



WOMEN'S 4V3 BOX DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Man Up/Down Situations

Drill Style: Game

Field Location: Midfield

Field Position: Offense, Midfield, Defense

Time Needed: 10 Min

Skill Level: Intermediate

OBJECTIVE:

To work on making good decisions in unsettled play and number advantages/disadvantages situations.

DRILL DESCRIPTION:

Start by dividing the players into 2 teams. Set up the drill in a 15x20yd box with a 3v2 on each side of the box. Players must communicate which lines will be the 1v1 while the opposite side is a 3v2 which builds to make a 4v3. Coach rolls a ground ball out whichever team gains possession is on offense, the other on defense. Play keep away, 4v3 or 3v4 depending on which team gets the ground ball.

SKILLS PRACTICED:

- Ball Movement
 - Maintaining Possession
 - Find the Open Player
 - Communication
 - Double Teaming
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VARIATIONS:

Create a time limit or a number of passes the players must get to end the drill.

DRILL DIAGRAM:

