WOMEN’S PRESSURE BOX DRILL

DRILL SPECS:

Drill Theme: Even Strength
Field Location: Midfield
Time Needed: 15 Min

Drill Style: Games
Field Position: Offense, Defense
Skill Level: Intermediate

OBJECTIVE:

Teach your team to move the ball in limited space and also pursue the ball to cause turnovers. This drill allows players to move the ball and work on looking off players before they pass to their target. Communication is key in this drill and the drill can be made into a conditioning drill as well.

DRILL DESCRIPTION:

Start with ten players, five in dark and 5 in white. The dark team sets up with 5 cones set up in a box, and one in the middle. A player is standing over top of each cone and is limited to about 2 steps away from each cone, so they do not run and change cones. The dark team will pass a ball around to any open player, and after 3 passes the white team sends in a player to defend and pressure a turnover. After 3 more passes another player is added, and this process goes on until it is 5 v 5. At any time, when a turnover occurs the white team will take the ball and move over to the next set of cones, set up with 5 players over cones and start the 3 pass rule. Dark adds one player per every 3 passes.

SKILLS PRACTICED:

- Stick Handling
- Ball Movement
- Defensive Positioning

VARIATIONS:

Add checking to the drill as listed above in the description. A checking variation can improve any drill based on the rules your age group is playing.
DRILL DIAGRAM:

HOPKINS PRESSURE BOX

DESCRIPTION
There are 10 people involved in the drill, five are in black and five are in white. The black team sets up with a player at each corner and one in the middle (Diagram A).

The black team starts with the ball and can only move in a small area around their zone (Diagram B). The player in the middle pops to the ball to get open, but must stay in the middle of the square.

After the black team passes the ball three times, a white defender is allowed into the box with her stick-up and playing the ball. After another three passes, another white defender is allowed into the box (two more the ball). The five blank spaces are moving the ball outside, using two-way passes, and finding the open player. As long as the black team continues to remain active, the white team can stop binding 3 defenders until it is a 2v1. If the black team drops the ball, the white team will pass to the next box (Diagram B), and the black team becomes the defense and the drill continues.

OFFENSE
- Handling the ball
- Quick, accurate moves
- Look-see passes
- Fades
- Protecting the ball

DEFENSE
- Stance up
- Approach to play the ball (stay balanced, 3-week angle down)
- Communication
- Annihilating passes
- Anticipate to see both balls & girl

CHECKING VARIATION
Have the defender jumping the ball work on a quick check since she is at the attacker's position. Focus on patience, staying balanced, timing, quick strike, gaining possession if the ball is dislodged.

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