WOMEN’S MULTI-GOAL DRILL

DRILL SPECS:

Drill Theme: Ball Movement
Field Location: Midfield
Time Needed: 15 Min

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

OBJECTIVE:

To increase catching and throwing skills under pressure.

DRILL DESCRIPTION:

Play 6 v 6 in a 30-by-30-yard area. Use cones to create four gates, each 5 yards wide, within the playing area. Do not set up any goals. Players are not allowed to check the stick in this game, but they may block, intercept, and pick up ground balls. A team earns one point by passing the ball to a teammate through a gate. If a team scores, that team keeps the ball. If teammates pass and receive the ball through a gate using the non-dominant hand, award their team two points. The game is non-directional; teams can pass or score through either side of the gate. Note: Goalkeepers should participate as field players in this game.

SKILLS PRACTICED:

• Stick Handling
• Ball Movement
• Maintaining Possession
• Defensive Positioning

VARIATIONS:

Give one team the advantage in numbers. (5v6)
Add more gates.
Require players to use non-dominant hand for catching and throwing.
Do not allow players to consecutively score through the same gate.

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DRILL DIAGRAM:

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