WOMEN’S KEEP AWAY TO GOAL DRILL

DRILL SPECS:

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

Drill Style: Game
Field Position: Offense, Defense, Midfield
Skill Level: Basic

OBJECTIVE:

To work on ball movement and transition in a smaller area. Emphasize utilizing the space of the field and quick passes so the defense cannot get set.

DRILL DESCRIPTION:

Start by creating a small field between the restraining lines with a 8v8. Have 2 end zones set up, 1 at each sideline. Players must pass or run the ball up the field to the end zone. To score a point there must be a pass into the end zone, a player can’t run it in. This is a make it, take it game so once a team scores in the end zone, they are immediately going back the other way and can score in the other end zone. The other team must cause a turnover to gain possession. The game goes to five with the coach keeping score.

SKILLS PRACTICED:

• Transition Defense and Offense
• Ball Movement
• Maintaining Possession
• Unsettled Defense

VARIATIONS:

You can make the game a man up/down situation if one team is dominating. Also you can change the rules that you can only run it across to score a point, no passing. Also you could add a neutral player that can be used for both teams but is not allowed to score any points.
DRILL DIAGRAM:

For more drills, visit uslacrosse.org/coaches/drills-archive