WOMEN’S AMPED UP STAR DRILL

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme: Ball Movement</th>
<th>Drill Style: Warm-Up, Skills</th>
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<tbody>
<tr>
<td>Field Location: Attack Zone</td>
<td>Field Position: Offense, Defense</td>
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<td>Time Needed: 10 Min</td>
<td>Skill Level: Intermediate</td>
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OBJECTIVE:
The Amped Up Star Drill is an enhanced version of the traditional Star Drill with patterned ball movement in a more game-like drill set.

DRILL DESCRIPTION:
The drill is set up with 5 cones set up around the 12 meter arc. Each cone will have at least 3 people behind the cones. The ball is thrown to the right to every other line. So when you catch the ball you will look to your right and skip your immediate adjacent line, and throw the ball on the run to the line after that one. The “Amped” version of this drill is to have 5 defenders in the zone, trying to block and knock down passes. Each of the defenders is focused on getting passing lanes and causing bad passes.

A final variation of this drill is to have a certain line, go to goal for a shot on a defender that is playing in the zone.

SKILLS PRACTICED:

- Ball Movement (Catching and Throwing)
- Blocking
- Intercepting
- Maintaining Possession

VARIATIONS:
To vary this drill, designate different lines to go to goal after the catch. Also, on the whistle the coach can reverse the passing direction to rotate passes the other way.
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