WOMEN’S SINGLE REPLACEMENT DRILL

DRILL SPECS:

Drill Theme: Cutting, Ball Movement
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Skills, Game
Field Position: Offense
Skill Level: Basic

OBJECTIVE:

To maintain a balanced attack and be aware of where one should be replacing cutters.

DRILL DESCRIPTION:

The coach stands in the middle with a bucket of balls. One by one, the coach calls out a number. The first person in that line sprints towards the goal, as the coach tosses the ball up into the air. The player must catch, take one cradle, and then shoot on goal. After each player finishes her cut, she replaces to either line 1 or 6. After they have the idea, only use 6 players total. Every time a player cuts through, most players will have to shift either clockwise or counter clockwise so that there is a player at each spot.

SKILLS PRACTICED:

• Balancing players on attack
• Replacing cutters
• Quick shots on goal

VARIATIONS:

Have goalie clear the ball to defensive players not involved in the drill. Have them make leading passes to players running up from the goal line extended. Then make a long pass up and across the field to player above the restraining line.
DRILL DIAGRAM:

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