# WOMEN’S 10 BALL DRILL

## AUTHOR INFORMATION:

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## DRILL SPECS:

| Drill Theme: Transition | Drill Style: Game, Skill, Conditioning |
| Field Position: Offense, Midfield, Defense | Field Location: Full Field |
| Time Needed: 10 Min | Skill Level: Intermediate |

## OBJECTIVE:

To work on transition offense and defense with pressure.

## DRILL DESCRIPTION:

Start by dividing the team into 2 groups. Each group gets 10 balls (chances) to clear the ball down the field with the other team trying to cause a turnover. After a play is completed, all players jog back and the goalie puts the next ball in play on a whistle from the coach. After 10 balls, the other team has 10 chances to clear the ball. Stress your clearing pattern, defensive ride etc. Good hidden conditioning drill.

## SKILLS PRACTICED:

- Ball Movement
- Communication
- Passing Lanes
- Maintaining Possession
- Transition Defense and Offense

## VARIATIONS:

You can keep score, 1 point for a successful clear (to opposite restraining line). 1 point for a caused turnover on the ride. 1 point for a goal scored off of a caused turnover.
DRILL DIAGRAM: