WOMEN’S PASSING DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

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

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

OBJECTIVE:

To work on ball movement and stick work while conditioning.

DRILL DESCRIPTION:

Divide players into groups of 3-4. Cones are set up in a triangle. The passer stands at the top of the triangle at A. A teammate is sprinting to B then cuts to C. The passer then moves the ball to Z as a teammate runs to the cone. Passers are really passing to where the cone is as if the cone is a person. Teammates are running onto the ball.

SKILLS PRACTICED:

- Ball Movement
- Strong and Weak Hand Play
- Conditioning

VARIATIONS:

You change directions of the passing drill and use strong and weak hand play.
DRILL DIAGRAM: