



WOMEN'S 5V4 DRILL

DRILL SPECS:

Drill Theme: Number Advantages

Field Location: Half Field

Time Needed: 15 Min

Drill Style: Skills, Games

Field Position: Offense, Defense

Skill Level: Basic

OBJECTIVE:

Drill that has players work 5 on 4 in the half field. You can work either 5 on 4 with the offense up a player or the defense up a player.

DRILL DESCRIPTION:

Have 5 players on offense go against 4 players on defense.

The coach can start the ball from a ground ball or a pass into the players.

Players go until there is a goal, save, clear or whistle.

SKILLS PRACTICED:

- Stick Handling
 - Ball Movement
 - Defensive Positioning
 - Slides
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VARIATIONS:

Switch and have your defense go up with 5 players and the offense work with 4 players. Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

DRILL DIAGRAM:

