WOMEN’S EAGLE DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Even Strength
Field Location: Attack Zone
Time Needed: 10 Min
Drill Style: Game
Field Position: Offense, Defense, Midfield
Skill Level: Advanced

OBJECTIVE:
To work on quick ball movement and communication on and off the field.

DRILL DESCRIPTION:
Start by dividing players into 2 teams and have each line up along the restraining line (GK included), on either side of the coach. The drill is a 4v4, on offense you need 2M, 2A, on defense you need 2M, 2D. If the offense team scores, they get the ball back, clear to the restraining line and play continues. If defense causes a turnover then clears to the restraining line, 2 defenders come off and 2 attackers come on.

SKILLS PRACTICED:
• Communication – where to force the attacker with the ball
• Ball Movement
• Help Defense

VARIATIONS:
You can make it competitive by keeping score, every goal is worth a point. Also you can create man up/down situations for more game like feel.
DRILL DIAGRAM: