WOMEN’S SIDE LINE TRAP DRILL

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme:</th>
<th>Defensive Drills</th>
<th>Drill Style:</th>
<th>Skill</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Location:</td>
<td>Midfield</td>
<td>Field Position:</td>
<td>Offense, Defense, Midfield</td>
</tr>
<tr>
<td>Time Needed:</td>
<td>10 Min</td>
<td>Skill Level:</td>
<td>Intermediate</td>
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</tbody>
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OBJECTIVE:

To work on trapping your opponent on the sideline and forcing them out of bounds on transition. Utilizing the sideline boundary as another defender.

DRILL DESCRIPTION:

Start by setting up cones near the sideline to create an alley where the attack is allowed to run. Essentially it will be a 1v3 on the sideline. The attacker starts on the restraining, with a defender 4-meters behind in recovery defense and another defender about 15 yards away off to the side on the edge of the alley. A defender about 25-30 yards away passes the ball to the attacker to begin the drill. Once the attacker catches the ball the defense is trying to trap the attacker on the sideline. This will either cause the attacker to make a bad pass, drop the ball or go out of bounds. You can have the same drill running at the other sideline so players are not standing. Players should play all positions and rotate as if it were a shuttle line.

SKILLS PRACTICED:

- Transition Defense
- Communication – where to force the attacker with the ball
- Recovery Defense
- Stick Protection

VARIATIONS:

You can build the drill so there is an additional attacker lined up with the defender 15yards away. The defender must make a decision to double the ball and allow the outlet pass or stay marked up.
DRILL DIAGRAM: