WOMEN’S STAR DRILL

DRILL SPECS:

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

Drill Style: Warm Up, Skills
Field Position: Offense, Defense, Midfield
Skill Level: Basic

OBJECTIVE:

A basic drill that allows for many touches for each player as they pass the ball and work skills through the drill.

DRILL DESCRIPTION:

Set up 5 cones in a star shape. Equal number of players at each cone. Line 1 passes to line 2. Line 2 passes to line 3. Line 3 passes to line 4. Line 4 passes to line 5. Line 5 passes to line 1. Players should follow their pass.

SKILLS PRACTICED:

• Ball Movement (Catching and Throwing)
• Catching and throwing on the run

VARIATIONS:

Catch and change hand to pass; Use ground balls instead of passing. Add 2 or 3 defenders in the center of the star to pressure passers.
DRILL DIAGRAM: