WOMEN’S FIREBALL DRILL

**DRILL SPECS:**

- **Drill Theme:** Even Strength  
- **Field Location:** Midfield  
- **Time Needed:** 10 Min  
- **Drill Style:** Games, Skill  
- **Field Position:** Offense, Defense, Midfield  
- **Skill Level:** Intermediate

**OBJECTIVE:**

To gain possession from a 50:50 ball and make a clean pass after possession.

**DRILL DESCRIPTION:**

Start with 4v4 inside the circle with 3 coaches or players on the outside with balls. The players within the circle need to muddle around, constantly moving. The players inside the circle do not know when the ball is going to be entered or from which coach. The coach who does throw the ball inside the circle yells “FIREBALL” and the 4v4 fight for possession. Once a team gains possession, they must cleanly pass the ball out to any of the coaches on the outside of the circle. The players can pass within the circle but must not drop the ball or they don’t receive a point. The circle is a boundary line and both teams must not exit the circle or it is an automatic turnover.

**SKILLS PRACTICED:**

- Maintaining Possession
- Cleanly coming up with 50:50 ball
- Vision on the Field
- Boxing out
- Stick Protection

**VARIATIONS:**

You can add more players into the circle. Or you could put a required number of passes a team must have before passing outside to a coach.

Also instead of having the players inside the circle moving, they could have their eyes closed.
DRILL DIAGRAM: