



WOMEN'S DRAW AND DUMP DRILL

DRILL SPECS:

Drill Theme: Cutting-Feeding- Picks
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Skills, Games
Field Position: Offense
Skill Level: Intermediate

OBJECTIVE:

To work on the draw and dump around the crease. Draw two players to ball and throw a dump pass to the open player cutting through the middle.

DRILL DESCRIPTION:

Begin with 2 attackers, 1 attacker set up behind the cage and the other attacker on the elbow of the 8-meter. Have defenders guarding both attackers. The attacker behind the cage challenges hard to goal hopefully drawing her defender, AND the defender guarding the other attacker. As both defenders are drawn to 1 attacker, it leaves the other attacker open, cutting through the middle for a feed and shot on goal. Make sure to clarify that defenders do not always need to slide. If it is necessary they should help, if not then they should stay and play good defense.

SKILLS PRACTICED:

- Offensive Movement
- Clearing space offensively
- Feeding

VARIATIONS:

You can have your players do this drill from both sides, first undefended then add a defender. When you add a defender they could be without sticks, and then build to defenders with sticks so attackers can figure out passing lanes.

DRILL DIAGRAM:

