WOMEN’S POINTS FOR POSSESSION DRILL

DRILL SPECS:

Drill Theme: Defensive Drills
Field Location: Midfield
Time Needed: 10 Min

Drill Style: Skills, Conditioning
Field Position: Offense, Defense
Skill Level: Basic

OBJECTIVE:
To improve on ball & off ball defensive positioning, including face guarding.

DRILL DESCRIPTION:

Have 7 players on offense and 7 on defense enter a designated area, like midfield. Give the players a certain amount of time that they have to possess the ball. Award each team points if they catch a pass, intercept and cause a turn over, and then points for which team had the ball at the end of the time period. By keeping players in a restrictive space you can simulate possessing the ball and working to get open for tight situations.

SKILLS PRACTICED:

• Off Ball Defense
• Defensive Positioning
• Defensive Footwork
• On Ball Defense

VARIATIONS:

Call time outs during the drill to allow the players to come up with a game plan to attack or defend.
DRILL DIAGRAM:

Points for Possession Drill

Practice man-to-man marking for the defense
Attack works to find space and open players
*Give one point for offensive or defensive control
*Give two points for catch by the attacking team or interception by the defending team