**WOMEN’S DOUBLE TEAM AROUND THE CAGE DRILL**

**DRILL SPECS:**

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<th>Drill Theme</th>
<th>Defensive Drills</th>
<th>Drill Style</th>
<th>Game, Warm Up</th>
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<tr>
<td>Field Location</td>
<td>Attack Zone</td>
<td>Field Position</td>
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<td>Time Needed</td>
<td>15 Min</td>
<td>Skill Level</td>
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**OBJECTIVE:**

To work on defensive communication in a tight space with game-like situations. Help defenders “scramble” in the 8-meter off of a turnover, rebound, or double team.

**DRILL DESCRIPTION:**

There are 5 attackers and 6 defenders (5v6). All 6 defenders are inside the 8-meter facing the center of the 8-meter. This means that all defenders must have their heads in a huddle with their backs turned to the outside. 1 attacker has possession of the ball. The coach blows the first whistle which allows the attack to start working the ball around. The second whistle signals the defense to turn and quickly mark up. Defense is a player up so there should always be a double team on the player with the ball. After the second whistle, attack must pass 3 times before they can shoot. Emphasize with players communication, where the ball is, who “needs one”, and who is going to double.

**SKILLS PRACTICED:**

- Communication – within the 8-meter
- Double teaming

**VARIATIONS:**

After a shot, have the goalie clear to the defense. The attackers should work on riding the defense and not allowing a successful clear.
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