WOMEN’S OFF BALL MOVEMENT DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Even Strength
Field Location: Midfield
Time Needed: 15 Min

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

OBJECTIVE:
To improve off-the-ball movement and support around the ball carrier.

DRILL DESCRIPTION:
Play a game of 6 v 6 using 2 balls at the same time on a shortened field. (ex. between the two 30’s in the midfield) Set up a goal at each end of the restraining lines. Each team starts with one ball, but as play progresses, one team could end up with both balls. Players need to react to the closest ball and therefore must focus on support. Require a minimum number of passes be made before a goal can be attempted, and award a team one point for every goal scored. After a goal is scored, the closest defender restarts play with a clear. The clearing defender may run or pass the ball.

SKILLS PRACTICED:
• Ball Movement (Catching and Throwing)
• Communication
• Clearing space offensively
• Vision off a challenge

VARIATIONS:
Assign players to work within groups or limit the number of steps the ball carrier can make.

Add additional players and require the player with the ball to have support on two of her four sides at all times. It she does not, it is a turnover.
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