



## The 3 v 2 Concept & Drills

### ***How to Better Teach Lacrosse IQ, Layer in Multiple Offensive & Defensive Skills & Simulate “even” in an “uneven” Situation All Based on a Simple Core Concept***

At 3d Lacrosse, we use well-formulated teaching concepts to better instruct youth players across the country and help them build skill, understand lacrosse IQ both on and off ball, and do so in a highly competitive and up-tempo environment. We want to teach our players many skills not only “in a vacuum”, but also the critical ability to use skills when under duress in competition. Our 3 v 2 Even-Uneven Progressions allow players to do just that with their skills while learning many core movements and rotations used in every offensive scheme. On defense, they will learn how to slide, recover, split two and double team. Through our emphasis on “all position – no position” ALL players will learn how to deceive their opponents through a variety of dodges, bounces, techniques, fakes and finishes. They will learn how to deal with immediate pressure and steady contact in a fast-paced environment as well as aggressively defending the ball and understanding how split two and recover off ball.

The basic philosophy of our 3 v 2 Even-Uneven Progressions are as follows:

- Creates a learning environment that is fast moving requiring quick decision making and handling/applying instant and constant pressure.
- Often when relying on true even number drills, most players get very few of the ‘right’ reps – those hoped for with the drill itself. Most often the ball is turned over with greater frequency, the defense is not forced to slide and rotate as players are locked off and the drill becomes more 1v1 play with less ability/incentive to pass the ball to a covered teammate.
- By removing a defender, an offensive player now has the opportunity to more easily find the open man and deliver a pass and learn how to manipulate the defender one way with a fake. On defense, simulating “real defense” in a game never begins until a teammate is forced to slide and the defense rotate. By removing a defender we can simulate the high intensity “man-down” environment in our drills.
- We can quickly frame the opportunities we want to work on – which motions and the subsequent skills used in every motion offense as well as how to handle defensive rotations/splitting/passing lanes and recovering off a double team.
- With less worry about turnovers, we get to repeat the concepts/skills/principles faster and get more reps.
- Virtually every rep ends with an opportunity for a player to finish on goal – and we can limit/define the type of finish you want.
- **LAYERING** – ability to dial the drill up or down based on the skill level of the players and build in more complexity/guide kids to different skills – even those working in the same drill
- **COMMUNICATION** – Creates and reinforces simple communication skills on both offense & defense
- Repetitive/Consistent Drill Set-up – can get in and out of Reps quickly without tons of explanation
- Drills are NOT Gender Specific – you can run all these drills with both Boys and Girls teams – youth & high school
- Tremendous flexibility to incorporate these concepts into many other drills or variations: West Genny, from behind, from the wing, start with a contested 1 v 1 Ground ball and buildup, etc. etc.

### Basic 3 v 2 Concepts

Dodge – Shallow Cut  
Dodge – Clear Thru – Replace  
Pass Down - Pick Down

Pass Down – Pick Away/(Seal)  
Drag Up Pick  
Flip/Fake Flip

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## 3v2 Dodge - Shallow Cut

**SET-UP:** 3 lines up top – Balls in Middle – All Position – No Position

**OFFENSIVE SET UP:** Triangle set up - top man about 12-15 high in center with ball – two low O player NO MORE than 5 x 5 – Stay in Tight

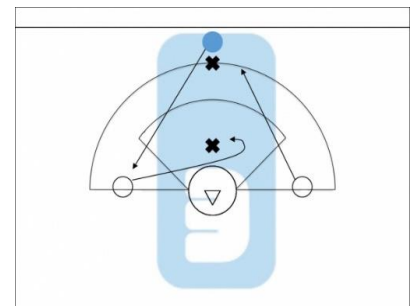
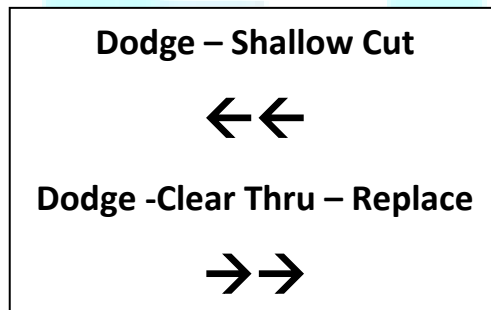
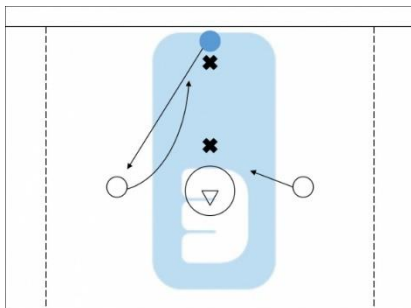
**DEFENSE SET UP:** Stacked in I – 1 Man splitting two offensive players

Drill Begins with Top Defenders Approach – C-out/Force a side/Touch Stick To Gloves

**OFFENSE:** Dodge a side with the ball – DODGE TO SCORE EVERYTIME. Low man being dodged at - shallow cut underneath the on ball defender and replace the dodger up top – Must CREATE SPACE for dodger and MUST get ALL the WAY UP – flip hips, get stick up ready to catch ball in your Wind-Up. DODGER – Must get to 5 x 5 handling pressure and use money pass, question mark or MJ to move the ball. If the ball moves up top – Catch and get into Windup and read the defense. OFF-BALL PLAYER: Step into a passing lane but be ready to catch and finish. Play it out with “one more” or pump fake and back to Dodger. Fake and Finish on the pipes – Must throw 1 Fake/Finish

**DEFENSE:** On ball player, C out and sit in chair, glue stick to his hands. On the dodge play it HARD and do not allow roll back. *Back side Defender:* Get sideways as the dodge happens - ready to slide and Splitting Two on the backside – Stick up in the passing lane to get a knock down or pick off a pass. Once ball moves, Make approach and “slow play” the first pass trying give your teammate a chance to recover.

**LAYERS & TWEAKS:** Demand type of Finish to Score – Skill by the Dodger: Rocker, Pump Fake, Body Bounce – Play it out or Time Limit to Score – Ball on Ground Dead or Play the GB – Defense – Slide and Find One on every Dodge – Slide and Double Team every dodge – Allow Dodger to Score and Reset the Drill - High Quality Shots only



## 3v2 Dodge - Clear Thru - Replace

**Basic Drill Set Up**

**DRILL BEGINS:** Top Defenders Approach – C-out/Force a side/Touch Stick To Gloves – Dodge the Alley to SCORE – LOW MAN – Clear thru across the crease keep stick up and eyes on the ball – as you get to the midline Flip Hips and back out to the far Pipe keeping eyes on ball. AWAY DODGE SIDE – Replace Up top ASAP – make sure you Sprint – get high enough – Space is your friend – sink hips, get stick out ready to catch ball in Double Threat/Windup Position – Use your Skills and read off ball defender.

**DEFENSE:** Play Dodge HARD and COMMUNICATE Off the first pass – SLOW PLAY and sit in chair – IN – OUT – BALL

**LAYERING:** MJ Pass if Defender cheats – BTB Feed from top to low, Crease Dive for a Finish, SLIDE and Recover on first Dodge – Slide and DOUBLE the dodge

**\*\* CAN BE RUN FROM BEHIND TO WORK ON ATTACK MOTION AND CLEARING THRU \*\***

## 3v 2 Pass Down Pick Down

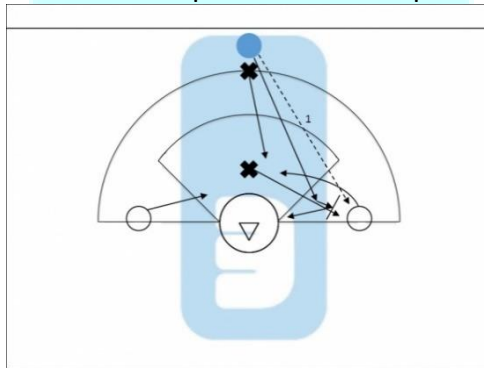
### Basic Drill Set Up

**DRILL BEGINS:** Ball Carrier Pump fake opposite side, then pass ball down to Low Wing. After your pass, cut the middle looking for a give and go and getting your EYES on the ball. PRESS your own man down with your stick to SEAL him LOW and FLATTEN the defense. When about 4 yards above the ball carrier, break off to set a pick on ball carrier's defender -- Set a pick on Defender's upfield hip/shoulder -- bracket his upfield foot with both of your feet. After Ball Carrier goes by you should ROLL to the cage by Keeping your EYES on the ball -- open up to ball and Drop Step & attack the goal

**BALL CARRIER:** MUST BE PATIENT and wait for the Pick!! Square up your defender getting your hips/feet East-WEST and you must deal with the Defender's pressure, jab step low and come off pick shoulder to shoulder with the man setting the Pick -- BRUSH Shoulders -- there must not be any space between you both. Come off the defender and use look back fake to ROLLER. Read the Defense and either pass ball across Hit the Roller. Off Ball Offensive Player -- Step into Space.

**DEFENSE:** Start On Ball then Drop In to HUB -- Off Ball Man in HUB -- leave HUB to play ball HARD once the ball is passed. On Ball Defender MUST FIGHT THRU Pick. Get Skinny -- push ball carrier hip and step thru. DO NOT SWITCH !

**LAYERS:** Allow Defense to Switch -- Pump Fakes -- Shovel pass to Roller -- Take the UNDER



## 3v 2 Pass Down Pick Away

### Basic Drill Set Up

**DRILL BEGINS:** Ball Carrier Pump fake opposite side, then pass ball down to Low Wing. After your pass, cut the middle looking for a give and go and getting your EYES on the ball. PRESS your own man down with your stick to SEAL him LOW and FLATTEN the defense. Stay on this Defender and seal him Low waiting for off ball teammate to curl past you then you can Flip your Hips to back out and get to REAR PIPE.

**BALL CARRIER:** Receive Ball and POST UP your Defender getting into him but keeping hands back and head up. Climb and Read Defense for Next Pass -- Use Pump Fakes and Step Away/Body Bounce to Free Hands.

**OFF BALL:** Run off the Pick/Seal of the Top man curling over the top of the pick to get open for the next pass. Receive ball and read defense where to pass ball or step in to shoot.

**DEFENSE:** Start On Ball then Drop In to HUB -- Off Ball Man in HUB -- leave HUB to play ball HARD once the ball is passed. On Ball Defender after first pass Must get BACK into the Hub. On Second Pass -- Fight Thru Pick and Stop Ball

**LAYERS:** Pump Fakes -- Body Bounce -- Take the Under



## 3v 2 Drag Up Pick

### Basic Drill Set Up

**DRILL BEGINS:** Ball Carrier with Ball – Wait for Defender to Approach and Touch Gloves – Flip Your Hips – Protect your Stick to the outside and slowly DRAG BACKWARDS (EX. Rightys would drag to their Left). As you are dragging keep your head up and use pump fakes to keep defender honest.

**LOW PLAYER TO SIDE OF DRAG:** The low man to the side the Ball carrier is dragging will climb and set an UP PICK on the Shoulder/Hip of the on ball Defender. Ball carrier can then use a Face Dodge to Use the Pick – keeping stick in Right Hand – a Face dodge into a Toe Drag in Left Hand or Roll out the back keep in Right Hand/toe Drag. As you come off the pick, make sure you are flipping your hips enough to be able to read the Defense to make a skip pass across or pass ball to Picker or hitting the Roller. PICKER – After setting the Up Pick, Keep your eyes on the ball and open to the ball carrier and either POP back and be ready for the throw back OR Roll to the Opposite Pipe keeping Stick Up.

**THIRD OFFENSIVE PLAYER:** Read the Pick and Roll – If the Picker POPS – stay low at the pipe moving to space for a skip pass. If the Picker ROLLS, then you MUST climb and replace up top to be an outlet for the Dodger.

**DEFENSE:** Start On Ball and FIGHT THRU the pick as best you can. Off Ball Defender – Communicate thru the Pick and Splitting Two Get ready to play the Ball carrier if the On Ball Defender gets picked. Make sure you communicate BALL if you take over the Ball Carrier. On Ball Defender – if you get picked – you must GET IN the HUB and split two – do not stay high. Talk thru your Picks, who has Ball and who is getting in the HUB.

**LAYERS:** Allow Defense to Switch – Pump Fakes – Shovel pass to Roller – Step around the Pick

## 3v2 Dodge – Flip or Fake Flip

### BASIC SET UP

**OFFENSE:** Dodge a side with the ball – DODGE TO SCORE EVERYTIME. Low man being dodged at – Climb to the OUTSIDE of the Dodger MOVING FAST and be ready for a Flip. Dodger – FLIP or FAKE FLIP the ball to teammate. FLIP – Must flip ball EYE LEVEL and when teammate is about 3 yards away – lay ball out front of him. FAKE FLIP – Wait to flip ball until almost crossing and flip ball in front of you – not to the outside and Keep it.

Play it out after Flip or Fake Flip – Use Pump Fakes to add Deception. Off Ball Player read the ball carrier and play it out.

**DEFENSE:** On ball player, C out and sit in chair, glue stick to his hands. On the dodge play it HARD and do not allow roll back and play the Dodger to read the Flip or Fake – Stay on your man and COMMUNICATE the Flip/Fake Flip – who has it. If he Flips the Ball – Get Back in the HUB and Split Two. *Back side Defender:* Get Ready to Read the Flip and split Two - ready to slide and Splitting Two on the backside and slow play the ball carrier over the top – do not rush to the ball otherwise your teammate has no time to recover. Keep playing it out – Ball and Splitting Two and Communicating.

**LAYERS & TWEAKS:** Finishes – Look Back Fakes – Reverse Money Pass on the Fake or Flip

## 3 v 2 Offensive Concept/Motion Progressions: Building a Basic Triangle Motion Offense

Dodge Follow Float  
Dodge Pop Fade

Weave  
Sweep Flip or Fake Flip

### 3 v 2 Dodge-Follow-Float

**DRILL SET UP:** 3 Lines Up Top - Balls in both outside lines. Set up with 2 high Mids at least 15 yds high & 1 player in the High Crease AT LEAST 10 yds

**DEFENSE SET UP** – 1 Man on Crease – Fronting him. One Defender – Splitting difference between top players.

**DRILL START:** Start with Pass Across – Allow top Defender to Approach, take away the Middle and Get on hip before starting Dodge.

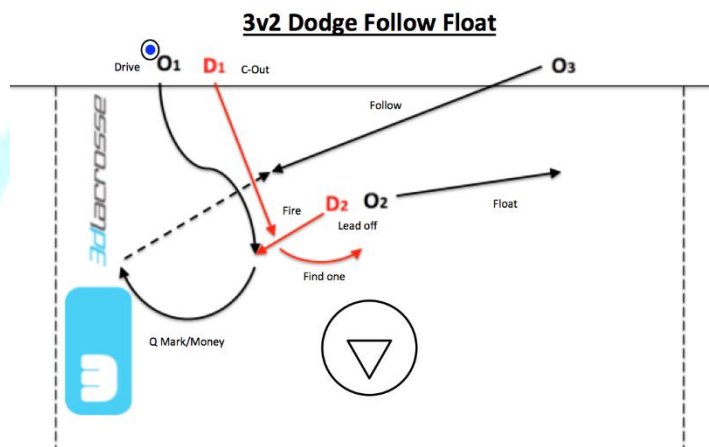
**OFFENSE:** Start with Ball – throw across to O1 – O1 wait for defender then physical dodge attacking the pipe (use rockers and Body Bounce) - must get to the PIPE – Do not get washed – must get to 5 x 5. O3 will “FOLLOW” across the top getting into a Shooting Space – must get across the midline to help O1. O2 will “FLOAT” out the backside keeping eyes on ball and be ready for a quick pass across – Must elevate as you Float to about 12 yds high – at least 5 yds outside pipe. O1 at 5 x 5 will “roll back” using question mark or money pass (or MJ) and pass ball to O3 for a Step Down Shot/Windup or a “one more” from O3 to O2 on the backside – also ready to windup/Face Dodge.

(This can be your standard Midfield Motion from an Alley Dodge)

**DEFENSE:** D1 - Approach on Pass across with C-out taking away the middle. D2 Crease defender will “Lead Off” from Crease getting sideways and move at the dodger move. We will SLIDE EVERYTIME. D2 will slide to the dodger making sure to take a good slide angle. As he slides he will yell FIRE. When D2 is about to take over the Dodger, he will yell “FIND ONE” to D1 which tells him to release from the Dodger and recover into the HUB. D1 will “SLOW PLAY” the next pass up to O2 and allow time for D2 to recover back into the HUB after pas. Must Play FAST & COMMUNICATE.

**LAYERS:** On defense – can Double AND vice THE First Dodge – Let Dodger Shoot ball and reset

**COACHING POINTS:** On first pass, offensive player MUST wait for defender to arrive then dodge – first Dodge MUST BE PHYSICAL AND GET TO 5 X 5







### **3 v 2 Dodge-Pop -Fade**

**DRILL SET UP:** 2 up Top – 1 High Crease

**DEFENSE SET UP** – 1 Man on Crease – Fronting him. One Defender – Splitting difference between top players.

**DRILL START:** Start with Pass Across – Allow top Defender to Approach, take away the Middle and Get on hip before starting Dodge.

**OFFENSE:** Start with Ball – throw across to the top to other midfielder– O1 wait for defender then physical dodge attacking the pipe (use rockers and Body Bounce) - must get to the PIPE – Do not get washed – must get to 5 x 5. O3 will “FADE” dropping down to a “shooting spot” as the dodge takes place. Get to a spot about 12 yds high & 5 yds wide from the back pipe ready to shoot. O2 (crease) will POP from the crease elevating HIGH and climbing to be support for O1 on the dodge. (These players are re-establishing a triangle at the dodge takes place). O1 at 5 x 5 will “roll back” using question mark or money pass (or MJ) and pass ball to O3 for a Step-Down Shot/Windup or a “one more” from O3 to O2 on the backside – ready to windup/FD  
(This can be a standard Midfield Motion from an Alley Dodge)

**DEFENSE:** D1 - Approach on Pass across with C-out taking away the middle. D2 Crease defender will “Lead Off” from Crease getting sideways and move at the dodger move. We will SLIDE EVERYTIME. D2 will slide to the dodger making sure to take a good slide angle. As he slides he will yell FIRE. When D2 is about to take over the Dodger, he will yell “FIND ONE” to D1 which tells him to release from the Dodger and recover into the HUB. D1 will “SLOW PLAY” the next pass up to O3 and allow time for D2 to recover back into the HUB after pas. Must Play FAST & COMMUNICATE.

**LAYERS:** *On defense – can Double AND vice THE First Dodge – Let Dodger Shoot ball and reset*

**COACHING POINTS:** *On first pass, offensive player MUST wait for defender to arrive then dodge – first Dodge MUST BE PHYSICAL AND GET TO 5 X 5*

### **3 v 2 Weave**

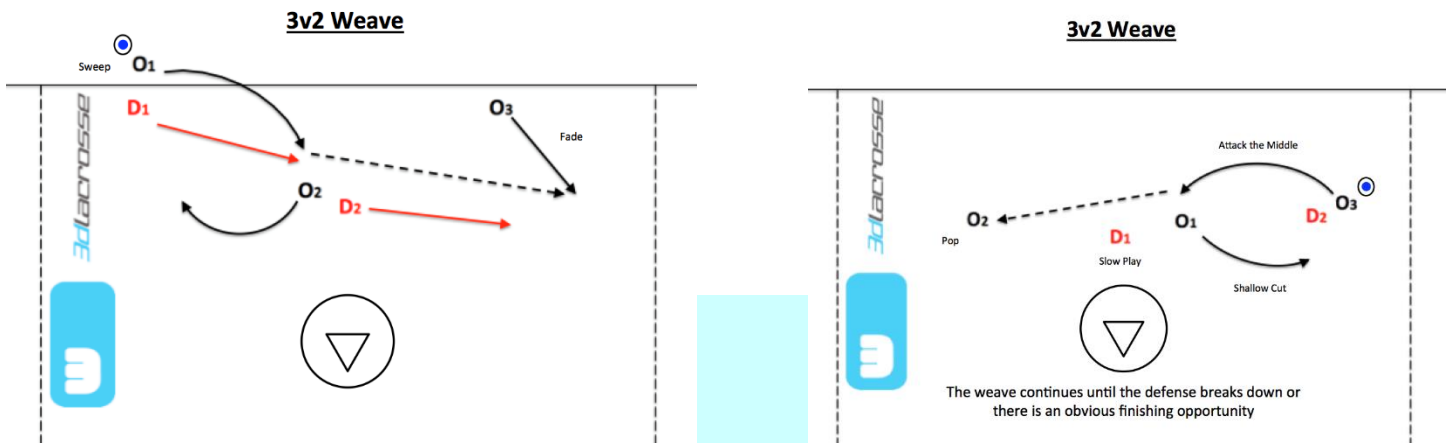
**DRILL SET UP:** 2 up Top – 1 High Crease

**DEFENSE SET UP** – 1 Man on Crease – Fronting him. One Defender – Splitting difference between top players.

**DRILL START:** Start with Pass Across – Allow top Defender to Approach- Defender TAKE AWAY THE ALLEY – force Ball Carrier to the INSIDE.

**OFFENSE:** Pass Across – O1 will “sweep” to the cage getting over the top and trying to turn the corner – must use front shoulder to press into defender. As O1 sweeps over the top O3 will “fade” into a *shooting spot* – think 12 yds low and AT least 5 yards wide of pipe. O2 will “float” out the back underneath the sweep dodge of O1 – this is also a Shallow Cut by O2. O1 will pass to O3 and “shallow cut” under him after he passes the ball – do not stop and use your momentum to keep going. O3 will “sweep” over the top of O1 and “attack the middle” – O3 must try to get his hips down hill to the goal and must not get washed wide – his path should be “camel hump” getting to the cage – not an east-west dodge. If O3 cannot “turn the corner” he will pass to O2 and “shallow cut” under him. This cycle will repeat until the defense breaks down and the offense gets a good shot opportunity. Offensive players must use their front shoulder to lean into their defenders to try and turn the corner.

**DEFENSE:** D1 will “c-out” to give the dodger the middle. D2 will “lead off” to show he is ready to slide and help out to O3. D2 must not jump the ball carrier too soon but instead split two and slow play the dodger to the middle and on the pass try and get to O3 with a quality approach on the pass. D1 will then “step to the middle” and play two on the pass from O1 to O3. As O3 sweeps over the top, D1 will now “slow play” the next pass to O2 and buy time for D2 to get back to the middle.



## 3 v 2 Flip or Fake Flip

**DRILL SET UP:** 2 up top – 1 High Crease

**DEFENSE SET UP** – 1 Man on Crease – Fronting him. One Defender – Splitting difference between top players.

**DRILL START:** Start with Pass Across – Allow top Defender to Approach- Defender TAKE AWAY THE ALLEY – force Ball Carrier to the INSIDE.

**OFFENSE:** Pass Across – O1 will “sweep” to the cage getting over the top and trying to turn the corner – must use front shoulder to press into defender. As O1 sweeps over the top O3 will sweep FULL SPEED OVER THE TOP of O1 passing “above” him and getting ready for a FLIP or FAKE FLIP. O1 execute a FLIP or FAKE FLIP. If he flips the ball to O3, O1 should continue running hard to confuse the defense. O3 on catch of ball should immediately try and turn the corner getting hips downhill to the cage and using the split-second confusion of the defense to get downhill. If O1 FAKE FLIPS it he should accelerate out the fake flip and try and get hips downhill to cage. O3 will simulate him getting the ball and attack the Defense. O2 – crease – will POP from the crease and elevate off the crease getting to space and being ready for the throwback from the man with the ball – he must be PATIENT and read the flip and fake flip himself to show for the proper teammate.

**DEFENSE:** MUST COMMUNICATE WHO HAS THE BALL! D1 will “c-out” to give the dodger the middle. D2 will “lead off” to show he is ready to slide and help out to O3. D1 and D2 both must determine who has the ball and communicate this if they see who has the ball. If the ball is FLIPPED, then D2 must step up and O3. D1 should stay on the dodger and not worry about the flip-fake flip transition but instead stay on the man – O1 – until he is certain ball is flipped and his man does not have the ball. If ball is flipped, D1 he must open hips and get into the HUB. D2 must now step up to play O3 and deny the dodge. D1 and D2 will “slow play” any rollback pass to O2 if the dodge is denied.

**DRILL ENVIRONMENT:** You can change the “rules” of any and all of these drills at any time to “script” a skill or a look or the tempo. For instance you can put on a shot clock to speed it up, you can have them “play it out” even if ball is dropped, or blow it dead. You can immediately add a second ball if offense scores. Many of them can be run from the Wing starting EAST-WEST. If goalie saves it, make defense clear it out of box. If ball on the ground, defense must get it back to goalie then clear and make a move. You can tweak any of the following and more: Reps, tempo, shot type, defensive pressure, no switching on defense, shot clock, clearing, no sticks on defense, etc.

*Thank you for your time & attention.*

*If you have a question regarding our 3v2 Progressions or any 3d Methodology, please do not hesitate to reach to me, Seth Jacoby, at [sjacoby@3dlacrosse.com](mailto:sjacoby@3dlacrosse.com) or 860-841-5529.*