WOMEN’S ADD IN DRILL

DRILL SPECS:
Drill Theme: Even Strength
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Games
Field Position: Offense, Defense
Skill Level: Intermediate

OBJECTIVE:
A competitive and intense drill that focuses on the importance of communication and remaining focused.

DRILL DESCRIPTION:
Split team in half and have each team spread out on either side of the head coach across the restraining line. An assistant coach is responsible for each team and rotating players into the drill. The head coach has a bunch of balls at the middle of the restraining line. The first team to 12 points wins. Players get a point for a goal and point for a successful clear over the restraining line. As each point is played out, players go to the end of the line and new players are put into the drill.
To start the drill, set up a 2v2 inside the 8m with the players facing the goal. The head coach will release a ball either on the ground or in the air and blow the whistle. On the whistle, the players in the 2v2 turn and fight for the ball. Whoever gains possession is on offense. As soon as the clear possession of the ball is gained, the assistant coaches can start adding players into the drill...however many they want. The number of players added to each team will be different most of the time which makes for player-up/player-down situational practice.

SKILLS PRACTICED:
• Fighting for ground balls and running through them
• Communication and adjusting quickly to player up or player down situations
• Moving the ball quickly on offense and getting a shot off
• Slowing down the ball carrier on defense

VARIATIONS:
Challenge your players by mixing up the player up/player down scenarios. Test defenders by having them play a couple of players down. Test attackers by having them play against extra defenders.
DRILL DIAGRAM: