



WOMEN'S SIDE-BY-SIDE TRANSITION DRILL

DRILL SPECS:

Drill Theme: Transition
Field Location: Full Field
Time Needed: 10 Min

Drill Style: Skill, Conditioning
Field Position: Midfield
Skill Level: Basic

OBJECTIVE:

Works on quick ball movement, anticipation, timing of cuts, conditioning.

DRILL DESCRIPTION:

First you need two lines of 7 field players, balls and 2 goalies. Have 7 field players set up in a zigzag pattern on both sidelines. The goalie clears the ball to the 1st player who immediately looks up the field for the first transition pass. She sprints up field while the ball goes from player to player. Player 1 receives the final pass and looks to shoot. This will go on simultaneously on both sides.

SKILLS PRACTICED:

- Ball Movement
 - Anticipation
 - Timing of Cuts
 - Conditioning
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VARIATIONS:

You add two neutral players in the center of the field. The 1st player who is sprinting for the ball must receive the ball half way, pass to the neutral player. From there the neutral player must pass it back so it continues through the pattern and the 1st player receives the ball and looks to shoot.

DRILL DIAGRAM:

