



WOMEN'S WORK THE MIDDLE DRILL

DRILL SPECS:

Drill Theme: Transitions
Field Location: Full Field
Time Needed: 15 Min

Drill Style: Games
Field Position: Midfield
Skill Level: Intermediate

OBJECTIVE:

The drill puts pressure on a middie or a defender to get out of double teams, move the ball into the offensive end of the field, and make good decisions with the ball when they are tired.

DRILL DESCRIPTION:

A coach is at the 50 yard line with a bunch of balls. The coach sends a ball in to M-1 who has to get past D1 and D2 (who are working on their double teams) and move the ball over the 30 yard line. Once the ball crosses the 30 yard line, the double team stops and D1 and D2 reset to the middle of the field.

The ball carrier is now in a 5 v 4 and has to make a good decision with the ball so the offense can score. Play it out and if a goal is scored, the goalie clears the ball (free clear) to M1 who is breaking up field. M1 then has to get past D1 and D2 again and carry the ball safely to the opposite end of the field for another 5v4.

After 2 full field runs, M1 comes out and is replaced with another middie or defender. This is a very tiring drill, so 2-3 runs is plenty. Remember to rotate the double teamers as well.

SKILLS PRACTICED:

- Transition Offense
 - Transition Defense
 - Number Advantages and Disadvantages
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VARIATIONS:

To vary this drill, you can set up as a 4 v 3. Coaches can have the middle double teamers play without sticks to work on their footwork closing double teams and not allow checking.

DRILL DIAGRAM:

