



MAVRICK DRILL

- 1) Coach rolls ball out for a 2v1 GB
- 2) If the Y picks up the ball it is a 4-3 Fastbreak and the X's get back in line
- 3) If the X's pick up ball it is a 5v4 look with Y being a defender
- 4) Always play to the clear

MAVRICK DRILL MODIFIED

- 1) Have attack and defense set up on each side of the field. One side represents the "X's" one side represents the "Y's"
- 2) The rules are the same as before except when player recovers GB they attack the appropriate side of the field
- 3) If the coach wants he can add defenders and offensive players during the play to use the drill as a build up to a 6v6.

DRILL PURPOSE

This drill works GB's, fastbreaks, slowbreaks, recovery and communication with getting players into the hole and matching up