WOMEN’S CUTTING TO BALL – SEALING OFF DEFENSE DRILL

DRILL SPECS:

**Drill Theme:** Cutting, Feeds, Picks  
**Field Location:** Half Field  
**Time Needed:** 15 Min  

**Drill Style:** Skills, Games  
**Field Position:** Offense  
**Skill Level:** Basic

OBJECTIVE:

This drill is excellent for teaching players to time cuts, get open, as well as sealing off the defender, by getting them on your backside and keeping them in that position. In addition, this drill allows for an additional cut from the feeder that leads into a great 2v2 with an advantage.

DRILL DESCRIPTION:

Ball starts up top with an offensive player. They will dodge to the wing side and look to feed a cutting attack player. That attack player must cut and get the defender on the backside, and seal off the defender from ball side.

The feed will come from the player up top, and then both the attack player and feeder up top release to go to goal. A defender guarding the player up top will have to choose to double the ball with the trailing defender, or stay with her feeder, who is now cutting to goal.

SKILLS PRACTICED:

- Cutting  
- Sealing off the Defender  
- Off Ball Defense  
- Even Strength Drills

VARIATIONS:

Change the location on ball on the feed. Have players feed from the wing or down low. You may also want to mandate the type of cut the cutters makes, or how they work to get open. A final adjustment is the level of pressure you have the defender on the feeder play. This will increase into a 2v2 situation with a give and go, once the players are going game speed.
DRILL DIAGRAM:

• X4 is the ball carrier and feeder
• X3 is the cutter and cuts hard to get D3 on her back, as she seals off D3 from the feed
• X4 will feed the ball to X3 and then cut down to the goal
• D2 and D3 will have to pick up the play and communicate how to defend the play.