WOMEN’S SCORE ON ANY CAGE DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Even Strength
Field Location: Midfield
Time Needed: 10 Min

Drill Style: Game
Field Position: Offense, Midfield, Defense
Skill Level: Basic

OBJECTIVE:
To work on allowing teams to change the point of attack with pressure.

DRILL DESCRIPTION:
Start by creating a small field about 30 yards long. Divide players into 2 teams, one Gk in each cage. Teams are lined up on either side of the field. Begin with a 3v3 going for a 50:50 ball. Once a team gains possession they can score on either goal cage. The teams can change which goal they are using on the fly.

SKILLS PRACTICED:
• Maintaining Possession
• Communication – where to force the attacker with the ball
• Clearing space offensively
• Defensive Positioning
• Denying cuts and passes defensively

VARIATIONS:
You can move the cages so that they are back to back or add more goal cages.
DRILL DIAGRAM:

Both teams can attack in either direction.

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