WOMEN’S INSIDE OUT CHAOS DRILL

DRILL SPECS:

Drill Theme: Ball Movement
Field Location: Midfield
Time Needed: 10 Min

Drill Style: Warm-Up, Skill
Field Position: Offense, Defense
Skill Level: Intermediate

OBJECTIVE:
To incorporate lots of touches on the ball in a dynamic patterned drill set.

DRILL DESCRIPTION:
Set up 6 cones in a rectangle with 3 on each side approx. 15 meters apart and 20 meters wide. Have at least 3 players per cone. 3 balls start on one length of the rectangle. The corners pass on a diagonal and the center lines pass across the width. After a player passes she cuts to the next line in a clockwise manner. Players should ask for the ball with the hand on the outside of the box. Encourage them to attack and run through their catch and follow through in the direction of their pass. Each player passes the ball relatively the same time.

SKILLS PRACTICED:
• Quick ball movement
• Pattern Passing
• Timing and speed of play
• Effective Communication between teammates

VARIATIONS:
Add a fourth ball to the drill. The ball will move around the outside of the drill and will be passed by the last person in each corner line.

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE
DRILL DIAGRAM:

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