



WOMEN'S 6V6 DRILL

DRILL SPECS:

Drill Theme: Even Strength
Field Location: Half Field
Time Needed: 15 Min

Drill Style: Games
Field Position: Offense, Defense
Skill Level: Basic

OBJECTIVE:

Drill that has players work 6 on 6 in the half field.

DRILL DESCRIPTION:

Have 6 players on offense go against 6 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
-

VARIATIONS:

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:

