WOMEN’S FAST BREAK DRILL FROM DRAW INTO 7V7

DRILL SPECS:

**Drill Theme:** Transition  
**Field Location:** Full Field  
**Time Needed:** 20 Min

**Drill Style:** Games  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Basic

OBJECTIVE:

To work both draws, fast breaks, and 7 v 7 for your offense and defense.

DRILL DESCRIPTION:

Two middies come to the faceoff circle with a ball each. One is used for the draw and the other ball is placed off to the side. Both players draw with the first ball, and the winning middie attacks with the first ball, while the losing middie grabs the 2nd ball to attack the opposite end. The players push the fast break and run a quick 5 on 4 break. Then two more offensive player and 3 defensive players enter each side to make two 7 v 7’s at one time.

SKILLS PRACTICED:

- Transition Offense
- Transition Defense
- Number Advantages and Disadvantages
- Draws

VARIATIONS:

To vary the drill you may add an extra defensive player at the box area that will run in as a training defense after the draw. This will make a 5v5 if the fast break doesn't work and you have to slow the break.
DRILL DIAGRAM:

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