



WOMEN'S MOVEMENT ON ATTACK DRILL

DRILL SPECS:

Drill Theme: Cutting, Ball Movement

Field Location: Attack Zone

Time Needed: 10 Min

Drill Style: Game, Skills

Field Position: Offense, Defense

Skill Level: Intermediate

OBJECTIVE:

This drill is excellent for teaching players to time cuts, get open, and pivot away from pressure while working together.

DRILL DESCRIPTION:

The drill starts with 5 attackers and 5 defenders. The ball is constantly being swung between the top 3 attackers around the outside of the perimeter. The 2 attackers in the center are working together using pick interference. The attackers are using each other to try and "pop" open for a quick pass and shot. These 2 attackers on the inside should focus on setting picks away from the ball and freeing their opposite player. Emphasize to change speeds and directions. A side-to-side movement is easy to defend, make a set-up move by taking a defender one way and then a quick change of speed and direction to break free.

SKILLS PRACTICED:

- Quick ball movement
- Working together on attack to get teammates open
- Making smart cuts

VARIATIONS:

Add 2 more attackers and defenders behind the cage. These players are primarily stationary. This drill is more for the 2 attackers in the middle.

DRILL DIAGRAM:

