



WOMEN'S POST PASSING & CUTTING DRILL

DRILL SPECS:

Drill Theme: Cutting Feeds Picks

Field Location: Midfield

Time Needed: 10 Min

Drill Style: Warm Up, Skills

Field Position: Midfield, Defense

Skill Level: Basic

OBJECTIVE:

The Post Passing and Cutting Drill is an excellent foundation drill that will instill good habits if done correctly. Decision-making based on the location of the ball and defenders, along with timing and the direction of the cuts, are of critical importance in this drill.

DRILL DESCRIPTION:

The set-up for this drill is a 10-yard by 40-yard grid. Set up the four cones as pictured below. On either end, you have a post player who is feeding and receiving balls from inside attackers. Inside the grid are four players 2 attackers and 2 defenders. The attackers are working to get open to receive a pass from the post player with the ball. P1 begins with the ball and is looking to pass the ball to A1. A1 is working to get open from D1 who is defending her. A1 must use a variety of cuts, fakes and change of direction to get open. While A1 is working to get open and receive the ball, A2 is keeping her defender, D2, busy and getting ready to receive the ball from A1. Once A2 gets the ball, she passes it to P2. The drill continues with P2 passing back in to A2 who then passes to A1 then to P1. Inside defenders must work on seeing both ball and girl and keeping their sticks up in the passing lanes. They must constantly communicate with each other and anticipate passes, cuts, blocks and interceptions.

SKILLS PRACTICED:

- Cutting
- Off Ball Offense
- Blocking
- Interceptions



VARIATIONS:

Progression 1—*Cut to get open.*

As this drill plays out, you will usually see a few things that need adjustment. First, post players may be stationary and they need to be coached to move around their area to get the best angle to pass the ball into their offensive teammate. The inside attack players need to be cutting by making some contact with their defenders and then releasing to receive the ball. They want to use east/west cuts to take their defender away from the ball and then use north/south cuts to seal off their defender and receive a pass. Suggest that they cut toward the ball to receive it or cut toward, then away, looking for an over the shoulder pass. Often the coach will need to stop this drill if players are not getting open on cuts and help instruct players on adjusting their cutting angle and timing.

DRILL DIAGRAM:

