



WOMEN'S 300'S DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Conditioning

Field Location: Half Field

Time Needed: 10 Min

Drill Style: Conditioning

Field Position: Offense, Defense, Midfield

Skill Level: Intermediate

OBJECTIVE:

To work on speed, agility, endurance and change of direction.

DRILL DESCRIPTION:

Start by marking off a 25yard distance on the field with cones or lines. Break the team into groups of 3. Two players will stand at either end of the 25 yards with a ball. The player without the ball will begin the timed 300 on the whistle. The player will cut back and forth touching each end line 12 times. While sprinting back and forth receiving a pass and return the pass to and from each teammate.

SKILLS PRACTICED:

- Conditioning
- Change of Direction
- Catching and Throwing
- Pivots

VARIATIONS:

You can repeat the drill but with the non-dominant hand. Also you could switch to one ball and have the player receive an over the shoulder pass after touching the end lines.

DRILL DIAGRAM:

