



WOMEN'S 6V5 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 6 on 5 in the half field. You can work either 6 on 5 with the offense up a player or the defense up a player.

DRILL DESCRIPTION:

Have 6 players on offense go against 5 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

VARIATIONS:

Switch and have your defense go up with 6 players and the offense work with 5 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:

