WOMEN’S DENYING CUTS DRILL

DRILL SPECS:

Drill Theme: Defensive Drills
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Skill, Conditioning
Field Position: Defense
Skill Level: Intermediate

OBJECTIVE:

To work on denying multiple attacker cuts through the 8-meter.

DRILL DESCRIPTION:

Begin the drill by making 3 lines. 1 line of defense near the goal line extended, a line of attack at the top of the elbow of the 8-meter, and a feeding line at the opposite elbow. The objective of the attacker is to cut hard through the 8-meter towards the feeder. The defenders job is to deny the cut so there is no passing lane. Attackers can back door or cut in front of the defenders if they are over playing. In this drill the defender will stay for 3 attacking cuts but there will be a new attacker each time.

SKILLS PRACTICED:

• 1 v 1 defense and attack
• Denying cuts and passes defensively
• Defensive Positioning
• Defensive Footwork
• Conditioning

VARIATIONS:

After you deny the cuts on one side, switch to the other side. Also you can build the drill to a 2v2 and a feeder. This way defenders will be forced to work together in a game like situation.
DRILL DIAGRAM:

- Defenders stay for 3 reps.
- New attacker each time.

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