WOMEN’S 1V2 DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Even Strength, Double Teams
Field Location: Attack Zone
Time Needed: 10 Min
Drill Style: Game
Field Position: Offense, Defense
Skill Level: Basic

OBJECTIVE:

Fighting for groundballs and then keeping possession in a double team.

DRILL DESCRIPTION:

Start with 3 players, 20 yards from the goal. Have the rest of the team set up in 3 lines above restraining line next to the coach. The coach will throw the ball either on the ground or in the air to the players. The first one to get the ball is attack and the other 2 are defense. Attack should go to goal. Play drill out.

SKILLS PRACTICED:

• Ground Balls
• Double teams
• Attacker maintaining composure in a double

VARIATIONS:

Vary the angle at which the ball is thrown to players. If the defense causes a turnover have the players clear the ball to the restraining line.
DRILL DIAGRAM: