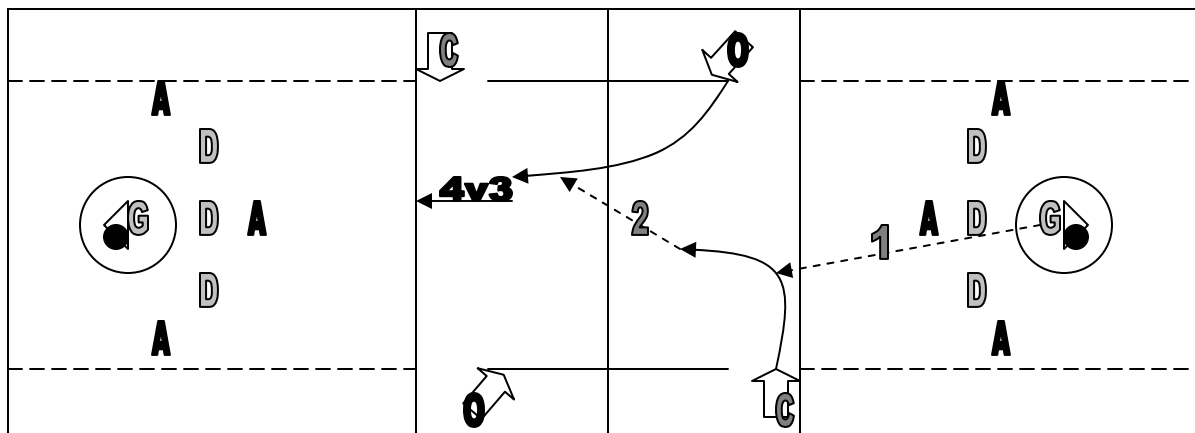


# 4v3 with Chaser



## Set-Up

1. A goalie is in each net. Balls are split evenly and placed in the nets.
2. The defense and attack are set up at both ends in fast break formation.
3. Split the rest of the players up into four even lines. These lines will be placed in the midfield area. Lines "O" will be positioned at the bottom of the face off wing line. See the diagram.
4. The "C" line will be positioned over the restraining line. See diagram.

## Instructions

1. Pick a goalie to start the drill. On the coach's whistle, a player from the chasing line (C) will cut across the top of the restraining box and receive a pass (1) from the goalie. See diagram.
2. Once he catches the ball he will immediately look to pass (2) to the player in the "O" line that began his cut when the chasing player caught the ball.
3. The "O" player will then sprint on a 4 v 3 fast break. The player from line "C" will chase him sprinting to get back on defense and make it a 4v4.

4. Once a shot has been taken, or a turnover has occurred, the goalie will yell, "Break" and a player from the chaser line in that end will cut and begin the drill in the opposite direction.
5. Continue the drill up and down the field until you want to stop.

## Coaching Tips

1. To let the offensive player have a chance, be sure that the chasers run along the restraining line until they catch the ball. The offensive players should not leave until the ball lands in his stick.
2. Discuss fast break strategies to your offense and defense. What slide package is the defense going to run? Where is the offensive point man? Where do the low attack men play? What does the midfielder do after drawing the first slide?
3. Have fun!