



WOMEN'S CONDITIONING WITH COMPETITION DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Conditioning

Field Location: Midfield

Time Needed: 5 Min

Drill Style: Games, Conditioning

Field Position: Offense, Midfield, Defense

Skill Level: Basic

OBJECTIVE:

To work physical fitness of individual players.

DRILL DESCRIPTION:

Start by making a 15 yard grid. Players are at opposite ends of grids. X1 passes to X2 who runs to line A. At line A, X2 puts the ball down and continues running to line B. At line B X2, pivots to return and pick up the ball. As X2 touches line B, X1 then takes off for the ground ball as well. It is a race to see who can run and pick up the ball.

SKILLS PRACTICED:

- Conditioning
- Groundballs
- Pivots

VARIATIONS:

You can have players start the drill with no sticks and have to pick up the ball with their hands. Eventually you can build to using sticks to pick up the ground ball.



DRILL DIAGRAM:

