



WOMEN'S 4V4 DRILL

DRILL SPECS:

Drill Theme: Even Strength

Field Location: Attack Zone

Time Needed: 15 Min

Drill Style: Games

Field Position: Offense, Defense

Skill Level: Basic

OBJECTIVE:

Drill that has players work 4 on 4 in the attack zone.

DRILL DESCRIPTION:

Have 4 players on offense go against 4 players on defense.

The coach can start the ball from a ground ball or a pass into the players.

Player go until there is a goal, save, clear or whistle.

SKILLS PRACTICED:

- Stick Handling
 - Ball Movement
 - Defensive Positioning
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VARIATIONS:

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

DRILL DIAGRAM:

