



## WOMEN'S MIDFIELD ADD IN DRILL

### DRILL SPECS:

**Drill Theme:** Transitions  
**Field Location:** Full Field  
**Time Needed:** 20 Min

**Drill Style:** Game  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Advanced

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### OBJECTIVE:

Focuses on transitioning the ball down the field and pushing the fast break. Reinforces that players need to concentrate on making good decisions with the ball when they get tired.

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### DRILL DESCRIPTION:

Divide the players into 2 teams. 2 players from each team will be set up below the restraining line. These players can only operate below the restraining line. The remaining players take on their respective roles when they cross the restraining line as attackers or defenders. The drill begins when the coach rolls the ball to A1 who picks up the ground ball and transitions into their offensive end for a 3v2. Once a goal is scored, a shot goes wide and or out of bounds, the goalie makes a save, or there is a turn over, the coach rolls a new ground ball out for B1 who picks it up and transitions into her offensive end. A1 has to hustle back and recover to help in her defensive end as quickly as possible. Once A1 has pushed the fast break, and hustled back to play defense- she stays on her defensive side of the field for the next pair so the drill can build to a 7 v 7. Now the coach rolls a ball out to A2 and B1 has to hustle back to play defense. B1 then stays on her defensive end, and so on. The drill keeps building a 7v7. Coaches need to alternate the fast break side so the drill remains balanced as you build to a 7v7 on either end.

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### SKILLS PRACTICED:

- Cutting to space
  - Transitioning the ball down field
  - Seeing and showing for the ball
  - Breaking into open passing lanes
  - Recovering defensively
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### VARIATIONS:

To get goalies involved, have them clear the ball to the Coach or the designated player who is out by the restraining line.

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