WOMEN’S 3V3V3 CIRCLE DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Even Strength  
Drill Style: Game, Warm-Up  
Field Location: Midfield  
Field Position: Offense, Defense, Midfield  
Time Needed: 10 Min  
Skill Level: Intermediate

OBJECTIVE:
To work on quick ball movement under pressure.

DRILL DESCRIPTION:
Start by dividing the players into 3 teams. The center circle will be the boundary for this drill. Inside the circle will be 3 players from each team, 3v3v3. There will only be 1 ball. Teams must maintain possession without turning over the ball or going out of bounds.

SKILLS PRACTICED:
- Ball Movement
- Stick Protection
- Maintaining Possession
- Handling Pressure

VARIATIONS:
You make it a game by requiring a number of passes then allowing the team to go to goal.
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