WOMEN’S X DRILL WEAVE

AUTHOR INFORMATION:

Author Name: Leslie Frank

Author School:

DRILL SPECS:

Drill Theme: Cutting-Feeding-Picks
Field Location: Full Field
Time Needed: 10 Min

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

OBJECTIVE:

To work on change of speed and direction, lateral movement and multiple high speed cuts.

DRILL DESCRIPTION:

Start by setting up cones in a zigzag pattern across the width of the field. Create patterns of cutting and passing that are fun, and then become competitive. 2 lines of players at the side line, Balls in both lines. Players weave in and out of the cones and pass at the middle cones.

SKILLS PRACTICED:

• Ball Movement
• High Speed Cuts
• Long Passes
• Change of Speed and Direction

VARIATIONS:

Instead of wrapping around the cones and crossing at the middle cone, players pass then change direction at the cones. Also you can set up 2 grids and split the team in half. One half of each team on opposite ends of the field. One ball for each team, teams compete in a shuttle weave, relay. First team to return to their starting position wins. To create a more complex weave and shorten the distance between cones to create tighter cuts and more intense change of direction.
DRILL DIAGRAM:

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE