



## WOMEN'S CROSSING THE ENGLISH CHANNEL DRILL

### DRILL SPECS:

**Drill Theme:** Defensive Drills

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Skill, Conditioning

**Field Position:** Defense, Midfield

**Skill Level:** Basic

---

### OBJECTIVE:

To practice defensive body positioning and footwork.

---

### DRILL DESCRIPTION:

Mark off a space 10-yards by 20-yards with cones. Pair players and give one player a ball. The other player is the defender without a stick. The player with the ball runs through the 20-yard channel, while the defender tries to maintain proper body position and footwork while moving with the ball carrier. The defender should try to remain on only one side of the ball carrier for the length of the channel. This means that the defender is forcing and dictating the attacker's movements. Try to use cue words like "hip to hip", "feet facing forward", or "force her to the sideline". Defenders should not let attackers get more than two steps ahead.

---

### SKILLS PRACTICED:

- 1 v 1 defense and attack
- Communication – where to force the attacker with the ball
- Defensive Footwork
- Defensive Positioning

---

### VARIATIONS:

Build to starting the defender halfway across the channel. On the word "GO" the defender tries to close the gap between her and the ball while trying to get to a side of the channel to force the oncoming ball carrier to her weak side, or to the sideline of the grid. The defender's footwork and timing are critical.

**DRILL DIAGRAM:**

