



WOMEN'S KING OF THE GRIDS DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Defensive Drills

Field Location: Midfield

Time Needed: 10 Min

Drill Style: Game, Conditioning

Field Position: Offense, Midfield, Defense

Skill Level: Basic

OBJECTIVE:

To work on dodges and defensive footwork in a confined area.

DRILL DESCRIPTION:

Start by setting up multiple grids to work a 1v1, about 5x5 yards. Create grids that the attacking player must work through. Create a safe zone so they get a rest. Defense must force players out of the grids. Attacking players should focus on dodges, rolls, stutter step and stick dodges. With a 2-3 minute time limit the attackers must get through the grid as many times as possible and get a point for each successful attempt. Defense gets a point for each successful stop or force out of bounds. Player with the most points moves up and plays attack in the next grid, player with the least points stays in the grid to play defense. The drill continues until the coach blows the whistle.

SKILLS PRACTICED:

- 1 v 1 defense and attack
- Dodging
- Defensive Footwork
- Forcing
- Conditioning

VARIATIONS:

You can make the grids bigger for more of a challenge or make it a 2v2 grid.

DRILL DIAGRAM:

