



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
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VARIATIONS:

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

DRILL DIAGRAM:

