



WOMEN'S 3V3 ACROSS THE FIELD DRILL

DRILL SPECS:

Drill Theme: Transitions
Field Location: Full Field
Time Needed: 15 Min

Drill Style: Games
Field Position: Midfield
Skill Level: Basic

OBJECTIVE:

The objective of the drill is to practice transition with maximum passes. The players need to make 3 passes within the box area before a new 3 players jump in with the defense.

DRILL DESCRIPTION:

Set up your team by dividing them into two teams. Separate half of each team on both sides of the sideline. Start the ball with one group out in the field. Team black has the ball and needs to complete 3 passes before the ball can be moved to their team who is waiting at the sideline.

Once the 3rd pass is made they can make a cut onto the field to the ball carrier. If the ball is knocked down by defense or thrown out of bounds, it becomes a turnover and the other team goes on offense.

SKILLS PRACTICED:

- Ball Movement (Catching and Throwing)
 - Transition Offense
 - Transition Defense
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VARIATIONS:

You may vary this drill with 4 v 4, 5v4, 6v4, or 7v7 based on the number of players you need to get moving.

DRILL DIAGRAM:

