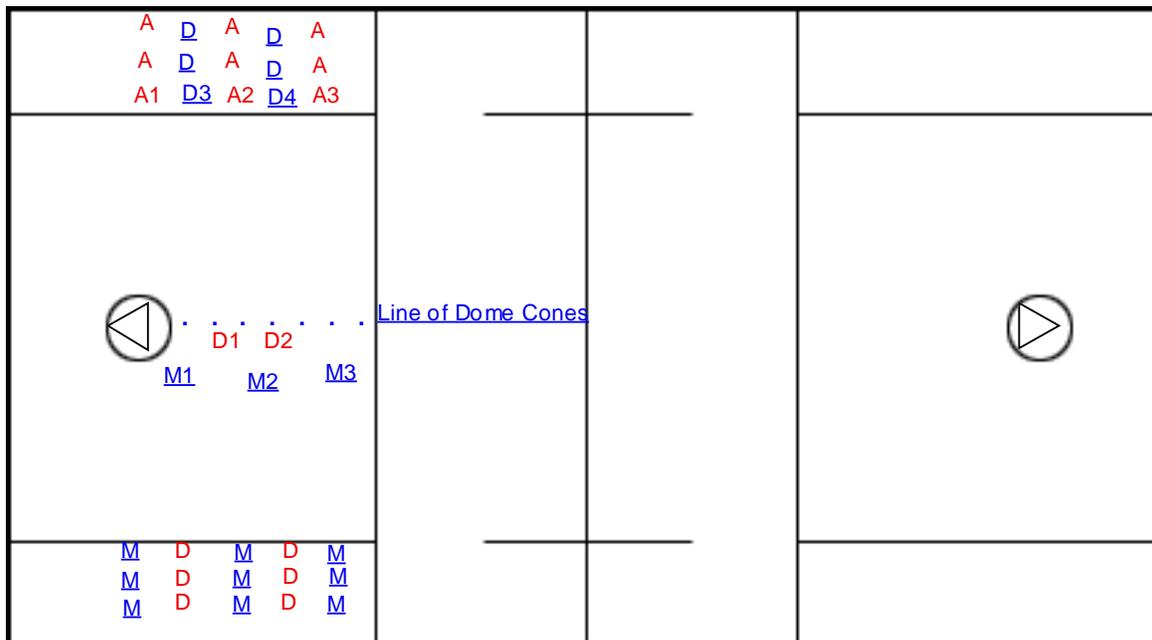
Skills Practiced:
- Communication
- Field Sense and Vision
- Finding the Open Player
- Working the Overloaded Area for Scoring Opportunities.

Variations:
To vary the drill you may want add more players or remove players to create vision. You may also go even with 3v3 or 4v4 and add 1 player on the other side of the cones with no defensive player on them. This will have your player look for the open player on the other side of the field, encouraging your team to attack the weak side of the field or to find the open man. The defense will look to play man defense and get in the passing lanes to knock down the pass to the open player.