WOMEN’S LONG LEADING PASSES DRILL

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme: Ball Movement</th>
<th>Drill Style: Warm Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Location: Mid</td>
<td>Field Position: Defense, Midfield</td>
</tr>
<tr>
<td>Time Needed: 10 Min</td>
<td>Skill Level: Intermediate</td>
</tr>
</tbody>
</table>

OBJECTIVE:

This drill allows for players to practice breaking at good angles to receive a long pass and then protecting the ball once it is caught. It also provides an opportunity for players to work on making long passes with both their left and right hand.

DRILL DESCRIPTION:

Begins with 3 players on both sidelines of the field. Set up 4 cones as shown. The 2 sideline cones are where the first and third pass will come from. The cones inside the field are where the second and fourth pass will come from. X1 starts with the ball; she says go and X2 breaks out from the sideline cone to the closest cone inside the field. X1 passes the ball to X2 using a leading pass. X2 receives the pass curls around the cone as if it is a defender (use shoulder-shoulder-stick protection). X2 takes a few steps and sends a long left-handed pass to the opposite sideline to X5. As soon as X5 receives the ball, X4 breaks away from the sideline cone looking for a leading pass. Once X4 receives the ball, she curls around the cone and sends a long right-handed pass to X6. Players follow their passes and move to the next line.

SKILLS PRACTICED:

• Breaking at good angles to receive a long pass
• Protecting the ball once a long pass is received
• Catching the ball on the move
• Making long passes with both hands

VARIATIONS:

Add light pressure to the passers to make the drill more game-like.
FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE