WOMEN’S INTERCEPTION DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Defensive Drills
Field Location: Midfield
Time Needed: 5 Min

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

OBJECTIVE:
To work on stepping in the passing lane and causing a turnover by intercepting the pass.

DRILL DESCRIPTION:
Start by dividing the team into groups of 3. You need 1 passer, 1 receiver, and 1 interceptor. Have the passer and receiver stand about 15-20 yards apart. The interceptor either stands 1-2 steps behind or off to the side of the receiver. As the passer throws the ball, the interceptor wants to time her movements to intercept the ball. Both the passer and receiver should stand stationary.

SKILLS PRACTICED:
• Intercepting
• Passing
• Off Ball Timing
• Stepping into Passing Lanes

VARIATIONS:
You can allow the passer and receiver to be on the move make it more difficult for the interceptor. Also you can change the angle and distance of the interceptor.
DRILL DIAGRAM:

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