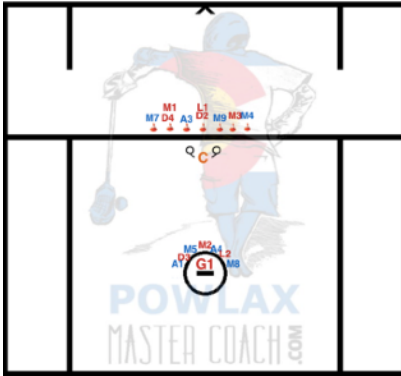




Duke Scrapping Drill - 4v3's



Duke Scrapping Drill
4v3 Set Up



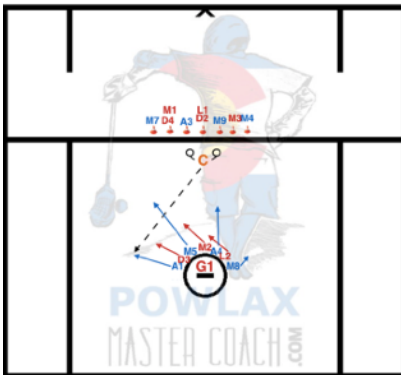
4v3 Scrapping Set Up - We will set up the drill by creating 7 lines at the restraining lines (4 Offensive lines alternating with 3 Defensive lines). The first player in each of the lines will move into the drill and set up with one foot on the crease line by alternating players (Offense - Defense - Offense).

*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 4v3 Series, the offense will have 7 seconds to shoot while the defense will be introduced to sending players upfield during a clear and "Touching The Hat".

Touching The Hat is a technique used to eliminate skip lanes while rotating. As players are forced to rotate, they will move to the center of the field first, so that they take away the skip lanes before rotating completely.

Duke Scrapping Drill
4v3 - Ground Ball Phase



4v3 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.

A1 - will move out to pick up the ground ball with his stick in his outside hand.

D3 - will move out and contest the ground ball.

M5 - will move up field into a position where he is an easy outlet for **A1** by getting in the mirror with his stick on the outside of the field.

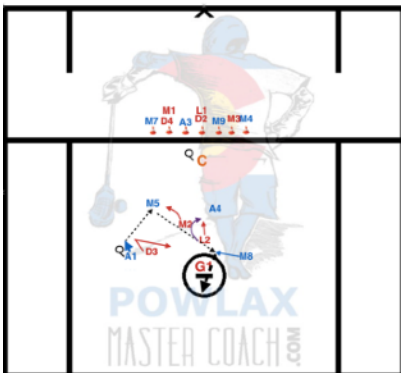
M2 - will split **A4** and **M5** on the backside by maintaining a sideways stance and yelling "Right".

A4 - will float to up to the right and stay dangerous.

L2 - will split **M8** and **M5** on the backside by maintaining a sideways stance and yelling "Left".

M8 - will float to the right and stay dangerous on the backside pipe.

Duke Scrapping Drill
4v3 - Transition Phase



4v3 Scrapping - Transition Phase - During the transition phase, the offense will try to make the 4v3 into a 3v2 into a 2v1 into a 1v0 while the defense rotates to cover the others with 3 men using their "Ball" "Left" and "Right" calls and touching the hat.

A1 - will move the ball off the ground to **M5**.

D3 - will try to make a play on **A1** before recovering in after the pass.

M5 - catches the pass from **A1** and surveys the field. He see's that **L2** rotated up too early and skips the ball through to **M8** on the backside pipe.

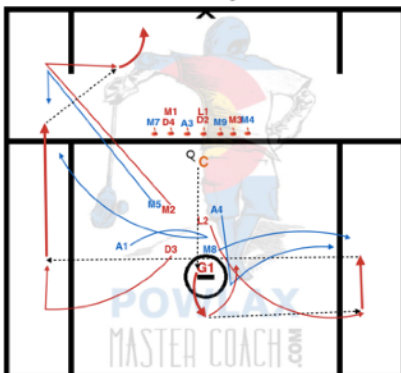
M2 - will rotate to cover **M5** as he receives the ball, making sure to direct him down the side and break down using ABCD principles.

A4 - will maintain his dangerous positioning as a pass option for **M5**.

L2 - thinks the the ball will swing around the outside and rotates too early on a flat line to **M5**.

Had **L2** touched the hat (Purple Line), he would have eliminated the skip lane to **M8** before rotating. **M8** - reads **L2** and cuts the backside pipe, receives a feed from **M5** shoots and scores.

Duke Scrapping Drill
4v3 - Clearing Phase



4v3 Clearing Phase

During the 4v3 clearing phase, we want to introduce our players to how we'd like them to move upfield. Two defenseman and the goalie will set up the base of the clear like they did in the 3v2 Scrapping drill, while the other moves up field. In this example, we are setting up the ladder on the opposite box side and using the pinch technique.

4v3 Clearing Example - In this example, the coach throws the ball into the goalie.

G1, L2, D3 - will set up the base of the clear and walk it up by moving the ball to the open players.

M2 - will run upfield to the opposite box side of the field, covered by **M5**. As **D3** runs upfield at him he will "Pinch" by moving to the middle of the field. As **M5** slides to **D3**, he will be open to receive a pass.

A4, M8, M5, and A1 - will ride trying to double the ball.

*You can choose to have your upfield players go to a different locations based on how you'd like your team to clear the ball and use other techniques like Mavericks.