



## WOMEN'S PRESSURE BOX DRILL

### DRILL SPECS:

**Drill Theme:** Even Strength  
**Field Location:** Midfield  
**Time Needed:** 15 Min

**Drill Style:** Games  
**Field Position:** Offense, Defense  
**Skill Level:** Intermediate

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### OBJECTIVE:

Teach your team to move the ball in limited space and also pursuit the ball to cause turnovers. This drill allows players to move the ball and work on looking off players before they pass to their target. Communication is key in this drill and the drill can be made into a conditioning drill as well.

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### DRILL DESCRIPTION:

Start with ten players, five in dark and 5 in white. The dark team sets up with 5 cones set up in a box, and one in the middle. A player is standing over top of each cone and is limited to about 2 steps away from each cone, so they do not run and change cones. The dark team will pass a ball around to any open player, and after 3 passes the white team sends in a player to defender and pressure a turnover. After 3 more passes another player is added, and this process goes on until it is 5 v 5. At any time, when a turnover occurs the white team will take the ball and move over to the next set of cones, set up with 5 players over cones and start the 3 pass rule. Dark adds one player per every 3 passes.

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### SKILLS PRACTICED:

- Stick Handling
  - Ball Movement
  - Defensive Positioning
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### VARIATIONS:

Add checking to the drill as listed above in the description. A checking variation can improve any drill based on the rules your age group is playing.

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## DRILL DIAGRAM:

# HOPKINS

## PRESSURE BOX

### DESCRIPTION

There are 10 people involved in the drill. Five are in Black and five are in White. The Black team sets up with a player at each cone and one in the middle (Diagram A).

The Black team starts with the ball and can only move in a small ~ area around their cone (no cutting). The player in the middle pops to the ball to get open, but must stay in the middle of the square.

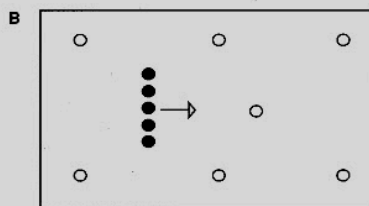
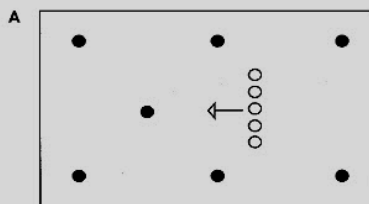
After the Black team passes the ball three times, a White defender is allowed inside the box, with her stick up and playing the ball. After another three passes, another White defender is allowed into the box (so now it's a 5v2). The 5 Black players are moving the ball quickly, using look-away passes, and finding the open player. As long as the Black team continues to complete 3 passes, the White team can keep sending in defenders until it is a 5v5. If the Black team drops the ball, the White team sets up in the next box (Diagram B) and the Black team becomes the defense and the drill continues.

### OFFENSE

- Handling the ball
- Quick, accurate passes
- Look-away passes
- Fakes
- Protecting the ball

### DEFENSE

- Sticks up
- Approach to play the ball (stay balanced, break steps down)
- Communication
- Anticipating passes
- Angles to see both ball & girl



**PRESSURE BOX**

### CHECKING VARIATION

Have the defender playing the ball work on a quick check once she establishes position. Focus on patience, staying balanced, timing, quick strike, gaining possession if the ball is dislodged.