



WOMEN'S DEFENSIVE TRANSITION RETREAT DRILL

DRILL SPECS:

Drill Theme: Transitions
Field Location: Half Field
Time Needed: 15 Min

Drill Style: Games
Field Position: Defense
Skill Level: Intermediate

OBJECTIVE:

This drill is excellent for teaching defensive players to get back in the zone ahead of their players and the ball. The objective is to either beat your player to the hole to prevent the shot or the development of a fast break.

DRILL DESCRIPTION:

Set up 4 cones above the attack zone, 2 offense and 2 defense. Then add 2 cones off to the side of the field, one defense and one offense.

X1 and X2 will attack the zone from the top with the ball. D1 and D4 will rush as fast as possible to slow the ball down and prevent X1 and X2 from creating a fast break.

D2 and D3 will protect the middle of the 8 meter and slide to the ball or the pass as needed to prevent the fast break. The defense must focus on retreating into the zone and slowing the offense to stop the break and force an even number situation.

Have the players play out the play to a shot, goal, or clear.

SKILLS PRACTICED:

- Double Teaming on Defense
 - Even Strength Drill
 - Defensive Positioning
 - Transition Defense
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VARIATIONS:

Vary the locations where the ball comes in from the point or the sides. You can also add players to make the break situation build into a 7 v 7.

DRILL DIAGRAM:

