



## WOMEN'S 2 MINUTES TO SUCCESS DRILL

### DRILL SPECS:

**Drill Theme:** Even Strength  
**Field Location:** Half Field  
**Time Needed:** 15 Min

**Drill Style:** Games  
**Field Position:** Offense, Defense  
**Skill Level:** Intermediate

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### OBJECTIVE:

Drill that has players work 7 on 7 in the half field with a time limit to hold the ball or cause a turn over.

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### DRILL DESCRIPTION:

Have 7 players on offense go against 7 players on defense.  
The coach can start the ball from a ground ball or a pass into the players.  
Players on offense have 2 minutes to hold the ball and not turn it over to win the drill. The defense will work on chasing, checking, and double teaming the ball to cause a turnover within the 2 minutes.  
Offense cannot go past half field.

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### SKILLS PRACTICED:

- Stick Handling
  - Ball Movement
  - Defensive Positioning
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### VARIATIONS:

Have your players on defense clear all takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

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**DRILL DIAGRAM:**

