

Rutgers

Goal:

To improve unsettled play for both defense and offense as well as man down d.

Description:

- Split cage into 2 halves. Coach stands in middle running drill from side to side. Neither side can cross into the other.

2 v 1

- 2 offensive players start with ball up top and run 2 v 1 until shot.
- Top moves to low, low to new line.

3 v 2

- 3 offensive in "L" formation and 2 defensemen in "I" and run 3 v 2.
- Offense must find 2 v 1 and exploit.
- Top moves to center, center to bottom.

Equipment:

Several balls.

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