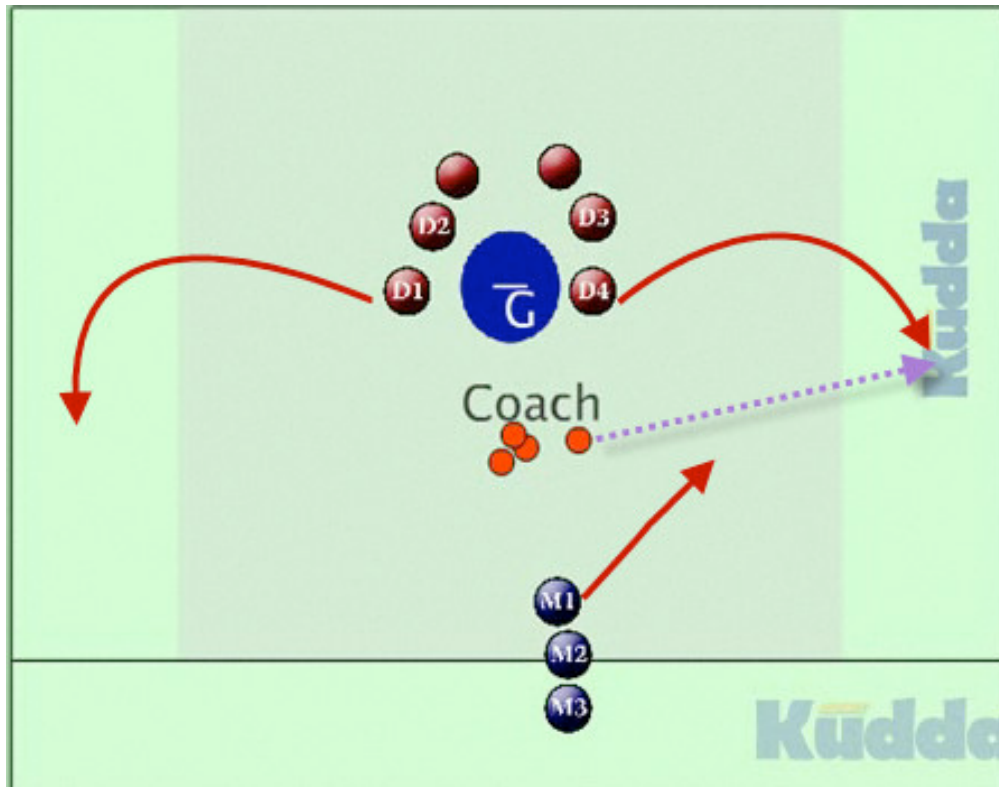


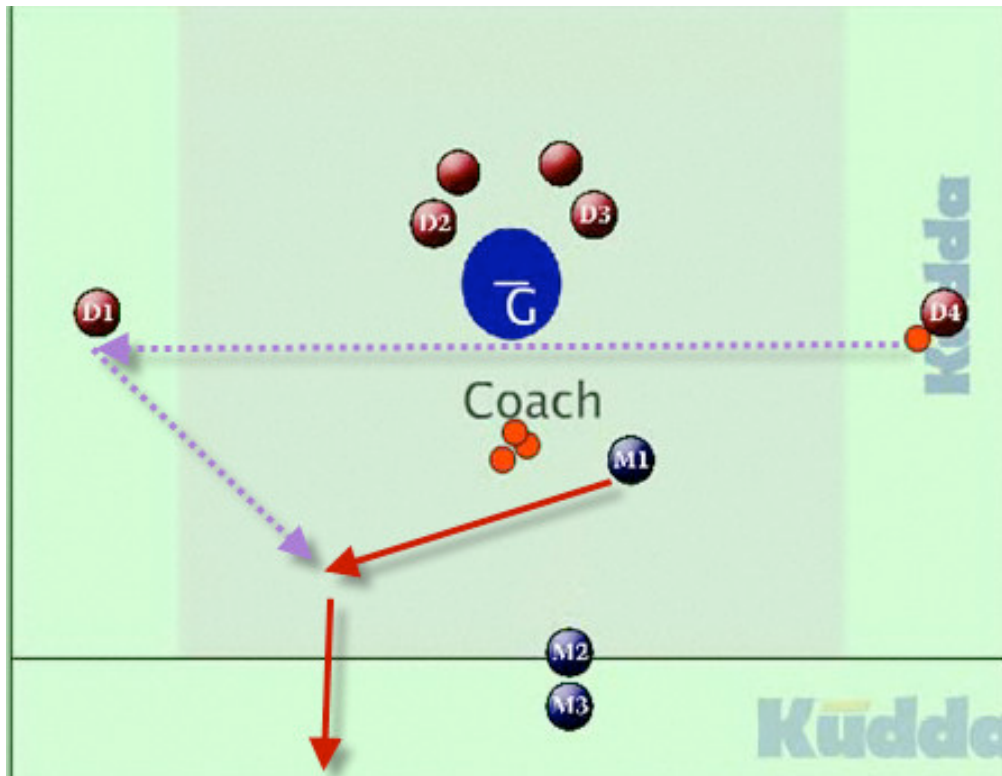
Essex Breakout Drill

D3 and **D1** Banana break out and receive pass from coach. **M1** breaks towards the first pass, in this case to **D4**. **D4** looks to **M1** as 1st option.



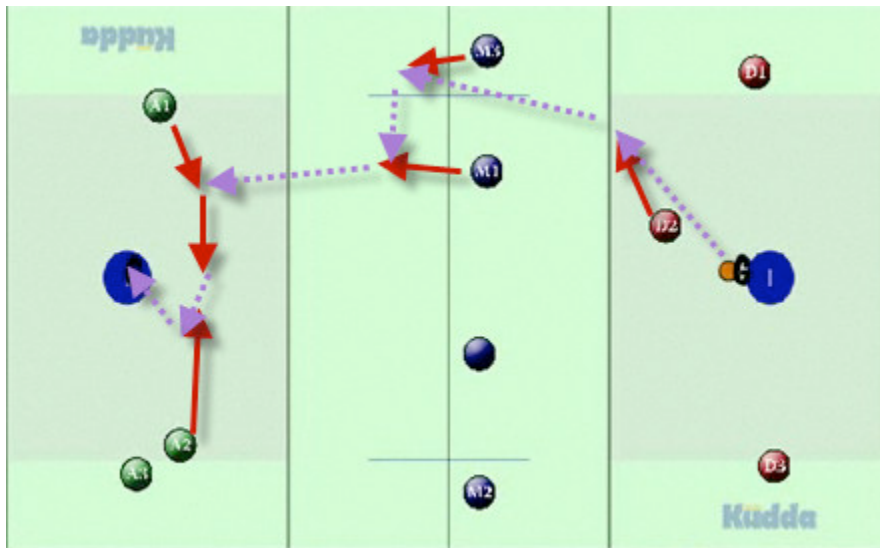
Essex Breakout Drill Part 2

D4 looks to **M1** and then passes cross field to **D1**. While ball is in air, **M1** makes a 45 degree run to receive pass from **D1** and clears the ball upfield.



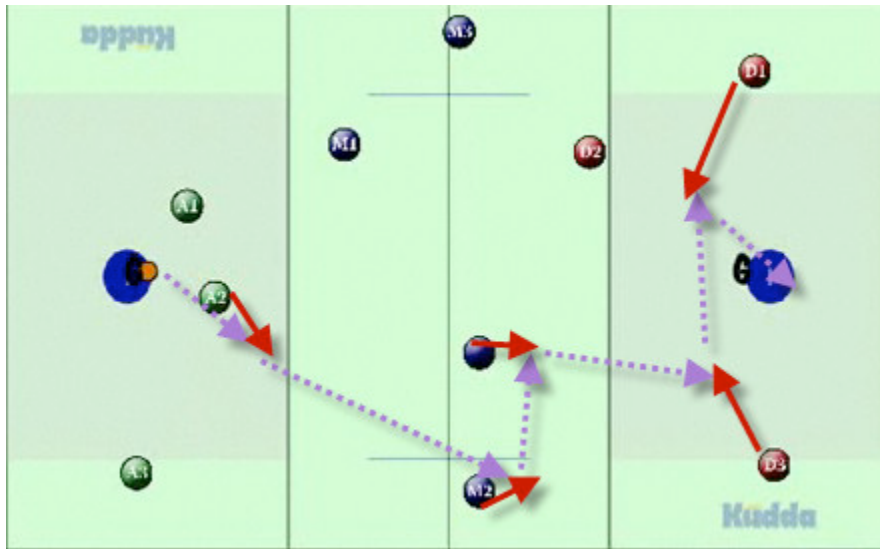
Essex Clearing Drill

The ball starts with a pass from the goalie to a breaking **D2**. **D2** passes to **M3** who then passes to breaking **M1**. **M1** passes down to **A1** who passes across crease to **A2** who shoots.



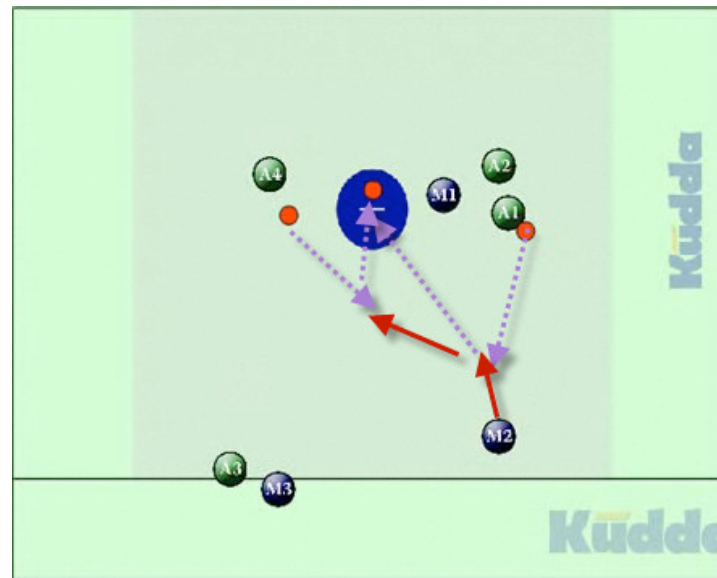
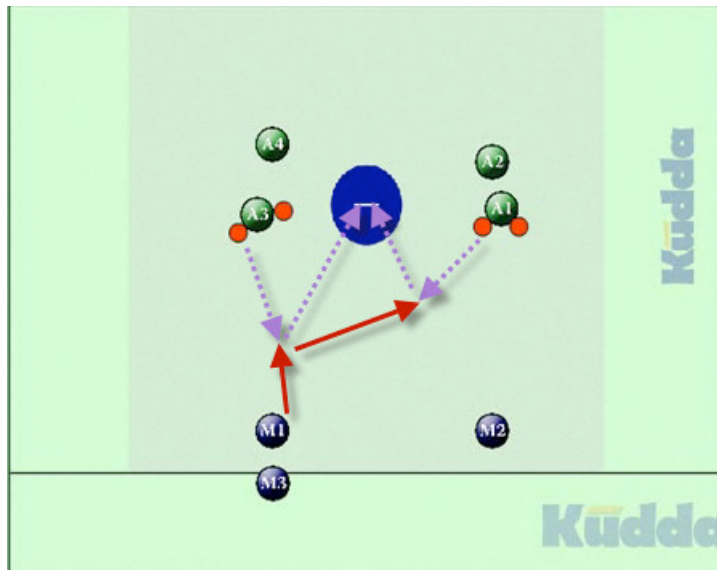
Essex Clearing Drill

The goalie then passes to **A2** who is now breaking up field. **A2** passes to **M2** who passes to cutting middle. Pass to **D3** who passes over to **D1** for a shot. The drill repeats.



Essex Shooting Drill

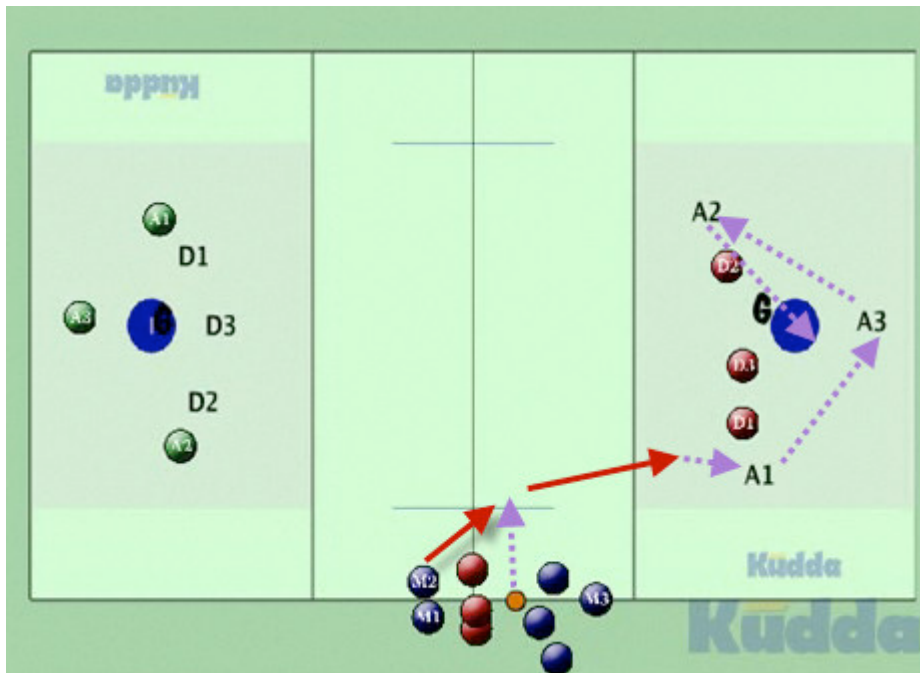
In this drill the middies will get 2 shots in a row. **M1** receives a pass from their side attack, **A3**, and shoots overhand from 12 yards out. They then get a diagonal pass from the opposite attack, **A1**, for an inside shot. Immediately **A1** then passes to a cutting **M2** for a change of plane shot from 12 yards out. **M2** then receives a diagonal pass from **A4** for an inside shot. **A4** then passes to next middle and drill repeats.



Essex Transition Drill

This drill is great for working on various transition offenses and defenses as well as a great conditioner... especially for that 1st middle.

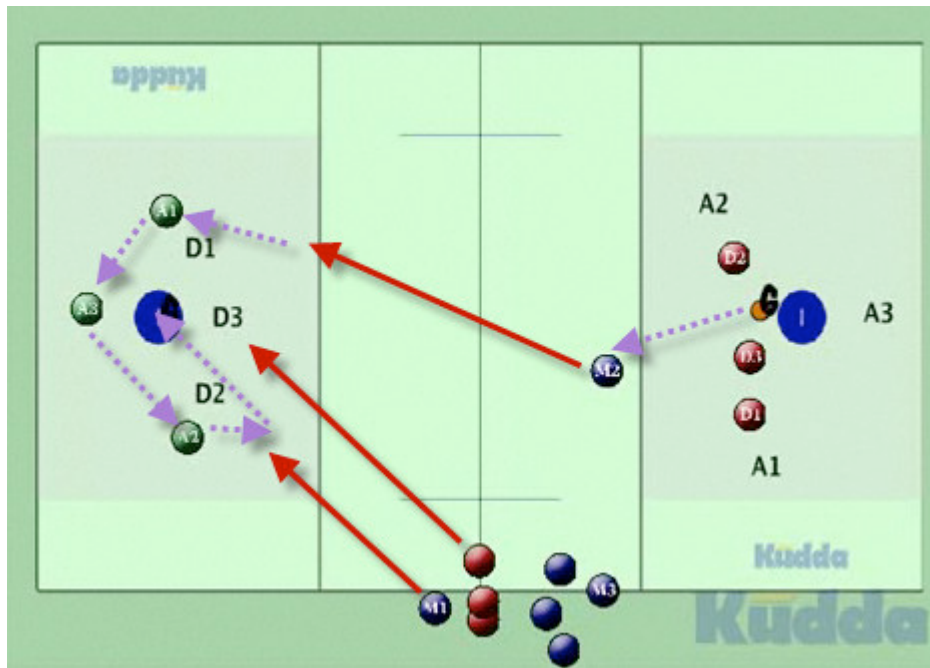
Both ends of the field have a 6v6 situation. The ball gets rolled out to **M2** who brings it in for a 4v3 situation. The ball is quickly passed around for a shot.



Essex Transition Drill

Part 2

After the shot, goalie passes to M2 breaking up field. An additional middle, M1, and another D middle enter from the side so now it is a 5v4 situation. The ball is quickly passed around for a shot.



Essex Transition Drill

Part 3

After the shot, goalie passes to **M2** breaking up field in opposite direction. An additional midgie, **M3**, and another **D midgie** enter from the side so now it is a 6v5 situation. The ball is quickly passed around for a shot. Great conditioning drill as **M2** has gone back and forth 3 times.

