WOMEN’S PENTAGON DRILL

DRILL SPECS:
- **Drill Theme:** Defensive Drills
- **Field Location:** Half Field
- **Time Needed:** 15 Min
- **Drill Style:** Game
- **Field Position:** Defense
- **Skill Level:** Intermediate

OBJECTIVE:
To improve on and off ball defensive positioning.

DRILL DESCRIPTION:
Set up 5 cones in the shape of a pentagon about 10 yards apart. Have a sixth cone in the center of the drill. An offensive player and a defensive player stand at each of the 5 outside cones. Offensive players (X) are working on moving the ball and eventually trying to cut inside to touch the center cone. Defenders (D) must work on seeing both ball and girl and keeping their sticks up in the passing lanes. They must constantly communicate with each other and anticipate passes, cuts, blocks and interceptions. As the drill progresses, defenders can work on double teaming and then re-setting as the ball is moved.

SKILLS PRACTICED:
- Defensive positioning
- Correct defensive angles off-ball
- Effective defensive communication
- Proper stick positioning
- Sliding to teammates and double teaming

VARIATIONS:
Have offensive players and defensive players switch positions so every player gets to work on all aspects of the drill.
DRILL DIAGRAM: