WOMEN’S BLUE MOUNTAIN DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Unsettled Opportunities
Field Location: Offense
Time Needed: 15 Min

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

OBJECTIVE:

To work on unsettled opportunities, ground balls, shooting, clearing, and making quick passes.

DRILL DESCRIPTION:

Start by setting up 3 lines of offensive players and 2 lines of defensive players at the midfield line. The coach begins the drill by rolling a ball out and creating a 3 v 2 ground ball. If the offense wins the ball they must execute a 3 v 2 attacking the goal. If the defense wins the ball they must get the ball to their goalie and then successfully clear the ball. The drill continues until the defense clears the ball; therefore if a failed clear happens the offense get another opportunity to attack the goal.

SKILLS PRACTICED:

• Ball Movement
• Quick Passes
• Clear
• Offense
• Defense
• Shooting

VARIATIONS:

You can require that the offense make a certain number of passes before shooting. Similarly, you can make the defense make a certain amount of passes before clearing the ball. Also, you can add another line of offense and defense.

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE
DRILL DIAGRAM:

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