



WOMEN'S FUNNEL DRILL

DRILL SPECS:

Drill Theme: Blocking - Forcing
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Games, Skills
Field Position: Offense, Defense
Skill Level: Advanced

OBJECTIVE:

To practice defensive positioning and forcing when playing a ball carrier from up top to direct ball carrier down the alley, or to the backline (GLE).

DRILL DESCRIPTION:

Start a line of defensive players and a line of "dummy" offensive players outside the attack zone/restraining line. On a coach's whistle, the first ball carrier drives with her right hand towards the right side of the goal. As the dodger makes her move to the goal, the first defender turns her hips and positions her feet so they point to the sideline to 'take away' the middle of the field. Continue to force the ball carrier down the alley to a low percentage shot outside the 8 meter at goal line extended. If the dodger attempts to roll back, the defender maintains contact, stays topside and drives her defender down the alley into the slide. **Also run this drill with dodger from the wing – defender must stay 'topside' and funnel dodger behind GLE using top hand hold to funnel dodger toward GLE (see X₂/D₂ in diagram) work both sides of goal/both hands.**

SKILLS PRACTICED:

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

To increase the difficulty for defenders, challenge them to perform the same drill without sticks or with short sticks. Can add a Crease A/Crease D to practice driving the dodging into the slide from the crease (or from adjacent defender).

DRILL DIAGRAM:

