WOMEN’S CUTTING UNDER PRESSURE DRILL

DRILL SPECS:

- **Drill Theme:** Cutting, Feeds, Picks
- **Field Location:** Attack Zone
- **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, and pivot away from pressure.

DRILL DESCRIPTION:

Have a feeder about 20 yards away from an offensive player, who is covered by a defensive player. The offensive player will make a cut to receive the ball from the passer, while under pressure from the defensive player. After the catch is made, the offensive player pivots away from the ball and passes to a receiver that is away from the ball, who may catch and go to goal for a shot.

Be sure to use various cuts from V Cut, I Cut, Back doors, Change of speed, etc.

SKILLS PRACTICED:

- Cutting
- Off Ball Offense
- Feeding
- Pivoting

VARIATIONS:

Change the location on the field for all 3 players involved, feeder, cutter, and receiver. This can change how and when you cut.
DRILL DIAGRAM:

[Diagram of cutting under pressure in lacrosse]