



WOMEN'S 4V6 HALF FIELD DRILL

AUTHOR INFORMATION:

Author Name: Lauren Caminiti

Author School: Temple University

DRILL SPECS:

Drill Theme: Number Advantages-Disadvantages

Drill Style: Game, Conditioning

Field Position: Offense, Midfield, Defense

Field Location: Attack Zone

Time Needed: 15 Min

Skill Level: Intermediate

OBJECTIVE:

To work on double teaming in the midfield and breaking out. Works on the attack handling pressure and working together.

DRILL DESCRIPTION:

This drill is done on half of the field, on both sides if possible. There will be a team of 4 defenders plus a GK and a team of 6 attackers. Set a number of points and play to win. The defensive team scores by placing the ball down on the draw line at the 50. The attacking team scores by taking the ball to goal.

SKILLS PRACTICED:

- Double Teaming
 - Clearing and Breaking Out
 - Maintaining Possession
 - Number Advantages-Disadvantages
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VARIATIONS:

You can assign players specific numbers, and not allow that player to receive the ball or shoot.

DRILL DIAGRAM:

