WOMEN’S CENTER CIRCLE ADD-IN DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Even Strength
Field Location: Midfield
Time Needed: 10 Min

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

OBJECTIVE:
To work on ball movement under pressure in a confined space.

DRILL DESCRIPTION:
Start by dividing up players into 2 teams. Both teams are line up outside of the center circle with a 4v1 to begin the drill inside the center circle. Alternate who is on offense/defense each time. If the ball goes out of bounds the coach throws another ball into play. This is a man up/down keep away game. After the offense makes 4 complete passes, another defender is added, build to a 4v4. Play 5 balls or a set amount of time then switch roles.

SKILLS PRACTICED:
• Ball Movement
• Maintaining Possession
• Intercepting
• Blocking

VARIATIONS:
You can keep score by counting number of consecutive passes for each team or defensive know downs/caused turnovers.

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