WOMEN’S INTERCEPTING DRILL

DRILL SPECS:

**Drill Theme:** Blocking - Forcing  
**Field Location:** Midfield  
**Time Needed:** 10 Min  

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

OBJECTIVE:

To practice defensive positioning and intercepting passes while the ball is in flight. This drill can teach players how to time interceptions and block to allow the defense to limit the risk of the play.

DRILL DESCRIPTION:

Have two cones set up about 10 yards apart. Each cone will have a player on offense at the cone. A defensive player will split the two players and stand in the middle about 5 yards away from each cone. The players on offense will pass the ball back and forth on a direct straight passing line. The defender will stay about 2 yards away from the passing alley and work on intercepting passes as they fly back and forth. Each time the player makes and interception they will throw the ball back to the cones and keep going for 3 to 4 interceptions.

SKILLS PRACTICED:

- Defensive Positioning
- Defensive Footwork
- Blocking

VARIATIONS:

To increase the difficulty for the offense, have the offense play with a defender directly in front of them that works to disrupt their initial passes.

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

*Players 1 and 2 pass back and forth, fairly direct passes
*3 stands with her back toward the player with the ball
*As player 1 takes her crosse back, she shouts “Pass”
*Then 3 turns around and moves in for the interception

*If the player is not getting close to intercepting the ball, have her:
  a. back up away from passer, or b. move right in between players 1 and 2
*If the player is intercepting too easily, have her:
  a. move closer to the passer, or b. start back further

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