



WOMEN'S PASS BACK SWING DRILL

DRILL SPECS:

Drill Theme: Clears
Field Location: Half Field
Time Needed: 15 Min

Drill Style: Warm Up
Field Position: Defense
Skill Level: Basic

OBJECTIVE:

Helps teams develop the ability to turn out of pressure on a break out of the defensive zone while using the option of "swinging the ball" to the opposite side of the field. Very effective against teams that "ride"

DRILL DESCRIPTION:

The goalie begins with the ball and yells "CLEAR", D3 takes off up the sideline for a leading pass. D3 is avoiding the middle of the field where a potentially opponents of the other team could be. After receiving the ball D3 runs forward just enough to draw her imaginary opponents' pressure; she'll then put on the brakes and turn to the outside of the field, protecting her stick from pressure and pass the ball backward to D2 who is trailing for a help pass. D2, then passes the ball up-field to D1. D1 then hits X2, an attacker or midfielder who has cut to ball, to create a safe reverse pass without losing possession or forcing a bad pass into the midfield.

SKILLS PRACTICED:

- Clearing the ball quickly
- Getting out of pressure
- Receiving long passes
- Sending the ball to the opposite side of the field

VARIATIONS:

Add light pressure to defenders receiving the long pass. Making them work to get open will make this drill much more game-like.
