WOMEN’S BLIND TRANSITION DRILL

DRILL SPECS:

Drill Theme: Transitions  
Field Location: Half Field  
Time Needed: 15 Min

Drill Style: Game, Conditioning  
Field Position: Offense, Defense, Midfield  
Skill Level: Basic

OBJECTIVE:

This drill is excellent for teaching players ball movement, positioning, and hustle in transition.

DRILL DESCRIPTION:

Start with a 7 v 7 below the restraining in the attack area. Every player starts with their eyes closed. The coach rolls a ball out. If attack (X) gains possession of the ball, they must fast break to goal or set up on attack. If defense (D) gains possession, they must work the ball up to midfield. Attack should pressure on the clear and utilize double teams.

SKILLS PRACTICED:

• Transition Defense  
• Transition Offense  
• Ball Movement

VARIATIONS:

Play with 2 goals on a short field with 6 players on a team. Whichever team gains possession becomes offense. The drill can continue until a goal is scored.
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