WOMEN’S BOX PASSING DRILL

DRILL SPECS:

Drill Theme: Ball Movement
Field Location: Midfield
Time Needed: 10 Min

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

OBJECTIVE:
To work on ball movement and off ball cutting in a small area.

DRILL DESCRIPTION:
Start by dividing the team into groups of 4. Have the groups make a 10x10 yard box with 4 cones. Each player stands at a cone passing the ball either around the square or across, no particular passing pattern. At every 4th pass a player must cut diagonally through to the opposite cone. The player with the ball can either hit the cutter, or hold the ball. As the player is cutting the rest of the players in the box must shift to cover the empty spaces and create space for the cutter. Players can get creative with the passing pattern and communicate out who will be the cutter, if they are going to pass the ball and when to shift.

SKILLS PRACTICED:
• Ball Movement
• Communication
• Clearing space offensively

VARIATIONS:
You can make the box bigger for more difficulty. Also players can use their weak hands for more practice.
DRILL DIAGRAM: