WOMEN’S CRASH DRILL

DRILL SPECS:
- **Drill Theme:** Slides and Crashing
- **Field Location:** Half Field
- **Time Needed:** 15 Min
- **Drill Style:** Game
- **Field Position:** Defense
- **Skill Level:** Intermediate

OBJECTIVE:
To build solid defensive concepts so players can work as a unit.

DRILL DESCRIPTION:
Set up 4 cones, two low on the goal line extended just off the crease and two on the hash marks adjacent to the center mark at the top of the 8 meter arc. The coach sets up with balls about 15 meters out. There is a defender at each cone with their sticks up and one attacker in the middle. The coach throws the ball into the attacker releasing the defense to crash in the middle. The attacker is trying to get a good shot off before being swarmed by the crashing defenders. In a controlled manner, defenders look to get a piece of the attacker’s stick on the shot, force a bad angle for a shot, or prevent the shot. The drill continues for a few minutes and then players can switch positions.

SKILLS PRACTICED:
- Defensive Crashing
- Moving quickly to get into defensive position
- Getting a controlled check on the shooter’s stick
- Communication between defenders

VARIATIONS:
Keep the drill live: Defenders look to chase the shot, gain possession and start the fast break. Add to the drill by posting 2 attackers low on the crease and 2 wide on the wings. The 4 attackers then become live once the ball is fed to the inside player. The drill becomes a 5 v 4 situation when played out.

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