



WOMEN'S FAST BREAK DRILL FROM DRAW

DRILL SPECS:

Drill Theme: Transition

Field Location: Full Field

Time Needed: 20 Min

Drill Style: Games

Field Position: Offense, Defense, Midfield

Skill Level: Basic

OBJECTIVE:

To work both draws and fast breaks for your offense and defense.

DRILL DESCRIPTION:

Two middies come to the faceoff circle with a ball each. One is used for the draw and the other ball is placed off to the side. Both players draw with the first ball, and the winning middle attacks with the first ball, while the losing middle grabs the 2nd ball to attack the opposite end. The players push the fast break and run a quick 5 on 4 break. Then two more middies come in at the face off circle and run things again.

SKILLS PRACTICED:

- Transition Offense
 - Transition Defense
 - Number Advantages and Disadvantages
 - Draws
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VARIATIONS:

To vary the drill you may add an extra defensive player at the box area that will run in as a training defense after the draw. This will make a 5v5 if the fast break doesn't work and you have to slow the break.

DRILL DIAGRAM:

