**WOMEN’S DEFENSIVE TRANSITION RETREAT DRILL**

**DRILL SPECS:**
- **Drill Theme:** Transitions
- **Field Location:** Half Field
- **Time Needed:** 15 Min
- **Field Position:** Defense
- **Skill Level:** Intermediate
- **Drill Style:** Games

**OBJECTIVE:**
This drill is excellent for teaching defensive players to get back in the zone ahead of their players and the ball. The objective is to either beat your player to the hole to prevent the shot or the development of a fast break.

**DRILL DESCRIPTION:**
Set up 4 cones above the attack zone, 2 offense and 2 defense. Then add 2 cones off to the side of the field, one defense and one offense.

X1 and X2 will attack the zone from the top with the ball. D1 and D4 will rush as fast as possible to slow the ball down and prevent X1 and X2 from creating a fast break.

D2 and D3 will protect the middle of the 8 meter and slide to the ball or the pass as needed to prevent the fast break. The defense must focus on retreating into the zone and slowing the offense to stop the break and force an even number situation.

Have the players play out the play to a shot, goal, or clear.

**SKILLS PRACTICED:**
- Double Teaming on Defense
- Even Strength Drill
- Defensive Positioning
- Transition Defense

**VARIATIONS:**
Vary the locations where the ball comes in from the point or the sides. You can also add players to make the break situation build into a 7 v 7.
Defensive Transition Retreat Drill

- X1 and X2 bring the ball down the field on offense.
- D1 tries to slow the ball and allow D4 to get back in the zone and prevent the fast break.
- D2 plays X5, but looks to slide up and double D1 or guard X5 if they get the ball before D4 gets to the zone.
- Play on in a 4 v 4 situation that focuses on a fast score or a quick clear.

Diagram:

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