WOMEN’S UP AND OVER DRILL

DRILL SPECS:

Drill Theme: Shooting  
Field Location: Half Field  
Time Needed: 10 Min  

Drill Style: Skills  
Field Position: Offense  
Skill Level: Advanced

OBJECTIVE:

This drill is excellent for teaching players ball movement, positioning, and shooting. The objective is to get the ball from a low wing area, up and across the field for a dodge to a shot on goal.

DRILL DESCRIPTION:

Set up (3) lines with a cone in front of each. One line will be 3 yards behind goal line extended; one line will be directly in line at the top of the 12 meter arc, and the other at the top of the 12 meter arc on the other side.

The balls will be at the bottom line, and that player will dodge inside and then bounce back out before they feed to top line.  
The top line will catch and move the ball right away to the opposite field line.  
The 3rd line will catch the feed, drive and dodge off a cone for a shot.

Players will rotate in a clock wise rotation.

SKILLS PRACTICED:

• Ball Movement  
• Feeding  
• Shooting

VARIATIONS:

To vary the drill, be sure to change sides. You may also designate the final shooter each time, or even add defense to the drill to make things harder. Add your goalies into the cage to take the rapid fire shots.

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DRILL DIAGRAM: