WOMEN’S 1V1 AND OFF-BALL MOVEMENT DRILL

DRILL SPECS:

Drill Theme: Even Strength
Field Location: Midfield
Time Needed: 10 Min

Drill Style: Game, Skills
Field Position: Midfield, Offense, Defense
Skill Level: Intermediate

OBJECTIVE:

This drill is great for teaching players 1 v 1 tactics and skills on both offense and defense. It also teaches off ball players to get open for their teammates.

DRILL DESCRIPTION:

This drill is played sideline to sideline with 15m boundaries. X3 and X2 play 1v1 to the midway point. X4 works off ball and times cut to receive the ball from X2. X2 passes to X4; X4 changes direction and accelerates to sideline.

X2 tries to give-and-go or trail; X3 continues to play defense until sideline; reverse players and drill to go back to the opposite sideline.

X4 becomes defense and X3 becomes attack. They play a 1v1 to the midway point. X1 works off ball and times cut to receive from X3. Continue play to the sideline. Then X1 becomes defense and X4 becomes attack.

SKILLS PRACTICED:

• Defensive Positioning
• Stick Protection
• Maintaining Possession
• 1v1

VARIATIONS:

Change to a competitive pick up to 1v1 before pass to decipher who is attack and who is defense.
Add defense to the player receiving the pass.
FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE

DRILL DIAGRAM: