



WOMEN'S 360-DEGREE CATCHING DRILL

DRILL SPECS:

Drill Theme: Ball Movement

Field Location: Midfield

Time Needed: 10 Min

Drill Style: Warm-Up, Skills

Field Position: Offense, Defense, Midfield

Skill Level: Basic

OBJECTIVE:

To learn different points of release when passing and ways to catch the ball from all around the body.

DRILL DESCRIPTION:

Place 6 players around the center circle evenly spread out. One player stands in the middle of the circle with the ball. She passes the ball to each player in the circle, without moving her feet. The players in the circle catch the ball and pass it back to the player in the middle, who catches the ball without moving her feet. Once the player in the middle has passed to each player, a player on the outside of the circle replaces the middle player. The drill continues until every player has had a turn in the middle.

SKILLS PRACTICED:

- Ball Movement (Catching and Throwing)
 - Strong and Weak Hand Play
 - Feeding
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VARIATIONS:

As the players improve, have them play the game with two balls. This challenges them to concentrate and use their peripheral vision.

DRILL DIAGRAM:

