



WOMEN'S 4 CORNER OVER-THE-SHOULDER GB'S AND PASSES DRILL

DRILL SPECS:

Drill Theme: Ball Movement

Field Location: Midfield, Attack Zone

Time Needed: 10 Min

Drill Style: Warm-Up, Skills

Field Position: Offense, Defense, Midfield, Goalie

Skill Level: Basic

OBJECTIVE:

Improve catching on the run and over the shoulder, practice switching hands, throwing to the "Box" area around the shoulders.

DRILL DESCRIPTION:

Mark 4 corners with cones and put at least 3 players in each corner. Start with one ball and rotate counterclockwise catching over left shoulder and passing with right hand. Change directions halfway through drill, add more balls as player skill will support. Players in line wait for "break" call then are rolled a ground ball while moving up field. Be sure the players focus on leading their teammates on both passing and groundballs.

SKILLS PRACTICED:

- Ball Movement (Catching and Throwing)
- Strong and Weak Hand Play
- Ground Balls
- Conditioning

VARIATIONS:

Have the players switch from passes to ground balls. In addition, have player sprint the sides and jog the top of the attack area for added conditioning. Also, on a whistle you can reverse directions of the drill. Repeat this to keep the drill moving and to keep the players on their toes.

DRILL DIAGRAM:

