



WOMEN'S EARLY SLIDE DRILL

DRILL SPECS:

Drill Theme: Slides

Field Location: Attack Zone

Time Needed: 15 Min

Drill Style: Skill, Game

Field Position: Offense, Defense

Skill Level: Advanced

OBJECTIVE:

Teaches offensive movement and dodging to draw the double team in order to move the ball to the open player on the back side. It teaches defenders how to slide to double team and cover the adjacent players and then how to re-set once the ball is moved.

DRILL DESCRIPTION:

Set up 5 attackers and 5 defenders (four pairs in a square around the 8-meter and one pair on the inside of the 8-meter). The balls are up top with the coach. The coach will pass the ball to each corner players (X2, X1, X4, and X3) to give them a chance to dodge and then a new group of 10 comes in.

To start the drill, the coach lobs a ball to the attack player in the 2 spot (X2) who dodges hard and looks to draw the double team. The adjacent attack player (X3) cuts through to create space for the dodge forcing the defense (D3) to stay with her, or slide. As (X3) cuts through, X4 begins to curl up and around toward where (X3) just came from reading whether or not (D3) slides to double. If (D3) does double the ball, (X4) needs to be an outlet for (X2) as she backs out of the double team. (X2) backs out of the double team and moves the ball to (X4) who has curled around to support the ball. (X4) will immediately look to the back side where there is a 2v1 with (X3), (X1) and (D1).

SKILLS PRACTICED:

- Dodging to draw the double team
- Backing out of double teams
- Clearing space offensively to open up dodging lanes
- Defensive communication
- Closing double teams and resetting after the ball is moved

VARIATIONS:

Have players move the ball so that defense can practice sliding and doubling in a more game-like manner. For example, as (X4) is moving the ball to the back side to take advantage of the player up situation, the defense would need to reset. In this case, (D3) would hold and mark

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(X2) and (D2) would slide across the crease to mark (X1) as (D1) slides up to mark (X3). Play the 5v5 out until someone scores.

DRILL DIAGRAM:

