WOMEN’S CONTINUOUS TRANSITION DRILL

AUTHOR INFORMATION:

Author Name: Lauren Caminiti
Author School: Temple University

DRILL SPECS:

Drill Theme: Transition
Field Position: Offense, Midfield, Defense
Time Needed: 15 Min

Drill Style: Game, Conditioning, Skill
Field Location: Full Field
Skill Level: Advanced

OBJECTIVE:

To complete a successful offensive transition within the drill limitations.

DRILL DESCRIPTION:

Split players into two teams. Divide the field in 3 parts; defensive third, midfield third, and offensive third. You need a goalie in both cages, 2 pairs of attack and defense in the defensive third, 4 pairs of attack and defense in the midfield, and 2 pairs of attack and defense in the offensive third. All the pairs in each third must STAY WITHIN their own third. The ball will start with a goalie clear to the 2 defenders in the defensive third with attackers re-defending them. Connecting cuts need to be timed in the midfield because the ball carriers CAN’T cross into another third. Once the midfielders have possession, they must connect a pass into the offensive third. If the offensive transition is successful, they can take a shot on goal. If there a turnover anywhere, the roles are switched and the ball is going back in the other direction. This drill is continuous and very tiring for the midfield if there are a lot of turnovers.

SKILLS PRACTICED:

- Goalie Clears
- Connecting Cuts
- Re-defending
- Defending Transitional Cuts
- Timing and Ball Movement

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE
VARIATIONS:
Variations can include adding more players into each third. Allowing players to cross over into other thirds to make connecting cuts.

Building to a 7v7 on a successful transition with players allowed to cross over into different thirds.

DRILL DIAGRAM: