WOMEN’S CREASE DEFENSE DRILL

DRILL SPECS:

Drill Theme: Defensive Drills  
Drill Style: Game, Conditioning

Field Location: Attack Zone  
Field Position: Defense, Midfield

Time Needed: 15 Min  
Skill Level: Intermediate

OBJECTIVE:

To have crease defenders learn how to play a ball carrier challenging behind the goal.

DRILL DESCRIPTION:

Start with two lines, one defense and one attack off to the side of the cage. Every player in the attack line will need a ball. Have a basic 1v1 drive from an attacker behind the cage with a defender starting on them. Once the attacker is able to get a shot off or loses possession of the ball that repetition is over and another attacker starts her drive to goal immediately. The defender guarding the first attacker stays to play on the new attacker. The defender will end up staying for three repetitions and then a new defender enters for 3 more reps. There will be a new attacker every time. This is a fast paced drill and will tire out your defenders. Make sure to keep the attack line filled so the defenders can have a high number of reps.

SKILLS PRACTICED:

• 1 v 1 Crease Defense
• Forcing the attacker with the ball
• Conditioning
• Defensive Positioning and Footwork

VARIATIONS:

You can move the attacking drive to the opposite side.  
Or you can build to a 2 v 2 situation. Defenders still stay for 3 reps and new attackers each time. Also you can add in a feeding line from the top of the eight and practice denying the cut from behind the goal circle.
Reminder:
- Defender stays for 3 reps.
- New attacker every time.
- On a shot or loss of possession, attacker is done, new attacker drives.