WOMEN’S FOUR TOUCHES DRILL

DRILL SPECS:

- **Drill Theme**: Ball Movement
- **Field Location**: Attack Zone
- **Time Needed**: 10 Min
- **Drill Style**: Warm-Up, Skill
- **Field Position**: Offense
- **Skill Level**: Intermediate

OBJECTIVE:

The Four Touches Drill requires all the attacking players to get a pass and move the ball until all four of them have touched the ball, with the final person taking a shot. The ball and body movement required forces the player to move in a fluent game like motion.

DRILL DESCRIPTION:

Set up four cones and lines at the top of the 12 meter arc. The first player in each line will drive in and move the ball until all four players have touched the ball. The final player will catch and shoot on goal. All players must move the ball in a game like motion and stay away from jamming the middle. This drill requires a vision of what ball movement should be and requires your players to think in that manner.

SKILLS PRACTICED:

- Ball Movement (Catching and Throwing)
- Strong and Weak Hand Play
- Shooting
- Conditioning

VARIATIONS:

Spread players out to increase conditioning and length of passes. Look to have your players do this drill at game speed.
DRILL DIAGRAM:

Four-Touches Drill

There has to be four touches between the four attackers during the drill before a shot can be made.