



## WOMEN'S EXTEND AND RECOVER DRILL

### DRILL SPECS:

**Drill Theme:** Defensive Drills  
**Field Location:** Half Field  
**Time Needed:** 10 Min

**Drill Style:** Skills, Conditioning  
**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:

Start as modified 2v2, with 2 offensive players moving the ball back & forth forcing the defensive players to move into correct position – when your player is receiving the ball you should **'extend'** to ball, break down, and take away the top side. When your player passes the ball you should drop step, turn in the direction of the pass/ball, with your stick up & in passing land while quickly **'recovering'** to a good 'help' position in the hole. When playing off-ball you should maintain the "player-you-ball" triangle.

D1 is playing ball carrier X1. When X1 passes to X2, D1 drop steps, turns toward ball and recovers to help position in the hole. D2 simultaneously extends to play X2 receiving the pass.

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### SKILLS PRACTICED:

- Off Ball Defense
- Defensive Positioning
- Defensive Footwork
- Conditioning

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### VARIATIONS:

This drill can be expanded to 4v4 where 4 defensive players are in constant motion moving to 'on-ball' or 'off-ball' positions as the ball is passed around perimeter.

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**DRILL DIAGRAM:**

