



## WOMEN'S BOX PASSING DRILL

### DRILL SPECS:

**Drill Theme:** Ball Movement

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Warm-Up, Skills

**Field Position:** Offense, Defense, Midfield

**Skill Level:** Basic

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### OBJECTIVE:

To work on ball movement and off ball cutting in a small area.

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### DRILL DESCRIPTION:

Start by dividing the team into groups of 4. Have the groups make a 10x10 yard box with 4 cones. Each player stands at a cone passing the ball either around the square or across, no particular passing pattern. At every 4<sup>th</sup> pass a player must cut diagonally through to the opposite cone. The player with the ball can either hit the cutter, or hold the ball. As the player is cutting the rest of the players in the box must shift to cover the empty spaces and create space for the cutter. Players can get creative with the passing pattern and communicate out who will be the cutter, if they are going to pass the ball and when to shift.

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### SKILLS PRACTICED:

- Ball Movement
  - Communication
  - Clearing space offensively
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### VARIATIONS:

You can make the box bigger for more difficulty. Also players can use their weak hands for more practice.

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**DRILL DIAGRAM:**

