WOMEN’S CUTTING TO BALL – FEED FROM BEHIND DRILL

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme: Cutting, Feeds, Picks</th>
<th>Drill Style: Skills, Games</th>
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<tbody>
<tr>
<td>Field Location: Attack Zone</td>
<td>Field Position: Offense, Defense</td>
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<td>Time Needed: 15 Min</td>
<td>Skill Level: Basic</td>
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OBJECTIVE:

This drill is excellent for teaching players to time cuts, get open, as well as having feeders move around and hit the open cutter, who could be 1 of 2 different people. The defense will work hard to stay with a cutter, but the offense must make the right decisions.

DRILL DESCRIPTION:

Have a feeder about 5 yards away from the back of the crease in the X position. This player is covered by a defender and must move to a feeding position off the wing area. Two offensive players up top will be defended by 1 defensive player. On the whistle the offensive players will cut one at a time to the ball, and look to receive the pass for a shot on goal. The cutters will cut 1 at a time and try to stay separated with a 1st and 2nd cutter down the lane. The feeder will have to move to get into a passing lane and hit the open cutter, either 1st cutter or 2nd cutter.

SKILLS PRACTICED:

- Cutting
- Feeding
- Off Ball Offense
- Off Ball Defense

VARIATIONS:

Change the location on ball on the feed. Have players feed from the wing or up top. You may also want to mandate the type of cut the cutters up top make, or how they work to get open on the shot. A final adjustment is the level of pressure you have the defender on the feeder play. This will increase into a 3v2 situation with an inbound pass.

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

• X4 is the first cutter, and X3 will follow as the second cutter.
• D2 must cover either the 1st or 2nd cutter and stay with them.
• X1 must feed the ball to either of the cutters, when they are open, while staying free of D3.

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