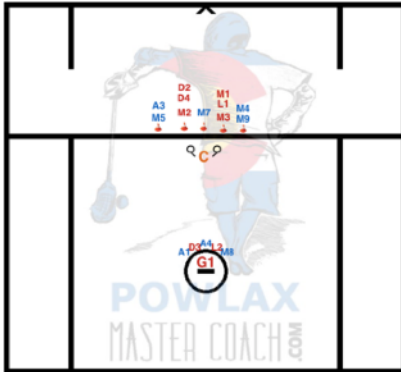




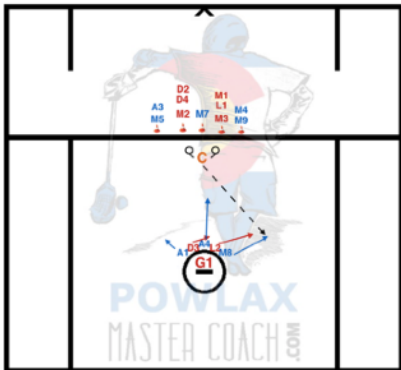
Duke Scrapping Drill - 3v2



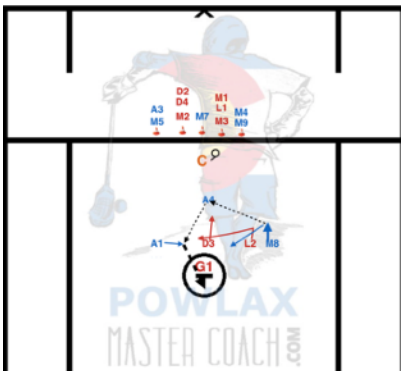
Duke Scrapping Drill
3v2 Set Up



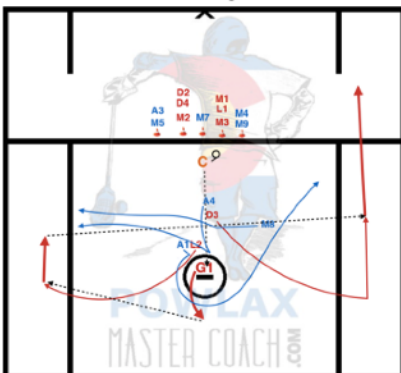
Duke Scrapping Drill
3v2 Ground Ball Phase



Duke Scrapping Drill
3v2 - Transition Phase



Duke Scrapping Drill
3v2 - Clearing Phase



3v2 Scrapping Set Up - We will set up the drill by creating 5 lines at the restraining lines (3 Offensive lines alternating with 2 Defensive lines). The first player in each of the lines will move into the drill and set up with one foot on the crease line by alternating players (Offense - Defense - Offense).

*As the offensive players move into the drill, the players in the outside offensive lines will each hand the coach 1 ball so that the coach always begins with two balls.

In the 3v2 Series, the offense will have 5 seconds to shoot and we will be working on setting up the base of the clear during the clearing portion.

3v2 Scrapping - Ground Ball Phase

To begin the drill, the coach will roll out one of the ball in the manner described in the 2v1 Drill. As the coach releases one of the balls, the players will be released and try to pick up the ball.

M8 - will move out to pick up the ground ball with his stick in his outside hand.

L2 - will move out and contest the ground ball.

A4 - will move up field into a position where he is an easy outlet for **M8** by getting in the mirror with his stick on the outside of the field.

D3 - will split **A4** and **A1** on the backside by maintaining a sideways stance.

A1 - will float to the left and stay dangerous.

3v2 Transition Example

Within the 3v2 Transition portion of the drill, the offense will look to exploit the off ball 2v1 while the defense adds in a backside defender who has to split two offensive players.

M8 - after picking up the ball, **M8** will move the ball off the ground and get dangerous looking for the give and go.

L2 - will defend **M8** and stop ball. As **M8** passes the ball, he must recover in to split **M8** and **A1**. Then, he will approach **A1** when the ball is moved again.

A4 - will accept the pass from **M8**, step in to draw **D3**, survey the field and pass to **A1**, **M8**, or step in to shoot. Here he decided to pass to **A1**.

D3 - will approach **A4**, making sure to break down and keep his stick up. In this scenario, we'd like our off ball defenseman to start to incorporate slow playing by showing to the ball, trying to force a pass and then recovering to early passes.

A1 - will stay dangerous, catch the pass from **A4** and finish.

3v2 Clearing Phase

We want to teach our players to set up the base of the clear. The defenseman will banana cut to the corners of the field, get even and pass the ball using their numbers advantage to get up the field. Offensive riding players must double the ball.

3v2 Clearing Example - In this example, the coach throws the ball into the goalie.

G1 - catches the ball, yells "Clear", looks around for 3 seconds in the crease then gets out of the crease away from the riding attackman, passes to **L2**, and walks it up.

L2 - will banana cut to the left side of the field and yell "Left" letting **G1** know that he is open and where he is. He'll receive the ball run up field. Once the riding attackman play him, he will throw an over pass to **D3**.

D3 - will banana cut to the right side of the field. As **L2** walks the ball up, he will stay even with him and yell "Over" to let **L2** know that he is open and where he is, receive the over pass and run the ball out.

A4, **M8**, and **A1** - will ride trying to double the ball.