WOMEN’S 3V3 DEFENSIVE SLIDE DRILL

DRILL SPECS:

Drill Theme: Double Teams, Slides  
Field Location: Attack Zone  
Time Needed: 10 Min

Drill Style: Game, Skill  
Field Position: Defense  
Skill Level: Intermediate

OBJECTIVE:

To work on good communication in sending the double teaming and defending double team situations.

DRILL DESCRIPTION:

This drill begins in a 3v3. 1 attacker starts behind the goal with a defender in front of the cage guarding her. All other players start above the goal line extended. X1 begins by challenging hard around the goal circle on either side, hopefully drawing a defender. If D1 plays tight and forces X1 up the outside of the 8m arc, that is when D2 and D3 begin to slide for a double team. D3 communicates to D2 that she can leave her player to help D1. It is important that D3 sends the double team and D2 doesn’t just leave because there could be a miscommunication and a free girl or lane to goal. D3 ends up sliding to player closest to the ball, as she presents the biggest threat. D3 should also focus on “playing big” and keeping head on a “swivel” for possible interceptions, stick checks, and blocked shots.

SKILLS PRACTICED:

- Double team communication
- Defending the crease
- Sliding and working as a unit on defense

VARIATIONS:

Start with a defender on the ball behind the cage. This will allow for 1 v 1 practice, but still turn into a doubling/sliding drill.

Also, mention to your goalie to keep her stick up for a possible interception if the ball is outside of the 8m.
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