



## WOMEN'S PERIMETER PASSING AND DUMP DRILL

### DRILL SPECS:

**Drill Theme:** Cutting Feeds Picks

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Skills, Games

**Field Position:** Offense, Defense

**Skill Level:** Intermediate

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### OBJECTIVE:

This drill is excellent for teaching players to move the ball around the perimeter and allow developments in the middle of the 8 meter arc. Players look to see the plays develop and time feeds to the attacker in the middle.

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### DRILL DESCRIPTION:

Set up 4 cones around the perimeter of the 12 meter arc. Have an offensive player at each cone who works on long passes around the arc to the other players.

In the middle of the 8 meter arc will be an offensive player and a defensive player. The player on offense is looking to time cuts, and get open for feeds from the players working the ball on the perimeter. The defensive player in the 8 meter arc works for interceptions and knock downs.

After the ball is fed to the middle the player will catch and work for a shot on goal. After a shot on goal is taken, or a turn over – another ball will be started right away on the perimeter and the play continues. Have players work for 1 – 2 minutes in the middle to maximize practice time and develop the proper habits.

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### SKILLS PRACTICED:

- Cutting
- Feeding
- Defensive Positioning
- 1v1

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### VARIATIONS:

Add defensive players around the perimeter as you want to increase pressure on the feeders. This drill works into a 5 v5 with your perimeter players only allowed outside the 12 meter arc and the 1 player allowed in the 8 meter arc, with the same dump in philosophy.

## DRILL DIAGRAM:

