



WOMEN'S DOUBLE TEAM PROGRESSION DRILL

DRILL SPECS:

Drill Theme: Double Teams

Field Location: Half Field

Time Needed: 20 Min

Drill Style: Game, Skill

Field Position: Offense, Defense

Skill Level: Advanced

OBJECTIVE:

The Double Team Progression Drill is intended to build a strong settled defense that can double team in small area. It builds into a game situation that required constant doubles, slides, and resetting.

DRILL DESCRIPTION:

In the first 2 progressions of this drill the 12 meter area is split down the middle including the area directly behind the goal. Players are using a smaller area to accomplish their goal of double teaming the attacker with the ball, creating turnovers and transitioning the ball out of the defensive end. Attackers must also stay on one side of the field when doing the first two progressions. Each progression forces the defenders to work as a unit with good communication and to close a double, anticipate passes, and take risks. The final progression is a 4v4 or 5v5 and requires the defenders to work as a unit to slide, double team and re-set in a more game-like situation.

SKILLS PRACTICED:

- Double Teaming on Defense
- Slides and Crashing
- Settled Defense
- Settled Offense

DRILL DIAGRAM:



VARIATIONS:

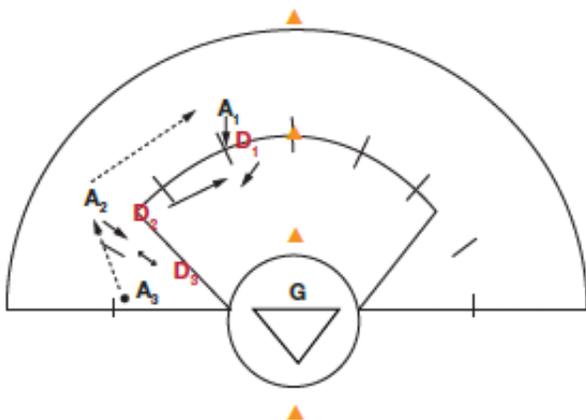
Progression 1 - Double team in a small space

There are three attackers and three defenders to start the drill. The attacker at the top of the 8 meter area has the ball and starts in a double team. The lowest attacker to the crease is marked by the remaining defender. The attacker on the wing of the 8-meter is left open. On the coaches whistle play begins. The attacker with the ball tries to drive to goal or pass. Defenders are double teaming, sliding and resetting (if a pass is made). If the defense gets the ball they transition out with one pass.



Progression 2 - Close the double team

This begins as a 3v3 with one attacker high on the 8 meter, one on the wing of the 8 meter and one low. The ball starts low with A3 who passes the ball to A2 who passes it to A1. A1 receives the ball and drives to goal. At the same time A2 makes her pass she starts working her defender D2 with jab steps and V-cuts. D3 recognizes that A1 is going to drive to the cage and sends D2 to double-team. D3 is then looking to knock down or intercept a pass to A2 or A3. Attackers try to shoot or pass, if defenders gain control they must transition the ball out with one pass



Progression3 - Expand the drill to a 4v4 then a 5v5

The field is no longer split and the drill plays out inside the 12-meter area and behind the goal. Start with a 4v4. All players are bunched up together inside the 8-meter arc. The coach starts the drill by tossing a high ball into the group. If the attackers get the ball, they look to get a quick shot off if they have it. If they don't have the shot, they pass or drive to goal. Defenders need to communicate, mark up and react to any attacker driving and double the ball. If defenders double and the attack moves the ball, the defenders must communicate and reset out of the double. If a defender gains control of the initial ball tossed in by the coach, they need one pass to transition the ball out of the 12-meter. The next ball into the group is a ground ball from the coach; they continue to alternate between one high ball and one ground ball. Progress to 5v5.

