



WOMEN'S US DRILL

DRILL SPECS:

Drill Theme: Double Teaming

Field Location: Attack Zone

Time Needed: 15 Min

Drill Style: Game

Field Position: Offense, Defense, Midfield

Skill Level: Intermediate

OBJECTIVE:

Works on aggressive/smart double-teaming and defensive shifting and communication. Attack movement and quick passing.

DRILL DESCRIPTION:

Start with splitting the 12-meters in half so that each set of 3v3 is only working on one side. You need 3 defenders and 3 attackers on each side. Start the drill on a whistle and with a definitive double team. Play the 3v3 live until the ball is in the cage or has been cleared to a specified area. Emphasize the use of communication and defensive slides to help. Also show the attack to change speeds and make cuts to ball, not just side-to-side.

SKILLS PRACTICED:

- Double Teaming
- Defensive Slides
- Clearing space offensively
- Ball Movement
- Denying cuts and passes defensively

VARIATIONS:

You can make one side at 3v3 and one side a 3v2. A defender from the 3v3 needs to slide over to the 3v2 to help. Explain there must be a lot of communication

DRILL DIAGRAM:

