WOMEN’S BREAK OUT TO FAST BREAK SHOOTING DRILL

DRILL SPECS:

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

Drill Style: Games
Field Position: Offense, Midfield
Skill Level: Advanced

OBJECTIVE:

This drill is excellent for teaching players ball movement, positioning, and hustle. The objective is to get every player a touch as you clear the ball, and then reverse the play back into the zone for a fast break where everyone touches the ball before a finish.

DRILL DESCRIPTION:

Set up 4 lines behind the cage, 4 attack lines. On the whistle the attack players will move the ball on a clear out and get all 4 attack players a touch, including a feed to a breaking player down field. Be sure to keep the clearing passes away from the middle of the field.

After the final player gains possession of the ball outside of the restraining area, they will immediately turn around and drive in on a fast break. That player will pass to the closest attack player, who looks to feed a skip pass across the field. The receiving attack player will pass “One More” to the final attack player that will finish with a shot on goal.

Have those 4 players return to the lines and the next 4 break out.

SKILLS PRACTICED:

• Ball Movement (Catching and Throwing)
• Transition Defense
• Transition Offense
• Fast Break

VARIATIONS:

To vary the drill, be sure to change sides of where the clear and fast break occur. You may also designate the final shooter each time, or even add defense to the drill to make things harder.
The 4 Attack players break out on a clear and work the ball across from Attack player to player and ending with the player outside of the restraining box.

The Attack player with the ball will turn right around outside of the restraining area and come back on a fast break, moving the ball to A3. A3 looks to skip pass across to the other side. That attack player must feed the final Attack player for a shot.

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