



## WOMEN'S 1V1 TO GOAL ADDING A 2<sup>ND</sup> DEFENDER DRILL

### DRILL SPECS:

**Drill Theme:** 1 v 1

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Game

**Field Position:** Offense, Defense, Midfield

**Skill Level:** Basic

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### OBJECTIVE:

Work on going to goal hard vs. a double team defense.

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### DRILL DESCRIPTION:

Make 2 lines of attack on the goal line extended. Make a 3<sup>rd</sup> line of strictly defenders off to the side as a helping defense line. The coach rolls out the ball for a competitive pick up to the 2 attacking lines. The player who wins possession is offense and the loser is defense. The coach then signals for the other defense line to go. That defender then runs to help double team immediately with her other defender, essentially turning into a 1 v 2. This stresses the offense to go to goal hard and fast to get the shot off before she is double teamed. The first defender should try and force the attacker to her helping defender. Make sure both defenders are communicating with one another.

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### SKILLS PRACTICED:

- Tight marking on defense
- Communication – where to force the attacker with the ball
- Working on who has “body” and who has “stick”
- Going to goal quickly

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### VARIATIONS:

Coach moves just past the restraining line and rolls the ball towards the players competing for the ground ball.

**DRILL DIAGRAM:**

