



## WOMEN'S DEFENSE INTERCHANGE DRILL

### DRILL SPECS:

**Drill Theme:** Defensive Drills

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Game, Skill

**Field Position:** Defense

**Skill Level:** Intermediate

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### OBJECTIVE:

To improve on ball & off ball defensive positioning, including approaching ball carrier & recovering to 'hole' in good 'help' position after a pass is made.

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### DRILL DESCRIPTION:

Attack X1 and X2 bring the ball down the field. Defense D1 and D2 try to play them both as long as possible. When the free player gets to the X3 area, D2 picks up the free player. Recovering D is sprinting back to pick up A3 or whatever attack player is free. Communication is key in this drill.

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### SKILLS PRACTICED:

- Defensive positioning
- Defensive footwork
- Communication

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### VARIATIONS:

Expand the drill by adding 2 more players. Have an attacker and a defender set up behind the cage and off to the side. Start with the ball behind the cage and have defenders double the ball behind.

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**DRILL DIAGRAM:**

