WOMEN’S “TEN” DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: 1v1
Field Location: Attack Zone
Time Needed: 10 Min

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

OBJECTIVE:
To work on 1v1 opportunities inside the attacking zone.

DRILL DESCRIPTION:
Start by dividing the players evenly into 2 teams. The drill is team vs. team, 1v1 to goal. The first team to score 10 goals wins. This is a pressure situation that works on 1v1 offense and defense. There should a goalie on each of the teams that will switch out with the defense.

SKILLS PRACTICED:
• 1 v 1 defense and attack
• Communication – where to force the attacker with the ball
• Shooting
• Defensive Positioning

VARIATIONS:
You can change the number of goals the teams need to win or add an outlet pass for the attacker if the 1v1 is taking too long.

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