



## WOMEN'S CIRCLE FEEDS: GB'S OR PASSES DRILL

### DRILL SPECS:

**Drill Theme:** Ball Movement

**Field Location:** Midfield, Attack Zone

**Time Needed:** 10 Min

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

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

**Skill Level:** Basic

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### OBJECTIVE:

To improve stick skills by passing and catching on the move. Ground ball pickups will also be tested, as well as conditioning.

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### DRILL DESCRIPTION:

Arrange players in groups of 8, 4 balls per group, each outside player has a ball. The inside players should be back to back and do not move. The outside players rotate around passing and catching. Constant motion and talk should take place in the drill. Players change hands on every ball exchange (black arrows show player motion, grey arrows show ball motion). Focus on having the inside players throw to the "box" area while having the outside players focus on throwing to the "box" area and switching hands as fast as possible.

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### SKILLS PRACTICED:

- Ball Movement (Catching and Throwing)
- Strong and Weak Hand Play
- Ground Balls
- Conditioning

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### VARIATIONS:

Have players perform both passes and ground ball pickups during the drill. Increase the speed of the outside jogging players, as well as the length of time to increase conditioning. For advanced players you may add behind the back passes and additional skill sets to push limits of dexterity and agility.

**DRILL DIAGRAM:**

