WOMEN’S HUSTLE DRILL

DRILL SPECS:

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

OBJECTIVE:

To attacking the goal with smart decisions and use of ball movement.

DRILL DESCRIPTION:

Start with an attack line outside the top of the 12-meter, and a defensive line on the goal line extended near the crease. The attacker challenges to goal and the defender meets the attacker for a 1v1. If the attacker does not have a good shot, they pull out and another attacker and defender enter for help. If there is still not a smart shot they attackers circle out again and, another pair of attack and defense enter. The drill builds only to a 4v4 if there is no smart shot. Once a shot is taken whether it was a goal or saved a new group enters and the drill begins again.

SKILLS PRACTICED:

- 1 v 1 defense and attack
- Communication – where to force the attacker with the ball
- Clearing space offensively
- Vision off a challenge
- Denying cuts and passes defensively

VARIATIONS:

You can assign a time limit the attackers have to score or require defense to send the double for a high pressure situation on attack.