WOMEN’S RECOVERY/DOWNLE TEAM DRILL

DRILL SPECS:
- Drill Theme: Double Teaming
- Field Location: Half Field
- Time Needed: 15 Min
- Drill Style: Game
- Field Position: Offense, Defense
- Skill Level: Intermediate

OBJECTIVE:
To have defense work together and trying for a double team in a recovery situation.

DRILL DESCRIPTION:
The ball starts above the restraining line on either side of the field in an attackers stick. There are 2 lines of defense below the restraining line on both sides of the field. The defensive line that is on the same side of the field as the attacking line will pick up the player with the ball immediately. The defender on the other side of the field will sprint to the ball and form a double team. Defense needs to communicate.

SKILLS PRACTICED:
- Communication – where to force the attacker with the ball
- Recovering on defense
- Sliding to a double and not cutting off other defender

VARIATIONS:
Add a trailing defender on the attacker with the ball. Add an attacker on the opposite side of the field where the double team is coming from. This will turn into a 2 v 3.
DRILL DIAGRAM:

This player doubling the ball should drop into the 32 and meet the ball to prevent outnumbering the double.