



WOMEN'S 11-MAN CONTINUOUS 3V2 DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Man Up/Down Situations
Field Position: Offense, Midfield, Defense
Time Needed: 10 Min

Drill Style: Game, Conditioning
Field Location: Full Field
Skill Level: Intermediate

OBJECTIVE:

To work on transitioning the ball down the field in an unsettled situation.

DRILL DESCRIPTION:

Set up the field with lines of players at the corners of each restraining line. Start with a 3v2 at one end of the field. After a shot or defense comes up with the ball, make an outlet pass to one of the lines at the restraining line and 1 defender joins going the other direction. 2 of the 3 attackers stay and play defense at the end where they were just attacking. This is a disguised conditioning drill.

SKILLS PRACTICED:

- Offensive and Defensive Transition
 - Clears
 - Communication
 - Conditioning
 - Ball Movement
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VARIATIONS:

You can keep score to make it more competitive. Also you can increase the number of players on the field.

DRILL DIAGRAM:

