WOMEN’S 30 YARD FIGHT DRILL

DRILL SPECS:

- **Drill Theme:** 1 v 1
- **Field Location:** Half Field
- **Time Needed:** 15 Min
- **Field Position:** Offense, Defense
- **Drill Style:** Skills
- **Skill Level:** Advanced

OBJECTIVE:

This drill is excellent for teaching players 1 v 1 tactics and skills on both offense and defense. The objective is to either beat your player to the hole for a shot, or to defend in proper form and cause a turn over.

DRILL DESCRIPTION:

Set up a straight line of players on each side of the crease going all the way up to the restraining box. One line is designated offense, as the other line is designated defense. The two lines of players will restrict the area that the offensive player can dodge and go to goal.

The drill starts with the top player on offense stepping out and going 1 on 1 with the defensive player. The defensive player works on turning and forcing the offensive player from side to side until they get within the 8 meter and then they go to goal and defend, looking for a shot on goal or a turnover.

This drill is rapid fire and once the top 2 players get to the 12 meter arc, the next 2 should go.

SKILLS PRACTICED:

- Cradling
- Maintaining Possession
- Defense Positioning
- Stick Protection

VARIATIONS:

Vary the locations where the 1 on 1 will start. Designate one hand only, or two hand only cradling, you may also designate the only dodge allowed like roll dodges only, face dodges only, etc.
DRILL DIAGRAM:

One attacker dodges toward the goal while being defended, and the rest of the offense and defense creates boundaries of where the attacker can dodge. The offense and defense rotate clockwise.

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