



## WOMEN'S ONE FEEDER FINISHING DRILL

### DRILL SPECS:

**Drill Theme:** Shooting  
**Field Location:** Attack Zone  
**Time Needed:** 10 Min

**Drill Style:** Skills  
**Field Position:** Offense  
**Skill Level:** Intermediate

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### OBJECTIVE:

Practice finishing on cuts with a variety of good and bad passes.

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### DRILL DESCRIPTION:

Have a line of players start across the field from where a coach is feeding. Have those players, one at a time cut across the field and catch a variety of good and bad passes that get thrown to them. Players will need to finish the shot as they move across the crease.

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### SKILLS PRACTICED:

- Cutting
  - Shooting
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### VARIATIONS:

Have defenders practice covering offensive cutters to put pressure on the pass and finish.

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**DRILL DIAGRAM:**

